

KIRITAKA English Journal Vol.2

~ Stay Independent, Stay as ONE TEAM ~ Nov. 1st, 2021

What is a great way for you to get rid of stress?

What would you do if you were mentally exhausted (=very tired)?

Most of you tend to go to bed earlier than usual, but some of you might have experiences that you cannot get your energy back even though you've slept more than 8 hours.

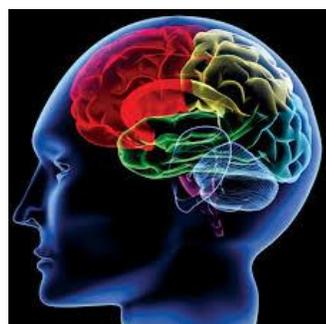


In my case, I prefer **going outside** to staying at home on a holiday; playing tennis with local companions, riding on a road bike along a river, going window-shopping at outlet malls, Aeon Malls, KEYAKI WALK MAEBASHI, SMARK, HIMARAYA, Wild-1, BOOKOFF, TSUTAYA, YAMADA-DENKI, recently OPA, and so on.



I also prefer reading novels; especially reading a novel with music, in the bath, or reading at an open-air fire with a cup of coffee!

These are called **"Active Rest"**, which are said to be the most effective ways to relieve stress! Playing various kinds of sports are typical examples of "Active Rest", but it also includes listening to music, watching movies, and singing karaoke!



Contrary to "Active Rest", you might hear **"Passive Rest"**, which includes just sleeping, taking a nap, laying around at home and staying home absent-mindedly. A common feature of "Passive Rest" is "doing nothing at all"!

Do you know which organs feel tired when you are mentally exhausted? It is not "your body" but **"your brain"**!

Moreover, the balance of the fatigue sensed by your body and your brain is very important! So, "Active Rest" can make both your body and your brain feel tired, and it can let you have a comfortable sleep!

Feeling comfortable after taking "Active Rest" is the most important! When you feel comfortable, **"Serotonin"** (neuro-transmission material) will be secreted in your brain. It can relieve stress and you can feel happy, so it is called **"a hormone that makes you feel happy"**!



That's why you can feel mentally refreshed when you take "Active Rest". "Doing nothing at all" cannot bring you comfort!

Why don't you find your own ways of "Active Rest"?

I hope the KIRITAKA English Journal will be accepted by students and their parents, and become a regular issue.
(Toru Hoshino)

VAUNDY

★ T's Power Song ★

Let me introduce my Power Song again! Most of you may know him. I was surprised to see he makes all of his songs by himself even though he's just a 21-year-old university student. I'm glad if they encourage you to keep on doing your best! Needless to say, I hope this song can be used as "Active Rest"!

<https://www.youtube.com/watch?v=LKyx3EYVikA>



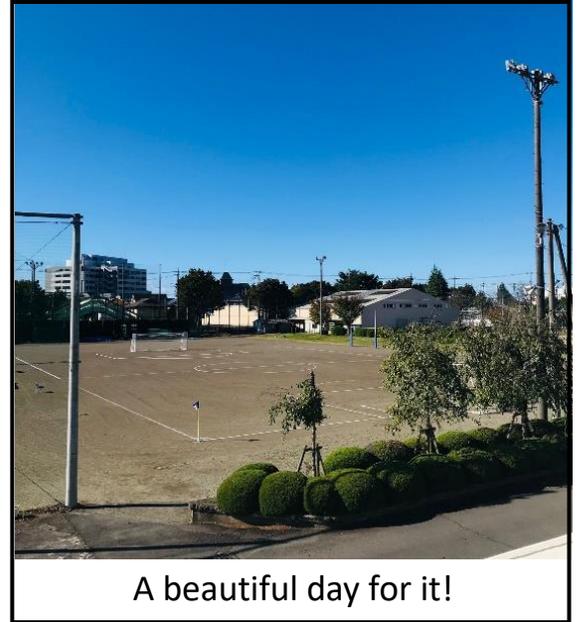
Kiwi Corner



The sports festival was held earlier last month.

It was so exciting for me to watch. Did you enjoy playing sports with your classmates, and competing against other classes? I joined the teachers' soccer, volleyball, and table tennis teams. However, I enjoyed watching the soccer and volleyball the most.

At my school in New Zealand, however, we don't participate in a sports festival, but we have an **“Athletics Day.”**



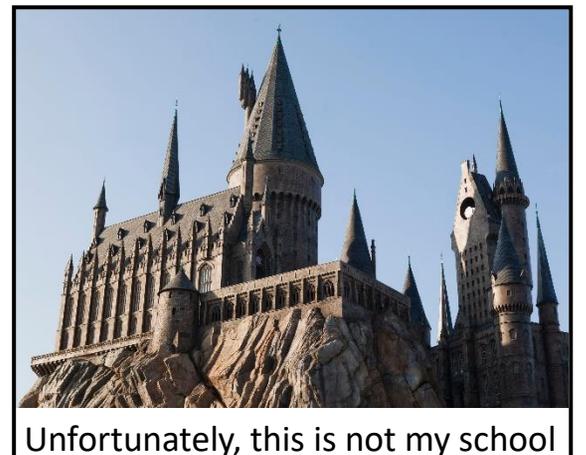
A beautiful day for it!



My house logo

Students compete in track and field events like high jump, 100m sprint, and so on.

Also, we didn't have classes competing against each other, but we had houses (teams) competing against each other, like in Harry Potter.



Unfortunately, this is not my school

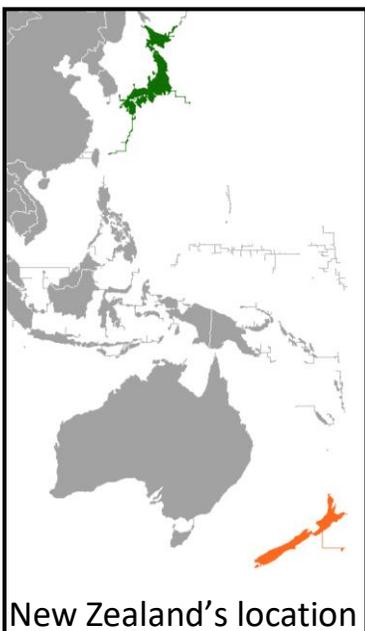
There are six houses, and their colors are: red, blue, yellow, green, black, and white.

Students can wear costumes, and it is a great day of fun!

Just like here at Kiritaka, we can compete against teachers, and we often try to stop them by spraying them with water or even flour!



Some of the costumes



New Zealand's location

However, unlike Kiritaka, our Athletics Day is held in February, so it is very hot outside!

(New Zealand being in the southern hemisphere, the seasons are opposite to Japan).

October was a very busy month, with the mid-term tests and club activities resuming. Following on from what Mr. Hoshino said on his page,



“Active Rest” is an effective way to reduce stress in day to day life.

I hope you were able to relax and enjoy the sports festival with your friends and teachers! I certainly did!

(Liam Campbell)