

# MAY NEWSLETTER

## The Language Center



The new school year is no longer “new”-- it’s in full swing. We’ve settled into our schedules, reconnected with friends (old and new), and discovered our favorite (and least favorite!) subjects.

Now that our routines are set, it’s time to focus on another important part of campus life: staying physically active. Even small movements can make a big difference in helping us manage stress and handle the demands of school life.

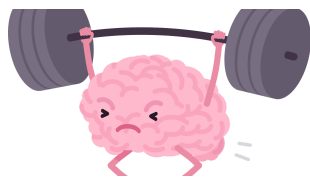


## The Power of Play

### Build Teamwork & Leadership



Joining sports and physical activities isn’t just about having fun; it’s also a smart way to improve your school life. These are what the experts say:



### Boost Your Brain

1. Physical activity can help improve subjects like math and reading. These subjects need strong thinking skills, like focusing, remembering, and problem-solving, and exercise helps make those skills better.

2. Team sports help students work together to reach one goal. They can also learn how to be leaders. When students play as a team, they learn to cooperate, talk to each other better, and solve problems. They can feel success by themselves and with their team.



### Grow Confidence & Mental Strength

3. Playing sports can also help students believe in themselves and become mentally strong.



# Teachers Play, Too!

Who says teachers are just nerds who only enjoy reading books (and there's nothing wrong with being a nerd)?

Here in our Language Center, some teachers love staying active, too. From casual games to regular exercise, they show that staying active is for everyone, not just students! Let's hear it from

**Ralph:**

**What sports do you play? How often? Do you belong to a club?**

I play tennis, and I try to play every weekend if possible. When I first moved to Japan, I looked for a tennis group nearby and luckily found one based in Nagoya through the Meetup app. Through that group, I made many tennis friends, and some of them introduced me to other groups like 一期一笑 (いちごいちえ / ichigo ichie) , one of the most prominent tennis circles in Nagoya.

**Since you play sports yourself, how do you think being active helps you as a teacher?**

I don't exercise that much, so tennis has become my main form of physical activity. It's also a great stress reliever. Through the sport, I meet many different kinds of people, and in a way, that helps me better understand and connect with the different kinds of students I teach.



*The first time I played tennis in Japan (2016)*

**Besides staying fit, what is the most important thing students learn when they participate in school sports or physical activities?**

I think that sports, especially team sports, are a great way to develop social and communication skills. They also help students build critical thinking skills, creativity, and resilience as they learn to adapt to different situations and overcome challenges.


**What is the best way to encourage students who don't think they are "sporty" to get moving and have fun?**

I'd say just give it a try. Start with something you can do alone, like running or cycling. Then, when you feel more comfortable, invite family or friends to join you for activities like badminton or hiking.





# Let the Games Begin!

 **Date:** May 25, 2026

 **Venue:** Vantelin Dome Nagoya

Our annual **Sports Day** is back! Get ready for exciting and challenging activities that will test your strength, quick thinking, teamwork, and grace under pressure.

These activities aren't just about winning; they help us stay healthy and build character.



## Quick Reminders:



- Stay hydrated



- Keep your stress level low



- Have fun, whether you're playing to win or just participating

## Not into sports?

it's **OKAY**

That's okay! Not all of us can do jumping jacks easily, but everyone can benefit from a little push -- literally.

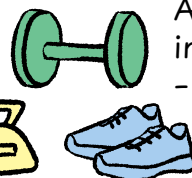
We need to develop both our physical and mental health early to prepare for the challenges of adulthood. Besides, Sports Day and activities like these are carefully designed for all body types. All you need to do is **show up**.

## Students' Corner

**Some LC students think having sports and physical activities at school is good for them.**

Some people don't exercise unless they are forced to. Also, playing sports is a good way to take a break from studying.

- K.J. from 2- 4



It builds good habits for the future.

- F.R from 3 - 4

As students, we can't focus on classes all day long. Our bodies get tired if we only do desk work. We need to move so that our blood can flow better. It is also a good way to communicate with others.

- N.A from 3 - 4

Your body will look more attractive because it reduces fat and builds muscle.

Also, your stamina and motor skills will improve!

- H.S. from 2- 5



Staying active improves my concentration. It is important to balance my life alongside studying.

- Y.K. from 3-4

Building muscles allows us to do difficult things.

- T.C. from 2 - 4

