

June

LANGUAGE CENTER NEWSLETTER • VOLUME 03



June is finally here, and you know what that means — the rainy season (梅雨)! Whether you like it or not, expect more rainy days in the coming weeks. Let's not let the weather dampen our mood and instead make this month a positive and productive one!

* **dampen our mood** = make us feel less happy, excited, or hopeful



Health Tips for the Rainy Season

The rainy season can bring humidity, sudden temperature changes, and mold—so it's important to take care of your health! Here are some simple tips:

- **Ventilate your room** to prevent damp air and mold.
- **Dry your shoes and uniform** well after getting wet.
- **Eat balanced meals** to keep your energy up.
- **Change clothes quickly** if you get wet in the rain to avoid catching a cold.
- **Carry an umbrella, a small towel, and spare socks** in case of sudden rain.

Stay safe, stay dry, and stay healthy this *tsuyu*!

***ventilate** = 風を通す, **mold** = 黴(かび), **spare** = extra

Making the Most of Rainy Days Indoors

Rainy days may limit outdoor fun, but there are still plenty of things you can enjoy indoors! Here are some ideas for how to spend time productively and enjoyably on rainy days:

- **Study in the library or a café:** Find a quiet, comfortable place to review for exams or read a good book.
- **Organize your notes:** Take time to rewrite or review notes to prepare for the upcoming tests.
- **Stretch or do light exercise indoors:** Keep your body moving even when you have to stay inside.
- **Try journaling or creative writing:** Let the rain inspire your creativity!

Don't let the rain get you down—use this time to refresh your mind and body indoors!

***get you down** = to make you feel unhappy





It's raining cats and dogs



Save for a rainy day



Take a rain check



Right as rain



Come rain or shine

How Well Do You Know These Rainy-Day Idioms?

Can you guess the meaning of these rainy expressions? Choose the best answer!

1. **It's raining cats and dogs.** "Don't forget your umbrella. ____."
 - a) There are animals outside.
 - b) It's raining very hard.
 - c) The weather is nice.
2. **Save for a rainy day.** "I'm putting some of my allowance away to ____."
 - a) Spend money quickly.
 - b) Buy a new umbrella.
 - c) Keep something for the future.
3. **Take a rain check.** "I'm busy today, but can I ____ on that movie?"
 - a) Check the weather forecast.
 - b) Cancel forever.
 - c) Say no now, but suggest doing it another time.
4. **Right as rain.** "I had a cold last week, but now I'm ____!"
 - a) Very wet.
 - b) Feeling healthy or fine.
 - c) Ready to go outside.
5. **Come rain or shine.** "She goes for a jog every morning, ____."
 - a) Only when it rains.
 - b) In any weather or situation.
 - c) When the sun comes out.

💡 Bonus Challenge: Can you use one of these idioms in your own sentence?

☒ Answers: 1 – b, 2 – c, 3 – c, 4 – b, 5 – b

HIGHLIGHTS SO FAR



As of this writing, we've already had one of the most exciting events this month—the much-awaited Sports Day, held on the 4th. This year was extra special because it took place at one of the biggest and most important sports venues in Aichi: the Nagoya Dome, home to the *Chunichi Dragons*. We even received a special message from one of their star players, Hiroto Takahashi (高橋 宏斗).

Playing in such an impressive venue, I'm sure everyone gave their best in their events and cheered enthusiastically for their teammates. Did you all enjoy the day?

WHAT'S AHEAD

OPEN SCHOOL We are welcoming elementary and junior high school students for an open school event on the 21st! The Language Center teachers, led by Chris and Eira, will be conducting class demonstrations.

EIKEN INTERVIEW PRACTICE In the last week of this month, the Language Center teachers will help you prepare for the second-stage exam of the EIKEN. Come ready to practice!