

TNUSS



NEWSLETTER

VOICES

WHERE WORDS CONNECT WORLDS



TNUSS students showcase the true essence of culture through creativity, teamwork, and fun.

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Celebrating Culture, the TNUSS Way

The excitement was in the air on October 25–26 as TNUSS held its annual Open House, or Bunkasai, under the theme “True Beauty Dwells in the Heart.” Families, friends, and visitors filled the school to enjoy two fun-filled days of performances, exhibitions, and creative displays that reflected this heartfelt message.

Form 5 students shone as the main leaders, greeting guests and helping events run smoothly. Each class added color and life to the campus with beautifully decorated classrooms made through teamwork and cooperation. Some of this year’s class themes included a spooky Haunted House, cozy Cafés, and adventurous Quiz Dungeons. Others created fun attractions like the Fantastic Cup and Swing Ride, bringing joy and laughter to visitors throughout the weekend.

Clubs also joined in the celebration with their own booths, where guests could try exciting activities such as golf, archery, and more. The Parents’ Organization added a warm community touch with their booth selling sweets and treats, filling the air with the smell of freshly baked goodies.

From art and science to music, language, and culture, every aspect of the festival reflected the enthusiasm, talent, and spirit of the TNUSS community – a true celebration of culture, the TNUSS way.

English Public Speaking Competition 2025



Form Winners



One of the highlights of the Open House weekend was the Annual English Public Speaking Competition, held on Saturday, October 25. Finalists from Forms 1 to 5 took the stage to share their ideas, creativity, and confidence in English. Each Form presented in different ways that matched their level of study.

- Form 1 students gave self-introduction speeches in both Basic and Advanced categories, expressing their interests and personalities.
- Form 2 shared what they learned from their research about Australia, introducing its culture and famous places.
- Form 3 students showed their awareness and creativity—Basic students made posters and talked about their volunteer work plans, while Advanced students delivered free-topic speeches and talked about AI and the future in their roundtable discussion.
- Form 4 presented about Japan and Australia, with Basic students creating posters and Advanced students giving PowerPoint presentations about Japan and Australian cultures.
- Form 5 students focused on innovation and society—Basic students made posters about the best inventions for school, and Advanced students gave speeches on social issues.

Judges selected outstanding speakers from each category, awarding Gold, Silver, and Bronze awards to those who stood out for their confidence and message.

The event celebrated not only English ability but also the courage to speak, share ideas, and connect with others, truly capturing the TNUSS spirit.



Form 1

Basic

- 1-Konatsu Ito
- 2-Airi Ishibashi
- 3-Rio Yoshida

Advanced

- 1-Lala Kairgali
- 2-Leila Aso
- 3-Naoki Uchibayashi



Form 2

Basic

- 1-Mito Suzuki
- 2-Momoka Shibata
- 3-Yuzuki Kataoka

Advanced

- 1-Lisa Toyokawa
- 2-Aki Kawamoto
- 3-Sana Azetaka



Form 3

Basic

- 1-Rintarou Kuramochi
Mizuki Ito
- 2-Reika Matsui
Yuzuki Baba
Yumi Moriyama
Rumi Hidaka
- 3-Koki Kobayashi
Yu Hashimoto
Sheala Hirose

Advanced

Speech

- 1-Mei Asano
- 2-Rieko Nishiyama
- 3-Misaki Osawa

Roundtable Discussion

- 1-Maya Nishizawa
- 2-Emily Shinohara
- 3-Himari Saito



Form 4

Basic

- 1-Satomu Sano
- 2-Towa Hozomi
- 3-Sara Ishii

Advanced

- 1-Tomota Omori
- 2-Sojiro Hosoda
- 3-Niyati Watabe
Ayu Watanabe

Basic: Core

- 1-Noboyuki Nakai
Rena Kato
Go Yatabe

- 2-Chisato Kuboki
Yuwa Ishitsuka
Renya Otsuka

Basic: Extended

- 1-Kaho Michibori
Mahina Moriyama
Haruto Hamada

- 2-Miyu Hoshi
Miria Fujita
Nozomu Shimomura



Form 5

Advanced

Presentation

- 1-Miki Utsugi
Kotoma Ota
Sawa Hojo
- 2-Nina Shirakawa
Momoka Okayama
Xyza Gimotea

Speech

- 1-Sayuri Kairgali
- 2-Ryo Sakurai
- 3-Nanami Tsuboi



The Language Education Development Department (LEDD) continued its **Global Cultures** enrichment classes, where students learn about different cultures in rotation from the LEDD teachers' respective countries.

In recent sessions, students explored the **Philippines and Kazakhstan**. They learned basic Philippine folk dance steps from the lively **Itik-Itik** dance, which imitates the graceful and playful movements of a duck. Students also discovered how young Filipinos mix English and Filipino expressions in daily conversation – a fun glimpse into modern language and culture.

They also experienced traditional Kazakh games such as **Qyz Quu** (a playful “catch the girl” horse-riding game), **Asyq Atu** (a game using small sheep bones similar to marbles), and **Togyz Qumalaq** (a strategic counting game). These hands-on activities highlighted teamwork, strategy, and the spirit of friendly competition.

Through these interactive lessons, students not only learned about other cultures but also connected with the world through dance, games, and language.

Episode 6: What are you watching?

The TNUSS Voices Podcast is back with a fun and relatable topic, “What Are You Watching?”

In this episode, students talked about their favorite TV shows, movies, and genres, sharing what makes them laugh, cry, or feel inspired.

They discussed who they usually watch with, how often they watch, and even what types of shows they haven't tried yet. From exciting action series to heartfelt dramas and comedies, everyone had something unique to share.

Through this conversation, students practiced expressing opinions, feelings, and recommendations, all while connecting through stories they love.



Listen to the TNUSS Voices Podcast anytime on www.tng.ac.jp/sec-sch/.



“I enjoyed dancing the Philippine folk dance.”
– Mitsuki, 2A



“It was fun to learn some basic Philippine folk dance steps.”
– Ryunosuke, 1D



“I liked playing Asyq Atu and Togyz Qumalac.” – Yusei, 1D



Creative Spotlight



THE FORTY-FOURTH ANNUAL ENGLISH SPEECH CONTEST OF NIHON UNIVERSITY AFFILIATED SENIOR HIGH SCHOOLS

This month's featured writing comes from **Sayuri Kaigali (5D)**, who won **First Place** at the **44th Annual English Speech Contest of Nihon University Affiliated High Schools**.



Strong is My Gender

by Sayuri Kaigali, 5D

I'm a judoka. I was born in Kazakhstan, and now, I live and study in Japan. Today, I want to share not only my story, but the story of many girls in sports.

When I was younger, I remember looking at myself in the mirror and whispered, "I wish I was softer." My arms were strong from judo. My shoulders were wide, my hair was short. Some boys would laugh at me saying, "You're too strong to be a real girl." I was deeply hurt by those comments. What does it even mean for a female athlete to be a "real girl"?

For a while, I let my hair grow longer and I started wearing oversized t-shirts to hide the muscles I worked so hard for. I tried to look like the kind of girl, people expected me to be. But the more I hid, the more I lost myself, not physically, but emotionally. I wasn't becoming more feminine. I was becoming less me. Over time, I began to see a bigger issue. When a girl looks strong, people ask, "Are you really a girl?" But when a boy looks strong, they say, "Good job, you're becoming a man." Why is there this double standard?

Later on, in high school, I began wearing my hair short again, not to be boyish, but to be honest. I wanted to say this is who I am. A girl, a fighter, a judoka. As I looked deeper into the world of sports, I saw that the problem wasn't just the hurtful comments from my classmates. It was the culture.

In Japan, women hold less than 10% of leadership positions in sports. Uniforms for female athletes often focus more on looks than on comfort or performance. Even top athletes are asked to act feminine. And not for themselves, but to please others. And social media makes it worse. A study by Dove found that 80% of girls compare themselves to images online. And more than half feel pressured to look perfect! But I refuse to play that role anymore! I'm strong. I'm loud. I take up space! And I'm still a girl. Strength doesn't cancel out womanhood. It expresses it! My muscles carry years of hard work, tears, and quiet victories. They carry me!

So, when you see a girl who lives, runs, fights, or wins, don't ask if she's still a girl. Ask why she was ever made to doubt it. We need to change the story. Let's ask teachers, coaches, and administrators to build schools where girls can grow powerful in both body and mind. Nichidai can lead the way by teaching body confidence and gender equality in their programs, and by inviting strong female athletes to share their journeys. Let's celebrate strength, courage, and grit as much as beauty!

I began with a story about a young girl who once wished she looked softer. Today I stand proud of the arms and shoulders that bring me closer to my Olympic dreams. My message is simple, strong is my gender. Let's create a world where every girl can look in the mirror and see not limits, but endless possibilities.

TEST YOUR GLOBAL IQ



Try these fun trivia questions!

1. Australia is home to the world's largest coral reef system. What is it called?
A. Great Barrier Reef
B. Ningaloo Reef
C. Coral Sea Reef
D. Fraser Reef
2. Japan has a special word for "forest bathing", which means spending quiet time in nature to relax and refresh. What is this practice called?
A. Hanami
B. Shinrin-yoku
C. Ikebana
D. Tsukimi



Find the answers hidden in one of the images and see how globally smart you are!