

※生徒のみなさん！ ニュースレターを
読んで左側の質問に答えてください。

Water
is great!



*Image from <https://www.standardmedia.co.ke/>

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1. HOW TO STAY HYDRATED DURING SUMMER
2. GOODBYE FROM JAMES!

Questions for Students

1. Why do many people feel sick during summer?

2. When will James fly to America?

3. How long was James absent from school?

Chicken
Nanban



*Image by James Robertson

1. How to Stay Hydrated During Summer

During summer, it is very important to stay hydrated. Because the weather is hot, many people feel sick when they do not drink enough water. Here are some tips for staying hydrated:

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|---|-------------------------------------|
| 1. Drink a lot of water | 4. Eat fruits and vegetables |
| 2. Avoid sugary drinks | 5. Rest often in the shade |
| 3. Have salt, electrolytes, and carbohydrates | 6. Take cool showers after exercise |

Please have fun with club activities this summer and try your best to stay hydrated!



2. Goodbye From James!

July is my last month working at TOKO. I am very sad to leave Japan after three years, but I am also excited to start a new adventure in America! I will fly to America on August 3rd.

I am sorry that I have not been in your classes often since April. I stayed home because of Coronavirus and was absent from school for two months. I wish I could have seen everyone more before I left.

Please enjoy the rest of your high school life! I am proud of all TOKO students. I hope we can see each other again someday!

