



AUGUST

Language Center Newsletter



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5

Summer is in full swing! Whether you're out enjoying the sunshine or staying cool indoors, we've got plenty to help you make the most of the season. In this issue, you'll find summer safety tips, fun convenience store hacks, English book, music, and movie recommendations, and important Language Center updates. We hope you enjoy it!

in full swing: at a stage when the level of activity is at its highest

Heatstroke Prevention Tips

August is one of the hottest months of the year.

Stay safe by following these simple tips:

-  Drink water regularly, even if you don't feel thirsty.
-  Wear a hat/cap or use an umbrella and light-colored clothing when outdoors.
-  Take breaks in the shade or in air-conditioned places.
-  Eat balanced meals and get enough sleep.
-  Avoid strenuous physical activities during the hottest part of the day.
-  If you feel dizzy, nauseous, or unusually tired, tell an adult immediately and move to a cool place.

nauseous: feeling as if you might vomit 🤢



Konbini Summer Hacks

Your local convenience store is full of summer essentials!

From frozen drinks and chilled noodles to refreshing desserts and electrolyte drinks, explore easy and affordable ways to beat the heat.



Freeze Your Drink

Buy a bottle of tea, sports drink, or juice and freeze it overnight or buy already frozen ones. It will slowly melt throughout the day, keeping your drink cold for hours.



Make Your Own Cold Noodle Set

Pick up a pack of chilled sōmen or hiyashi chūka from the refrigerated section and pair it with a soft-boiled egg, chicken salad, or a salad mix. In just a few minutes, you'll have a refreshing, protein-packed meal that's perfect for a hot day.



Create a DIY Summer Float

Buy your favorite soda or melon soda and add a scoop of vanilla ice cream from the freezer section. It's an easy way to make a classic cream soda without visiting a café!



Electrolyte Ice Cubes

Pour an electrolyte drink like Pocari Sweat or Aquarius into an ice cube tray and freeze it. Add the cubes to water or iced tea for a refreshing drink that stays cool without losing its flavor.





English Corner: Listen, Watch, Read, Learn!

Staying indoors to escape the heat? Why not improve your English at the same time? Check out this month's music and movie recommendations that are fun, easy to follow, and great for English learners.



Song of the Month

"Count on Me" by Bruno Mars

This feel-good song has clear pronunciation, simple vocabulary, and a positive message about friendship. Try listening once with the lyrics, then sing along to practice your pronunciation!



Movie Recommendation

Inside Out (2015)

This animated film uses simple but meaningful English to explore emotions and relationships. The clear pronunciation and visual storytelling make it easy to follow.



Reading Recommendation

Improve your English while enjoying a good story! Our graded readers have different levels and genres, making them perfect for English learners. Talk to any Language Center teacher in the teachers' room to find a book that matches your level and start reading this summer!



English Learning Tip:

Turn on English subtitles instead of Japanese subtitles.
You'll improve your listening, learn new vocabulary, and
see how words are spelled all at the same time!



Coming Up This August

The Language Center teachers have a busy month ahead! Here are some of the events taking place this August:

August 4 - 6

Summer Language Center Lessons

August 8

Partnership Program at Aisai City High School

August 11

International Course Information Session at Midland Square

August 25 - 26

Open School

If you see us at any of these events, don't hesitate to say hello!



SUMMER RIDDLE TIME!

? 1: The Sweet Treat

I am soft, sweet, and cold. I come in many flavors, but if you take too long to eat me on a hot August day, I'll run away on your hands! What am I?

? 2: The Summer Climber

The hotter I get, the higher I climb, but I have no legs or wings. What am I?



1: Ice cream! 🍦

In English, when ice cream turns into liquid, we say it melts!



2: The temperature (or a thermometer)! 🌡️

When the temperature climbs high, make sure to drink plenty of water!