

青峰

NABARI-SEIHOU

三重県立名張青峰高等学校

Mie Prefectural

Nabari Seihou High School

- A place where smiles gather -



School Guidebook

Three core strengths nurtured at *Nabari Seihou*

*Independence
& Future
Aspirations*

*Global
Mindset*

*Sense
of
Community*

1 *Independence & Future Aspirations*

- Develop Independence & Strive towards Career Goals -

The school offers a wide variety of courses based on the school curriculum, along with detailed career guidance. We support students aspiring to pursue various career paths, whether aiming for prestigious national and public universities, private universities, junior colleges, vocational schools, or employment.

2 *Global Mindset*

- Develop ability to thrive in a globalized society -

Empower students to grow their knowledge, skills, and qualities to participate in community and global-focused discussions. Furthermore, through public speaking, discussions, and presentations, students will enhance their proficiency in the four core skills of listening, speaking, reading, and writing in the English language.

3 *Sense of Community*

- Develop understanding and ability to participate in society -

Supporting students in building and further developing their values to connect with their community, fostering strong human connections through school activities, and striving to achieve their goals. We aim to nurture students to become compassionate and active members of society.

Literal Arts & Science

~ Supporting those who strive for tertiary education ~

- This course offers high-level classes equivalent to those offered at national and public universities. Students enhance their academic abilities through a specialized curriculum. Starting from the second year, students are divided into humanities and sciences courses, selecting necessary classes from a specialized group of subjects.
- Through lessons and activities that emphasize inquiry, we foster the qualities and abilities of students who will continue to learn throughout their lives.



Future Creation

~ Centered on cultivating student career goals ~

- This course caters to each student's career aspirations. Students choose classes from various elective subject groups aligned with their career goals. Starting from the second year, students can explore diverse career paths by selecting combinations of elective subject groups.
- Through comprehensive career education, we aim to assist you in developing your own career direction.



We offer a full range of educational activities

- Seminars during school holidays
- Career lectures, guidance sessions, and on-site classes
- Thorough pre- and post-test guidance for off-campus mock exams
- Detailed guidance through tracking study time and regular interviews



● Class Schedule

~ approx. 32 hours of classes per week

Mon • Wed • Fri	Period	Class Times	(6 Class Period Days)
	1	8: 50 ~ 9: 40	
	2	9: 50 ~ 10: 40	
	3	10: 50 ~ 11: 40	
	4	11: 50 ~ 12: 40	
	Lunch Time		
	5	13: 20 ~ 14: 10	
	6	14: 20 ~ 15: 10	
	SHR	15: 15 ~ 15: 25	
	Cleaning Time	15: 25 ~ 15: 35	

Tues • Thu	Period	Class Times	(/ Class Period Days)
	1	8: 50 ~ 9: 40	
	2	9: 50 ~ 10: 40	
	3	10: 50 ~ 11: 40	
	4	11: 50 ~ 12: 40	
	Lunch Time		
	5	13: 20 ~ 14: 10	
	6	14: 20 ~ 15: 10	
	7	15: 20 ~ 16: 10	
	SHR	16: 15 ~ 16: 25	
	Cleaning Time	16: 25 ~ 16: 35	



● Our School Uniform



Summer Uniform



In-between season uniform



Winter Uniform

Diverse international exchange programs and collaborative opportunities

- Short-term visits from international schools (incl. from America, Korea and the Philippines)
- Short-term study abroad programs offerings
- Online cultural exchange opportunities (with sister school in Lindisfarne, Australia)
- Online cultural and English language exchange opportunities (DMM Eikaiwa)
- Long-term study abroad support for students



Our school's **'Future Creation'** course **includes** an elective subject called **'Global Communication.'** This course aims to cultivate students' abilities to thrive in a collaborative, globalized society. It focuses on **enhancing** students' skills **in public speaking, open discussion, and presentation in English.** Additionally, it **fosters critical thinking** and **analytical skills** by **examining** social and global issues relevant to today's world.

ICT学習環境

School ICT



- All classrooms are **equipped with projectors** to enhance student engagement, and the entire school building **provides Wi-Fi support**, creating a modern and **cutting-edge environment** for studying.
- Students have **access to personal Chromebooks**, which they use not only during class but also during their commute to school and for studying at home.

クラウド学習

Cloud learning environment

- Our school is **certified as a 'Google for Education'** institution, providing a supportive learning environment for students through the use of Google devices and tools.
- Using **Google Workspace for Education**, our school offers a cloud-based environment that promotes a safe learning environment.



探究学習

Inquiry learning

- We offer a series of **Seihou Research classes** at Nabari Seihou where students explore their interests and goals. In **Seihou Research I**, students engage in **inquiry-based learning to solve real-world problems**. In **Seihou Research II and III**, students **conduct research and present their findings**, helping them **discover and pursue their career aspirations**. Over three years, students learn to **shape their futures**.



青峰生の School Life

Apr

Entrance Ceremony
School Excursion



May

Term 1 Mid-term Exams

Jun

Sports Festival School
International School Visits



Jul

End-of-Term 1 Exams
Class Match Event

Aug

Summer Vacation
Summer Seminars



Sep

Cultural Festival

Oct

Term 2 Mid-term Exams



Nov

End-of-Term 2 Exams

Dec

Winter Vacation
Winter Seminars



Jan

Feb

End -of-Year Exams



Mar

Graduation Ceremony
Class Match Event
Oversea School Trip to Sister School

School Club

~Development • Fulfillment • Friendship~



We, at Nabari-Seihou, believe in a well-rounded education that integrates academic learning with practical skills. Guided by the Japanese motto 「文部両道」, we emphasize the importance of both intellectual knowledge and hands-on abilities for holistic growth.

Alongside our rigorous academic programs, we offer 24 clubs encompassing sports, cultural activities, and hobbies. Students are encouraged to join clubs to pursue their interests.

Balancing club activities with studies can be challenging, nevertheless, the experiences and friendships gained are invaluable assets for our students.

● Sports & Athletics Clubs

- Track & Field
- Baseball
- Soccer
- Basketball
- Volleyball
- Handball
- Tennis
- Soft Tennis
- Badminton
- Kendo
- Table Tennis
- Hockey

● Literature & Arts Clubs

- English Speaking Society (E.S.S)
- Brass Band
- Calligraphy
- Computer Science
- Broadcasting
- Photography
- Arts
- Literature
- Tea Ceremony
- Koto
- Cooking
- Human Rights



School Facilities

Homeroom
(with ICT Support)



Presentation Hall
(Presentation Room Facilities installed)



School Library
(Over 30000 books available)



Student Entrance

(Main entrance from students and location to store their shoes. New shoes boxes had recently been installed for a more modern, pop design)



Training Gym
(Various sports equipment available)



Self-Study Room
(Many resources & book available)



青峰さる介
Seihou Sarusuke



青峰ペン太
Seihou Penta

~ School Mascot Characters ~

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<http://www.mie-c.ed.jp/hseihou/>