



# Tokyo Metropolitan Ome Sogo night high school

## School Guide 2022



Twitter



## Educational objectives



## Aotei Skills

The ability to interact with people  
The ability of self-reflection  
The ability to widen the future

Under the education objectives of our school we have defined “Aotei Skills” that want our students to acquire.



**Aotei**



## What is the appeal of Ome night high school?

### 1 It is possible to graduate in 3 years

You can choose to graduate in 3 or 4 years when you enroll

We support students who want to be independent as soon as possible



Planting flower beds

### 2 You can arrange your own schedule

You can choose the class that suits you from many elective courses

You can learn the basics in small classes



Industrial society and people

### 3 It is possible to get jobs or go on to higher education

You can get many kinds of qualifications

You can explore what you want to do in the future



Life and Nature studies

### 4 You can be yourself

The school culture is very liberal, so hair dyeing and casual clothes are permitted

You can study at night which allows you to work during the day



School viewing at night

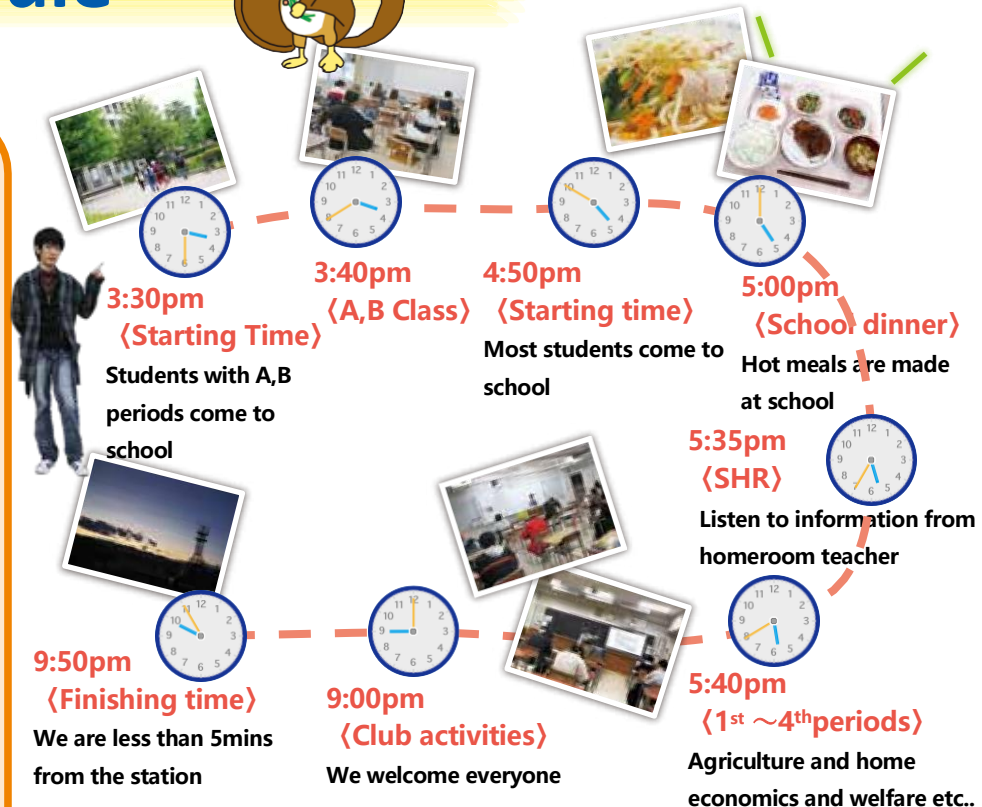
The educational counseling system includes social workers and counselors

# Aotei's schedule



Time table

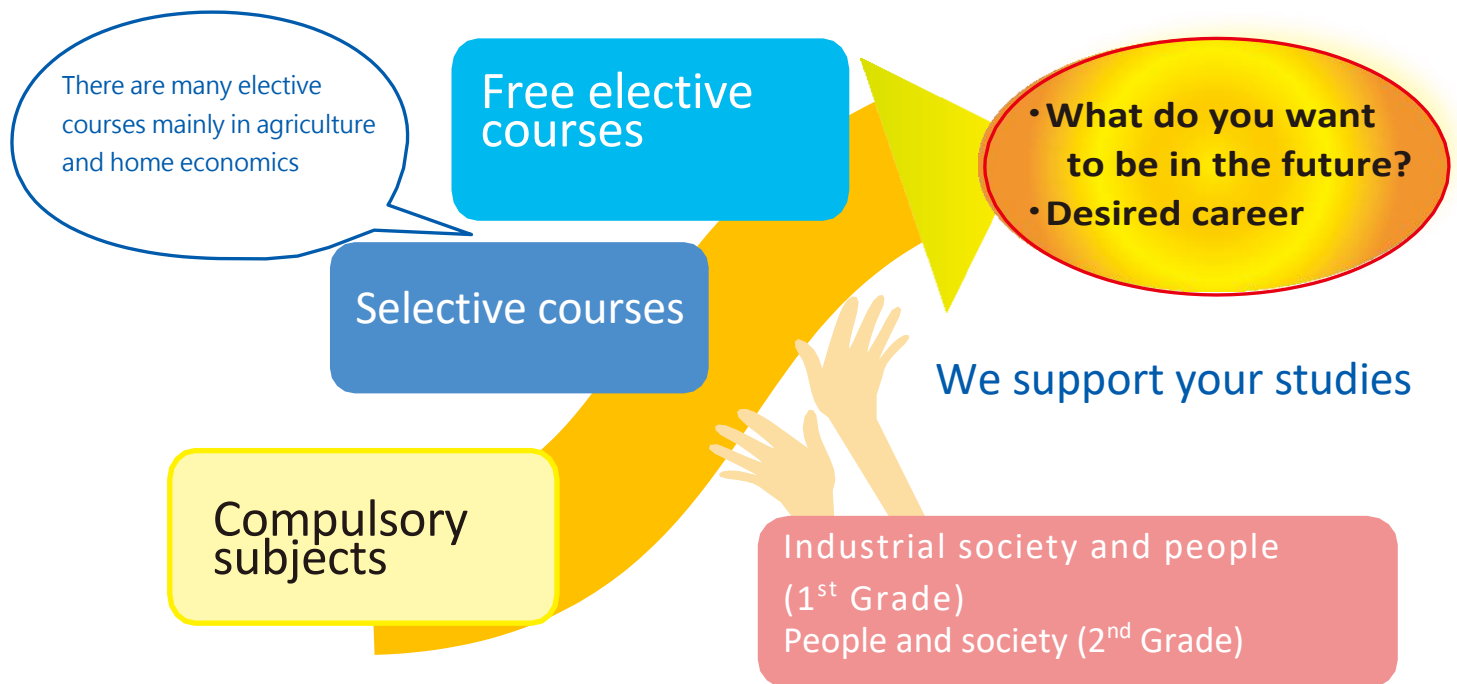
| Period         | Time              |
|----------------|-------------------|
| A period       | 15 : 40 ~ 16 : 25 |
| B period       | 16 : 25 ~ 17 : 10 |
| dinner         | 17 : 00 ~ 17 : 35 |
| SHR            | 17 : 35 ~ 17 : 40 |
| 1              | 17 : 40 ~ 18 : 25 |
| 2              | 18 : 30 ~ 19 : 15 |
| 3              | 19 : 25 ~ 20 : 10 |
| 4              | 20 : 15 ~ 21 : 00 |
| club           | 21 : 00 ~ 21 : 45 |
| Finishing time | 21 : 50           |



## What is a Sogo high school?



We focus on education (Career education) that enables students to discover how they can be useful in society and acquire necessary life skills.



These classes are designed to help you think about how you fit in with society, what you want to be in the future and which classes you should choose to achieve those goals

# Graduate at your own pace



Graduate in 3 years or in 4 years. You can decide for yourself after admission!

## 4 year time line

- Graduate in 4 years by taking 4 classes after 5 pm in the evening.
- It is possible to balance studies while working or helping family.
- Since you have time to reflect, you can grow both physically and mentally.



### « Subjects and number of hours per week »

|           | 1                               | 2                  | 3                                 | 4                          | 5                  | 6                     | 7                       | 8                           | 9  | 10   | 11 | 12 | 13 | 14                 | 15 | 16                 | 17 | 18 | 19 | 20 |
|-----------|---------------------------------|--------------------|-----------------------------------|----------------------------|--------------------|-----------------------|-------------------------|-----------------------------|--|--|----|----|----|--------------------|----|--------------------|----|----|----|----|
| 1st Grade | Contemporary Japanese language  | Geography          | Math I                            | Science and Our Daily Life | Physical Education | Health                | English Communication I | Basic Home Economics        | Information study I                        | Industrial society and people                          | H  | R  |    |                    |    |                    |    |    |    |    |
| 2nd Grade | Language culture                | Public             | Math I                            | Basic Biology              | Physical Education | Health                | English Communication I | Agriculture and Environment | Music I Art & Design I Crafts Production I | The Period for Integrated Studies - People and society | H  | R  |    |                    |    |                    |    |    |    |    |
| 3rd Grade | Modern and Contemporary History | Physical Education | Practical English Communication A | Selective courses          |                    |                       |                         | Free elective courses       |  |  |    |    |    | Integrated Studies | H  | R                  |    |    |    |    |
| 4th Grade | Physical Education              | Selective courses  |                                   |                            |                    | Free elective courses |                         |                             |  |  |    |    |    |                    |    | Integrated Studies | H  | R  |    |    |

## 3 year time line

- Graduate in three years by adding A and B classes.
- You need motivation, effort, and continuity. Graduation in 3 years requires strong will. Think carefully when choosing this option.



### « Subjects and number of hours per week »

|           | 1                              | 2                 | 3      | 4                          | 5                  | 6                     | 7                       | 8                           | 9  | 10   | 11                              | 12                    | 13                    | 14 | 15 | 16                 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|-----------|--------------------------------|-------------------|--------|----------------------------|--------------------|-----------------------|-------------------------|-----------------------------|--|--|---------------------------------|-----------------------|-----------------------|----|----|--------------------|----|----|----|----|----|----|----|----|----|----|
| 1st Grade | Contemporary Japanese language | Geography         | Math I | Science and Our Daily Life | Physical Education | Health                | English Communication I | Basic Home Economics        | Information study I                        | Industrial society and people                          | Selective courses               | Free elective courses |                       |    |    | H                  | R  |    |    |    |    |    |    |    |    |    |
| 2nd Grade | Language culture               | Public            | Math I | Basic Biology              | Physical Education | Health                | English Communication I | Agriculture and Environment | Music I Art & Design I Crafts Production I | The Period for Integrated Studies - People and society | Modern and Contemporary History | Selective courses     | Free elective courses | H  | R  |                    |    |    |    |    |    |    |    |    |    |    |
| 3rd Grade | Physical Education             | Selective courses |        |                            |                    | Free elective courses |                         |                             |  |  |                                 |                       |                       |    |    | Integrated Studies | H  | R  |    |    |    |    |    |    |    |    |

**Many elective subjects** There are many subjects that other schools do not have

### Selective courses

These are vocational subjects that make the most of the school facilities and equipment. You learn skills for job hunting in the future through studying these special subjects, even though your future job may not be related to these subjects.

#### Life and Nature studies

Utilization of Plants / Animals for Health Promotion  
Life science Comprehensive agriculture / Food Production  
Food Distribution / Foods nutritional Sanitation

#### Home economy and welfare

Clothes Handicraft / Clothing / Food Design Basic  
Childcare / Life and Welfare

※ It is possible to choose other subjects after choosing your selective courses.



Computer Room

Library

Farm Land

## Four year time line

Compulsory subjects You have to take them

1st

|     | Mon                        | Tue                           | Wed                            | Thu                     | Fri                            |
|-----|----------------------------|-------------------------------|--------------------------------|-------------------------|--------------------------------|
|     | Dinner 17:00-17:35         |                               | SHR 17:35-17:40                |                         |                                |
| 1st | Basic home economics       | Math I                        | Geography                      | Information study I     | Physical Education             |
| 2nd |                            | English communication I       | Contemporary Japanese Language |                         |                                |
| 3rd | Geography                  | Industrial society and people | Science and Our Daily Life     | Math I                  | Health                         |
| 4th | Science and Our Daily Life |                               | LHR                            | English communication I | Contemporary Japanese Language |

4th

|     | Mon                   | Tue                   | Wed                               | Thu                   | Fri                   |
|-----|-----------------------|-----------------------|-----------------------------------|-----------------------|-----------------------|
|     | Dinner 17:00-17:35    |                       | SHR 17:35-17:40                   |                       |                       |
| 1st | Free elective courses | Physical Education    | Free elective courses             | Free elective courses | Selective courses     |
| 2nd |                       |                       |                                   |                       |                       |
| 3rd | Selective courses     | Free elective courses | The Period for Integrated Studies | Selective courses     | Free elective courses |
| 4th |                       |                       | L H R                             |                       |                       |

※less compulsory subjects and more selective courses

## Three year time line

Compulsory subjects You have to take them

2nd

|          | Mon                        | Tue                           | Wed                            | Thu                     | Fri                            |
|----------|----------------------------|-------------------------------|--------------------------------|-------------------------|--------------------------------|
| A period | /                          | Free elective courses         | Free elective courses          | /                       | Selective courses              |
| B period |                            |                               |                                |                         |                                |
|          | Dinner 17:00-17:35         |                               | SHR 17:35-17:40                |                         |                                |
| 1st      | Basic home economics       | Math I                        | Geography                      | Information study I     | Physical Education             |
| 2nd      |                            | English communication I       | Contemporary Japanese Language |                         |                                |
| 3rd      | Geography                  | Industrial society and people | Science and Our Daily Life     | Math I                  | Health                         |
| 4th      | Science and Our Daily Life |                               | LHR                            | English communication I | Contemporary Japanese Language |

※ A period starts at 3:40pm

3rd

|          | Mon                   | Tue                   | Wed                               | Thu                   | Fri                   |
|----------|-----------------------|-----------------------|-----------------------------------|-----------------------|-----------------------|
| A period | /                     | Free elective courses | Free elective courses             | /                     | Free elective courses |
| B period |                       |                       |                                   |                       |                       |
|          | Dinner 17:00-17:35    |                       | SHR 17:35-17:40                   |                       |                       |
| 1st      | Free elective courses | Physical Education    | Free elective courses             | Free elective courses | Selective courses     |
| 2nd      |                       |                       |                                   |                       |                       |
| 3rd      | Selective courses     | Selective courses     | The Period for Integrated Studies | Physical Education    | Free elective courses |
| 4th      |                       |                       | L H R                             |                       |                       |

※less compulsory subjects and more selective courses

making it a good opportunity.

**Free elective courses** These subjects help you on your way to higher education or future jobs

Japanese Language / Practical basic Japanese/ Practical Language Culture / Politics and Economy / Practical Japanese History / Practical World history / Mathematics A / Practical Mathematics I / Basic Chemistry/ Practical Basic Chemistry/ Basic Earth Science/ Practical Basic Biology/ light exercise/ Sports / English Logic and Expression I / Life and English Practical English Communication B/ Music II/ Art and Design II / Crafts Production II / Expression and Management Information / Information Design/ My Life Design

**Special classes at Ome sogo**  
These classes help students think about their future jobs while learning professions and relationships with others.

\*Mathematics and English are based on individual levels of academic achievement.

\*Agriculture and home economics are divided into smaller specialty classes.

# School Life



Please check news on Twitter (@omesogot)

We have a lot of events to make school life rich.

## Events



## Clubs

We have 12 clubs and groups to choose from

### ● Athletic clubs

Baseball / Soccer / Tennis/Badminton  
Basketball / Track &Field / Judo



### ● Culture clubs

Light band / Literary & Art club



### ● Groups

Classic music / Home economics



### < Men's Basketball club >

2020 Agriculture 6 schools 1<sup>st</sup> place  
2021 Tokyo metropolitan Part-time, Correspondence course school contest 3<sup>rd</sup> place

### < Baseball club >

2021 Tokyo metropolitan Part-time, Correspondence course school contest 2<sup>nd</sup> place

### < Judo club >

2021 Tokyo metropolitan Part-time, Correspondence course school contest  
Team match 2<sup>nd</sup> place  
Individual match 1<sup>st</sup> place and 2<sup>nd</sup> place  
( 5 times for All- Japan high school tournamen

## Student council

Our school has a good atmosphere which takes student's proposals into consideration, one of the merits of Aotei.

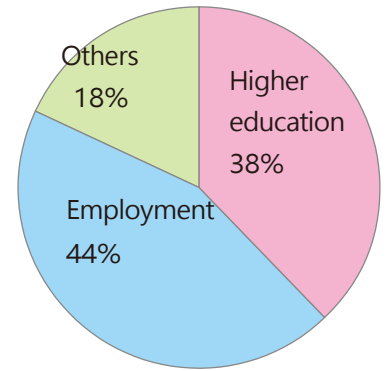


Student council (You can find them in this school guide)

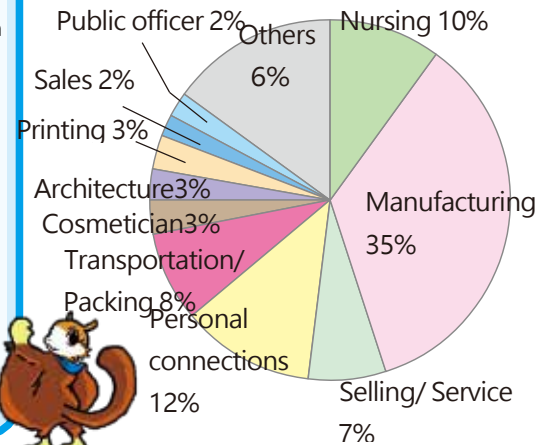
Library committees

# Career guidance after graduation

« Career guidance 2020 »



« Career course 2020 »



2020 results

## Work Places

Self-Defense Forces  
Dental Clinic  
Udon Shop  
Japanese restaurant  
Railway Inc.  
Distribution Inc.  
Nursing Home  
Architecture  
Iron Works  
Plumber  
Precision machinery industry  
Equipment work  
Swimming Trainer  
Golf park officer  
Waste collector  
Warehouse management  
Printing company  
Landscape architect  
Forestation worker  
Etc...

## Higher education

Kanagawa Univ. Law department  
Suruga Univ. Law department  
Tokyo International Univ. Economics department  
Meisei Univ. Faculty of Literature  
Akikusa Junior College Early Childhood Education  
Kawaguchi Junior College Childhood Education  
Yamanashi Junior College Food Science and Nutrition  
Animal Vocational school  
Food Science and Nutrition Vocational school  
Business Vocational school  
Beauty Vocational school  
Game Programming Vocational school  
Game Creator vocational school  
Voice actor Vocational school  
Fashion Design Vocational school  
Automobile painting school  
Etc...

## Interview with graduates

Questions

- 1 Why did you decide to enroll at Ome sogo night high school?
- 2 What are the good points of this school?
- 3 What was the most fun about your night school life?
- 4 What did you work the hardest at in your high school life?
- 5 Please give a message to those who want to enroll at Aotei?

Hidetaka Ito (Suruga Univ. Law of department)

- 1 I originally went to day-time school, but I became sick and couldn't go to school any more. At that time, I was recommend to go to school and decided to come to Aotei.
- 2 School dinner. There are a lot of delicious menus including curry and rice. The Christmas menu is a secret until that day.
- 3 School excursion to Okinawa. I saw the emerald green transparent sea up close on a sea kayak.
- 4 We opened a stall at the school festival. It was so popular that it sold out around noon.
- 5 It has a homey atmosphere, and student and teachers have close relationships. If there's anything you don't understand, please rely on the teacher. I'm sure they'll help you.



Tomoka Ono (Employment) (Nursing Home)

- 1 Because I could study at own my pace, and I thought I could work part-time.
- 2 We can study at own our pace. Teachers are bright, kind, and humorous.
- 3 All school events were fun and I enjoyed them.
- 4 Job hunting. I tried hard to practice the practical job interview and to research the workplaces and company visits.
- 5 This school, Aotei cherishes events and is proud of them, they put much effort into club activities. The teachers also attend to each of us kindly by listening to students.



Daichi Nakajima (Employment) (Precision machinery industry)

- 1 So I could have a better chance for employment.
- 2 I could come to school while working part-time during the day.
- 3 It was good to learn about Okinawa while enjoying my time there.
- 4 I was proud of myself to come to school without absence and truancy.
- 5 I think Aotei is an enjoyable school. I enjoyed my 4 years there. They have a lot of selective courses and an environment to learn what we want to do.



Shion Oshima (Employment) (Equipment work)

- 1 I thought it was easy to go to school and graduate with a credit system.
- 2 I had free time in the morning and could do what I liked.
- 3 Having made friends and playing games together.
- 4 It was not to forget to bring things to school and submit homework on time.
- 5 It is a place that students can easily chat with the teachers and study.



# Information

## <School Orientation>

11/13 Sat. 15:00 ~ 17:00

1/20 Thu. 17:00 ~ 18:00

3/ 9 Wed. 17:00 ~ 18:00

11/13 Sat.  
Harvest  
Festival

Check out the details on our Web site

※We accept school tours and consultations at any time.

## <Open classes>

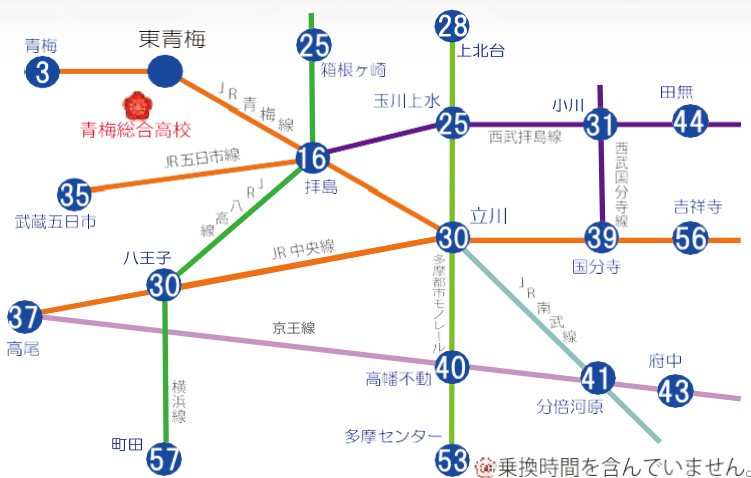
11/15 Mon. ~ 19 Fri.



The flying squirrel is  
our school Mascot

## Guide Maps

Riding time from main stations to Higashi Ome sta. (mins)



 Tokyo metropolitan Ome night high school

〒198 - 0041 1-60-1 Katsunuma, Ome city

☎ 0428 - 22 - 7604 FAX 0428 - 22 - 7624

HP : <https://www.metro.ed.jp/ome-sogo-he/>

Twitter : <https://twitter.com/omesogot>

HP



Twitter



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