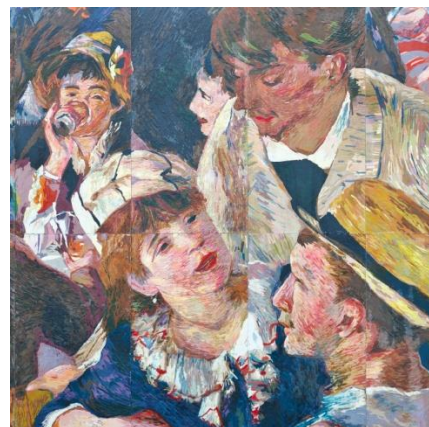




TOKYO METROPOLITAN FUSSA HIGH SCHOOL



SCHOOL GUIDE 2023

Let's Challenge and Step Up!

Greetings from the Principal



**Let's challenge and step up!
Fussa High is evolving.**

Tokyo Metropolitan

Fussa High School

Principal Masahiro Fujiwara

Fussa High School is a school where students can actively challenge themselves and grow to realize their dreams. Our motto is "Let's challenge and step up!" Under this slogan, Fussa High School will "step up" through the following four initiatives.

【Four initiatives】

1 Improvement of academic ability for those who wish to pursue higher education and realize their careers

From the 2023 academic year, we will establish a "College Preparatory Class". We will foster a sense of camaraderie among students who wish to go to university and nurture them to take on the challenges of university entrance exams to the best of their ability.

2 Promotion of English education

We have been designated as an *Eigo Kyoiku Kenkyuu Suishin Koo* which translates to "English Education Research Promotion School" by the Tokyo Metropolitan Board of Education. We provide instruction that focuses on the development of the four skills of English, with particular emphasis on speaking. We challenge students to communicate and express themselves in English.

3 Promotion of international exchange

We have been designated by the Tokyo Metropolitan Board of Education as a "school for the promotion of international exchange". Through English classes, school events, and study tours (upon request), students deepen their understanding of each other's culture and values by interacting with schools in Canada, the Philippines, Taiwan, and other countries. We challenge students to actively use English to interact with each other.

4 Promotion of Club Activities

The majority of our students participate in club activities. Students are encouraged to challenge themselves to achieve their goals in their respective club activities, thereby strengthening their minds and bodies.

Aiming to be

○ a school that enables students to enter university and achieve their academic goals.

○ a school that actively promotes international understanding and the cultivation of English language skills.

○ a school where students can train their minds and bodies through club activities.

Academic Guidance at Fussa

Curriculum

In the first two years of high school, English Communication I/II and Mathematics I/II are compulsory subjects which are taught in small groups based on proficiency. Classes are divided into basic, intermediate, and advanced levels. In the third year, a number of elective subjects are offered. Students select their electives based on their intended career paths. Additionally, a variety of enriching lectures are held during vacations (spring, summer, etc.).

■ Establishing a new "College Preparatory Class" in 2022!



It is often said that entrance examinations are a team game. At Fussa High School, we created a class where students who aim to enter a four-year university can work hard and grow together. The class is open to students in their second year and allows them to obtain applicable skills. We provide a variety of information and study support to prepare students for university entrance exams. Of course, students can also balance their studies with club activities. We support students with an active interest in everything that high school has to offer, whether it is studying, club activities, or school events. We organize classes according to students' career aspirations and support each student in realizing his or her goals!

Education at Fussa



GTEC

■ Promoting English education and development

We aim for "usable English" with the goal of output. This allows students to actively learn by expressing themselves, rather than through passive learning. We promote instruction that focuses on the development of the five areas of English language acquisition, especially speaking, so that students can learn effectively and enjoyably.

■ In class

Several performance tests are given each semester to ensure that students have opportunities to use English practically; all first and second-year students take the GTEC, a test that assesses students' growth and proficiency. Come join your fellow students at Fussa High School and enjoy communicating in English!



Performance Test

■ 英語教育研究推進校

Eigo Kyoiku Kenkyuu Suishin Koo

(English Education Research Promotion School)

■ Promoting of International Exchange

In order to provide students with opportunities to actually "use" English as a communication tool, our school promotes international exchange with schools overseas. As students interact with high school students from overseas, they not only improve their motivation to learn English, but also gain valuable experience in fostering international friendships.

■ In class

So far, we have conducted online exchanges via Zoom and Christmas gift exchanges with high schools in Canada, Malaysia, Taiwan, the U.S., and the Philippines. For instance, the third-year English conversation elective class held online collaborative lessons via Zoom with a Filipino high school once a month.



An Americany Christmas Through Zoom



Interacting with Zoom

■ 海外学校間交流推進校

Kaigai Gakkokan Koryu Suishin Koo

(School for the promotion of international exchange)

■ Introducing Inquiry-Based Learning

Beginning with the 2022 academic year, we are systematically implementing inquiry-based learning over a three-year period. In cooperation with Study Valley Corporation, we will further enhance instruction for inquiry-based learning by utilizing outside personnel.

■ In class

Students will select topics based on their own career interests and engage in hands-on experiences that explore contemporary issues. Such topics involve international relations, the environment, health and welfare, and the local community. University students, local entrepreneurs, and field specialists provide personal guidance and advice. By empowering students to think and act on their own, they can discover what they are interested in, what they want to do in the future, and what they should study to achieve these goals.



■ Inquiry-Based Learning

Career Guidance at Fussa High School

Discover, pursue, and realize your dream. Fussa High School's career guidance is "omni-directional". What field is your dream in? Our career support program, which covers the three years of high school, strongly promotes the realization of career paths for current students. Based on the aspirations and characteristics of each student, we systematically support students in various fields after graduation.



■本校の制服

Career Support Programs

Third-Year

Career Information Session

The time has finally come for third-year students to make their career choices. We will give each student detailed explanations for each field.

Second-Year

University Entrance Exam Guidance

From the second year, students select prospective universities and prepare for their entrance exams.

First-Year

Life Skills Guidance

Fussa high school students receive guidance for various career paths from their first year. Civil service, childcare, nursing, medical care, etc.



Kodai Hattori
University of Tsukuba

I entered Fussa High School and from my second year, I started to study seriously for college. I wanted to learn more about physics at university. Once my goal became clear, I narrowed down my choices to national universities. I made it a daily habit to study hard. The teachers at Fussa High School are all kind and easy to talk to. Whenever I didn't understand or had trouble learning, I was able to ask for help right away. Of course, it was sometimes difficult to keep trying hard, but the teachers were always there for me, and I was able to continue studying without worry.



Miyuki Noguchi
Tokyo Metropolitan
Kitatama College of
Nursing

When I entered Fussa High School, I had a goal of becoming a nurse. I applied for a summer course and came to school every day during the summer vacation to study. The teachers at Fussa helped me practice my essays and interviews many times and gave me precise guidance on what was good and what needed to be improved. Thank you very much. Fussa High School is a school that offers not only easy-to-understand classes but also careful career guidance. In order to realize your dreams, you must take action on your own. Please try not to get distracted. Focus and act on your own initiative.

Special Projects at Fussa

■ Giant Pasted Picture Project



■ What is the Giant Pasted Picture Project?

Every year, starting in June, the school gathers volunteers from the entire school, mainly from the art club and student council, to create a giant pasted picture. We have been working on this project every year since 2014. It has since become a tradition at Fussa High School. During the open campus event in the summer, participating junior high school students and their parents were able to see the production process, and this initiative has been well received every year.



■ Small Pasted Picture Project



■ It All Started with an Exhibition

The "Small Pasted Picture Project," which began last year, was planned as a result of the art club's exhibition at Petit Gallery Fussa. Stores and facilities in the suburbs of Fussa City have offered to host and exhibit the pasted pictures created by members of our art club. This is a unique initiative of Fussa High School, which not only involves the local community, but also transmits the works of high school students to the world. Recently, the event has been covered by various media and has attracted a lot of attention.

"Study abroad" experience in Japan at BRITISH HILLS

What is BRITISH HILLS?

Located in Iwase-gun, Fukushima Prefecture, this language training facility was established by the educational corporation that operates Kanda University of Foreign Studies. It offers a variety of learning programs in its spacious grounds of 73,000 square meters under the concept of "Passport-Free Britain."



In Fussa High School

This academic year is the first time we have introduced BRITISH HILLS on a voluntary basis. Interested students who seize this opportunity will earn a valuable mock study abroad experience.



International exchange through Tomodachi Online Project (T.O.P.)

What is T.O.P.?

This is a cooperative learning project for the third-year English Conversation elective class. Students learn about cultural differences and exchange opinions online with high school students in the Philippines about once a month through English.

In class

Last year, we planned and presented "sightseeing tours" of our countries to each other. This initiative is expected to improve not only English but also digital literacy by making friends across international borders.



フィリピンの高校生とのオンライン交流

TGG (Tokyo Global Gateway)

What is TGG (Tokyo Global Gateway)?

Located in Odaiba, Tokyo, this is a completely new type of language training facility established by the Tokyo Metropolitan Government and TGG Inc. Students will be able to get away from their daily routines and work in a global world, using the English they are learning every day as a tool. The study programs include the Airport Zone, Campus Zone, and Hotel Zone.

For Fussa High School

All first-year students participate in an immersive language training program at TGG, a place where they can practically demonstrate the results of their English studies over the past year. It is also a good opportunity to reflect on what they have learned so far through a day of English-only activities.



School Events at Fussa

4

- Entrance Ceremony
- Field Trip

5

- Disaster prevention practice
- Art Appreciation Class

6

- Chorus Festival

7

- Closing Ceremony



■ Chorus Festival



■ Chorus Festival Practice



■ Disaster Prevention Practice



■ Field Trip



8

- Summer Vacation

9

- Cultural Festival
- Sports Festival

10

- School Information Session

11

- School Trip
- School Information Session

12

- Closing ceremony
- School Information Session



■ Sports Festival



■ Cultural Festival





■ School Trip to Kobe, Kansai



■ Giant pasted picture ceremony



■ Sports Matches by grade level



1
■ Opening Ceremony

2
■ Marathon Race
■ Entrance Examination

3
■ Graduation Ceremony
■ Closing Ceremony



■ Marathon Race



■ Graduation Ceremony



■ Marathon Race



■ Graduation Ceremony

Alumni Voices



Rina Mizoguchi
Tokyo Junshin University
Nursing School

When I was a junior high school student, I came to see the Fussa High School Cultural Festival. Seeing the cheerful seniors, I thought I would be able to have a fulfilling high school life, so I decided to come here. After entering the school, I devoted myself to club activities as well as events. I joined the women's basketball club and as the team captain from the second year, I practiced hard every day with the goal of becoming the best player in the Tokyo Metropolitan area. Fussa High School offers an environment in which students can devote themselves to fun events, club activities, studies, and many other things. I hope you will all enjoy fulfilling your



Hayato Suzuki
Ministry of Justice and
Legal Affairs

When I was a junior in high school, I came to Fussa High School to see the cultural Festival and felt that the atmosphere of the school suited me. Seeing the smiling faces of the seniors and the teachers, I thought that I would like to study at this school. After entering Fussa High School, I have the fondest memories of enjoying myself with my new friends and making the event a success. I thought the best thing about Fussa High School is that it has an environment where students can seriously engage in events, club activities, and study.

Club Activities at Fussa



Dance Club

The 9th National High School Dance Club Championship Finalist, Audience Award

The dance club practices daily, with a focus on winning and increasing their participation in national competitions. The club is active five days a week on Monday, Tuesday, Wednesday, Friday, and Saturday. Some members have dance experience, but most have no experience.



Baseball Club

Advanced to the 4th round of the West Tokyo Championship Tournament

The baseball team is aiming for the top 8 in the summer tournament with the goal of becoming "a team that inspires people and makes them cheer from the bottom of their hearts" while building character through high school baseball!



Soccer Club

Championship Qualifier Advanced to the Second Preliminary Round

The soccer club trains hard every day, aiming to be one of the best 16 teams in Tokyo. The team is led by an advisor and coach who are certified by the Japan Football Association!



Track and Field Club

Participated in the Tokyo Metropolitan Tournament

The club works hard to achieve high rankings in each block and competition, including participation in the Tokyo Metropolitan High School Ekiden and the Tokyo Metropolitan Championships for General Athletics, and to advance to the Kanto Regionals!



Girls' Volleyball Club

Kanto Preliminary Round Tokyo Best 32

The club is currently aiming to make the top 16 in Tokyo and participate in the Kanto Tournament. With "Challenge" as their motto, they aim high by playing cheerfully and energetically every day!



Art Club

Displayed at the Central Exhibition

Giant Pasted Picture Project

The art club is usually involved in creative activities such as drawing, oil, watercolor, three-dimensional works, and croquis. The club's highlight is the giant pasted picture project!

■ To visit our clubs activities

Every year, the school organizes club activity tours for many of its clubs. This is an opportunity for students to see club activities up close and personal in a way that they would not normally be able to see. Junior high school students who want to do their best in club activities should check this out. For more information, such as application procedures and club activities, please check the school website.

List of club activities

Sports Clubs

Badminton Basketball Swimming
Girls Volleyball Table Tennis Dance Tennis
Soft Tennis Soccer Baseball Track and Field
Judo Breakdance



Judo Club



Karuta Club



Swimming Club



Tennis Club



Girls' Basketball Club



Photography Club



Table Tennis Club



Badminton Club



English Club

Other Clubs

Art Drama Brassband
Rockband Computer Manga
Cooking English Photography
Karuta

Alumni Voices



Hiroto Ito
Asia University

I joined the baseball team and for the past three years I have supported the team and worked as hard as anyone else as the core of the players. The baseball team had morning practices, which were physically demanding, but I took my schoolwork seriously and achieved good grades. I believe that I have been able to embody the *monbushido* (the balance of sports and study) that Fussa High School aims for. I think Fussa High School is a very good environment where students can balance their studies and club activities. I hope that you too will take the initiative, challenge yourselves, and make your dreams come true at Fussa High School. I will also devote myself to be on the mound at the Jingu Shrine as soon as possible.



Ayumi Yoshizawa
Nihon University

I have been swimming since I was a child, so I had no hesitation in joining the swimming club at Fussa High School. Although training camps and competitions were cancelled due to the Corona disaster, it was a great experience for me to be able to organize the club members and lead practices as the club manager and coach. I decided to study at Nihon University College of Art, a university where I had long been interested in studying visual arts. To prepare for the essay exam, I practiced writing three 1,000-word essays every day. Fussa High School is very inspiring in many ways. No matter what career path you pursue, please do not give up and believe in yourself and challenge yourself until the end.