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THE MIDDLE SCHOOL
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4 K-pop Boygroup B-Side Tracks You Should Try Listening To

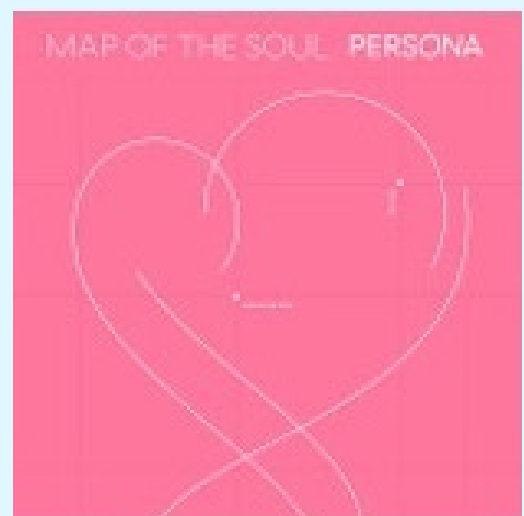
by Celine C.

Whether you love K-pop or you don't, you've probably listened to it before. On the internet, in shops, or maybe someone in your family likes it. But see, it's mostly the title songs that seem to get most of the attention. There are many reasons title tracks are iconic, but there are B-side tracks just as good as them. Here are some of my favorite B-side tracks and the reasons you should try listening to them.

The first 2 songs I recommend to you are by BTS.

1. **“Mikrokosmos”**

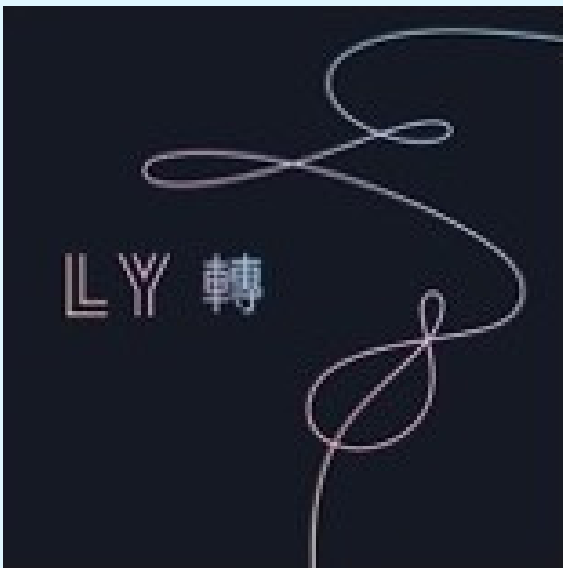
“Mikrokosmos” is an uplifting song that uses a warm, synth-based melody along with unique beats. It is part of the album ‘MAP OF THE SOUL: PERSONA’ released in 2019. The title of the song is a Greek word, which means “Small Universe”. Not only does this song have a



comforting, hopeful melody, but it also has encouraging lyrics that may give you confidence. These are my favorite lyrics of the song: “가장 깊은 밤에 더 빛나는 별빛” (The stars that shine the brightest during the darkest days). I personally think these lyrics represent hope and encourage you to believe in yourself.

2. “Airplane pt.2”

“Airplane pt.2” is a groovy, smooth song with a diverse combination of percussion and pitched instruments, inspired by Latin pop. It is part of the album ‘Love Yourself 轉 Tear’ released in 2018. The funky melody is very addictive and fits well with the smooth flow that goes back and forth between vocals and raps. I consider this song to be very powerful, with lyrics that can boost your confidence. It is ironic how they talk and sing about their accomplishments while also being quite humble at the same time, and also make parts of their songs relatable.

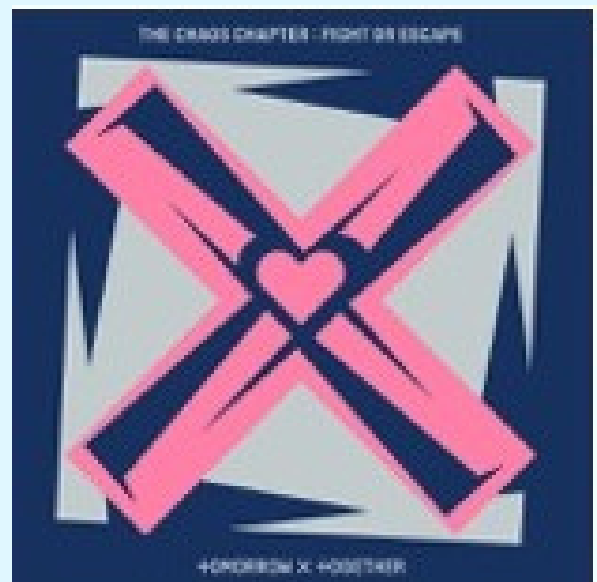


These are my favorite lyrics: “그 누구든지 뭐라던, 그저 계속 퍼스트를 지키며” (Whatever someone says, I'll just continue to keep the first). These lyrics give you this encouragement and confidence, even if it's not 100% relatable, which is another reason I consider this song to be one of my best B-side songs.

The next B-side song I would like to introduce to you is from a group called TOMORROW BY TOGETHER.

3. “Dear Sputnik”

“Dear Sputnik” is a strong, powerful song with a grand drum beat, along with electric guitar riffs. Released in 2021, Dear Sputnik is part of the album called ‘The Chaos Chapter: FIGHT OR ESCAPE’. It is an alternative rock song with blasting explosive choruses that is surely addictive. A "sputnik" means "satellite" in Russian, but it also has another meaning: companion. According to koreaboo.com, a member named Hueningkai who



participated in producing 'Dear Sputnik' said,

“'Dear Sputnik' is about meeting a partner in the midst of loneliness in a world with no warmth. Sputnik is the only warmth I see, so there is hope that makes me want to continue my journey with Sputnik by my side.”

My favorite lyrics of this song are: “너와 손잡으면, 상처는 찬란한 흔적이 돼” (When I hold hands with you, scars become a brilliant trace). I think these lyrics encourage you to feel that you are an important and special person.

4. “Wishlist”

“Wishlist” is a pop-rock song full of hope that has an upbeat, joyful melody accompanied by energetic drum beats and guitar strums. It is part of the album ‘Minisode 1: Blue Hour,’ which was released in 2020. The vocals are full of joy and warmth, which gives a strong impression of youth. The uplifting and moody melody contrasts with the expressive lyrics, which is one of the biggest reasons why I love



this song. The lively but imperfect love and the fluttering feelings they feel are what this song is about. I think they've expressed it well, with the tones and emotions in their voices.

My favorite lyrics of this song are: “너란 별이 담긴 보석함이 내 맘에 또 넘쳐서” (The jewelry box with a star called you overflows my heart). I feel like these are the lyrics that represent this song the most and describe the feelings they are feeling in the song.

Today, I talked about 4 of my favorite B-side tracks that each have diverse melodies, beats, and different moods. I hope you enjoyed learning about them, and I'll leave you with a question: What's one of your favorite B-side tracks? Why?

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Quote Source:

“TXT’s Hueningkai Reveals His Experience While Creating the Group’s Track ‘Dear Sputnik.’” Koreaboo, 9 June 2021, www.koreaboo.com/stories/txt-dear-sputnik-hueningkai/. Accessed 28 Mar. 2025.

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How to Manage Time While Studying

by Ai L.

Spending time with friends, going to school, attending after school activities, going back home, and taking time to relax – these are all activities that most students engage in.

However, these activities can quickly fill up schedules, leaving hardly any time for students to study. Students all over the world struggle with time management, and it is not a surprise whatsoever. While it is easy to complain endlessly about having no time to study, there is a thing commonly viewed as a challenge that is incredibly easy to do: taking action. Some great ways to make sure you can study productively without sleeping late are organizing your study time, keeping a good study space, and using good study methods.

Organizing Your Study Time

Organizing your study time is often overlooked when people have a crammed schedule. However, it is most definitely a great way to make sure you can study effectively. The source Summer Harvard Education suggests that organizing your study time is a great way to maximize productivity. First of all, find dates on your calendar that are free. Using online

calendars or planners are also great alternatives, as they may come with special features and advantages that physical copies may not offer. Planners and calendars can then be used to schedule set or regular study sessions, and times to complete assignments or study certain topics. By making studying a regular part of your routines, you can get used to studying and become less prone to procrastination.

Study Space and Time Management

According to CDU Education, keeping an organized, distraction-free environment while studying allows for maximum productivity. To find a dedicated study place, determine a place to study that is somewhere free from friends, family members, and/or hobbies. Sure, we may all love these people and things, but unfortunately they can all be distractions while studying. Something even more common for people to get distracted by is their phones. Many struggle with "checking their phone", ending up mindlessly watching videos for hours. This can be prevented by doing the opposite of what was first suggested, which is by keeping a family member or friend near you (that won't be a distraction), and making them keep watch over your phone. This would be best done at home, where a family member like your mom could keep watch over your phone in another room. However, some may benefit from staying in a public space such as a library or a public coffee shop, as the music,

environment, or even the fact that others are watching them can help them study well. Another thing recommended is to work out your optimum study space, whether that is working in specific environments, or with certain genres of music, like jazz.

Effective Time Management Techniques

The source Spica Entertainment recommends using certain study methods that can be helpful for some. These methods specially recommended for time management are:

1. The pomodoro method, where you set a 25-minute timer on your phone, working on the task for that time, and giving yourself a 5-minute break after the timer rings. Then, repeat that process for as many times as needed.
2. Setting artificial deadlines, where you will make their own artificial deadlines by doing things such as telling your teacher that you would submit your assignment a number of days early.
3. The first ninety, where you select a top priority for the day you plan to study, and spend the first ninety minutes of your study session doing the work focused on the top priority (which can include breaks if needed).

By using these study methods, many students find it easier to study productively.

In conclusion, managing time in a student's busy life can be extremely challenging, with the many commitments that they have. However, by taking small steps to manage their study time, they can use their study time productively in no time. As previously mentioned, the small steps can include actions such as finding or creating an effective study environment, and applying certain study methods. With certain strategies for studying in a dedicated place, they can focus on both achieving good grades, while still prioritizing rest and well-being. Time management is the key to a student's success, and with the strategies mentioned in this article to manage time, any student can find a way to study that supports them!

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Hinamatsuri: Japan's Doll's Festival

by Maya F.

Every year on March 3rd Hinamatsuri, or Doll's Festival, is celebrated in Japan to wish for happiness and health for young girls. The main event of the festival is the hina dolls on display. The dolls represent the royal court during the Heian period. These dolls symbolize good luck and protection for young girls. (All information from "Live Japan Travel Guide: Girl's Day Festival")

Origin

Hinamatsuri started thousands of years ago when the Japanese adapted the Chinese calendar and some of its traditions, including one where they float dolls made



out of paper and string down a river to symbolize letting their misfortunes float down the river. This tradition later moved inside and became what we now know as Hinamatsuri, or Doll's Festival.

Celebration

Hinamatsuri is celebrated differently all over Japan. Some popular celebrations include Kyoto's Nagashi-Bina ceremony where paper dolls are sent down the river, and Chiba's Katsuura Big Hina Matsuri showcasing 30,000 dolls. Popular foods include chirashizushi, or scattered sushi, hina-arare, which are colorful rice crackers, and shirozake, or sweet rice wine.



Symbolism:

In one type of Hina dolls, there are 7 platforms, or Hinadan, that the dolls sit on, and each row has dolls that represent different things. The top platform has two dolls on it, which are called the Dairi-Bina. The Dairi-Bina are known as the imperial dolls. The next platform is where the San-nin Kanjo are. They are three court ladies who serve drinks to the imperial couple. The third platform holds the Go-nin Bayashi, which are four musicians and one singer. On the fourth platform there are the ministers, Zuijin, also known as the bodyguards. The fifth platform has the couple's three bodyguards, an angry drinker, a laughing drinker, and a crying



drinker. The last two platforms hold items that you might find inside the home. You might find items like storage chests, mirrors, sewing kits, and utensils.

The Hinadan is usually set up and decorated with the dolls around the beginning of spring, February 3, to around mid-march. It must be set up a week before the celebration. Rushing to set up the Hinadan to be considered inauspicious

Hinamasturi reflects deep cultural values, family, heritage, and the wishes for a bright future. As generations continue this tradition, the festival remains a vibrant expression of love, protection, and the passing down of blessings from past to present.

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The Hidden Talents of Sacred Heart Students

by Arianna M.

Have you ever stopped and wondered if students in Sacred Heart possess interesting talents and skills? Well, now it's the chance to find out! In writing this article I had the pleasure of interviewing some incredibly skilled students, helping to shed more light on their unique abilities and skills and communicate their inspirational messages for the readers.

Ruowei L. – *An eighth grade student, Ruowei has many remarkable qualities and talents that are not well known by many. In this interview we will ask her a few questions.*

Hello Ruowei, welcome to the interview! Could you please introduce your hidden talent please?

Ruowei: Of course! My skill is playing the piano, which I have done from a young age. Ever since, it's been one of my biggest passions.

That's so interesting! Is there a certain reason why you play piano still to this day?

Ruowei: Playing the piano helps me to forget about things, and I am able to immerse myself in my own world with

music even if I have had a bad day. It has also helped me discover my passion for singing.

You sound very dedicated towards playing the piano! Can you tell me a little more about your passion for singing?

Ruowei: Singing helps me perfect my skill at piano. In addition, since the piano is a solo instrument, singing allows me to be more social by practicing songs with other people. This in turn allows me to have fun by forming bonds and connecting with others through music.

You seem so devoted to music! Finally, are there any messages about music you would like to say to the people reading this?

Ruowei: Based on my experiences, I have often felt very discouraged and even quit piano for some time, but with enough encouragement and dedication I made my decision to continue. This helped me to realize my big passion for music as I progressed, and how fulfilled I feel with it. With practice and confidence, anyone can improve their skills in anything and I encourage everyone to never give up!

Thank you so much for being here today, Ruowei – I hope you continue your dedication to piano and singing. I also hope that the people reading this interview can consider your message to never give up and have confidence when you're learning a new skill or talent!

Yuma A. – Another eighth grade student, Yuma has a remarkable talent relating to music as well. In this interview, I hope to help communicate her message about her passion.

Welcome, Yuma! May I begin with a few questions??

Yuma: Yes, of course!

Can you introduce yourself a bit and your talents please?

Yuma: I'm Yuma in grade 8 and my talent is singing – I love expressing myself through song and rendering the audience happy and hopeful through my voice.

Thank you! What age did you start singing and why?

Yuma: I started singing at around three years old, and my mom signed me up for a musical class. There I started with dancing but then I began to sing as it seemed more appealing to me and fun.

How has singing influenced your life?

Yuma: It helps me to participate in school singing events and the choir, and it helps to set and shape my goals for my future. My dream is to become a musical actress.

Wow, that's so interesting! What pushed you to sing and how does it make you feel?

Yuma: By singing in front of audiences as a service and seeing them joyful and entertained makes me feel very

happy and accomplished. This also reduces my stress and gives me a sense of fulfillment.

Thank you! Lastly, what message would you like to share with the readers in regards to your passion about singing?

Yuma: By helping me feel connected to the people I sing to, music has surrounded me my entire life, giving me a sense of joy. My message is that anyone can find their own talent that gives them a sense of fulfillment and purpose with hard work. Thank you!

Thank you so much Yuma. Your dedication towards your passion is really inspiring! I hope people consider your advice to work hard to find their own talents that help them feel accomplished as much as you have.

Marie F. – *With a passion related to music as well, the 8th grade student Marie plays an instrument that she is very dedicated towards that has helped her obtain many positions.*

Hello Marie, can you please tell me a bit about yourself and your skill?

Marie: Hi! I'm Marie, and I'm in 8th grade. My skill is playing the flute, which brings me lots of joy.

What made you first want to start the flute?

Marie: Good question. When I was in 5th grade, I observed a 10th grader at the time play a beautiful solo on the flute which captivated and inspired me to learn to play it as well. Additionally, I read about a flutist which inspired me even more, pushing me towards my talent.

That's so interesting! How does playing the flute make you feel?

Marie: Playing the flute makes me feel a sense of joy and accomplishment after performances, but sometimes makes me stressed when practicing for recitals. Overall, though, the flute is my biggest passion and is one of my favorite things to do.

Where has playing the flute landed you after all these years?

Marie: The flute has helped me get into the school's orchestra, and I am able to do solos at choir concerts along with the ensemble. I am currently practicing a lot for the Stations of the Cross assembly, where I will perform a solo.

Have there been any setbacks in your flute career?

Marie: When I performed last year at my flute recital, I got really nervous which caused me to shake during the performance, diminishing my confidence and giving me stage fright. Even though this was a major setback in my career which affected my performance and playing,

afterwards I began to practice more and became more confident in my pieces. I also learned to give myself pep talks before going on stage to become confident with myself to perform without fear.

Finally, are there any messages you have for the readers about your skills and what you have learned from playing the flute ?

Marie: Well, playing the flute has taught me that it is always possible to still be able to have the strength to move forward even with many obstacles in your path, with enough dedication and confidence.

Thank you for sharing with us today Marie! I hope this inspires the readers to have confidence when they have setbacks that make it difficult to achieve something, knowing that they can always get back up and get a step closer to success.

In this article, I have been able to interview skilled students from our school. I hope the readers will be able to take some inspiration from each of their encouraging messages when pursuing your own passion. Thank you for reading!

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Banned Gymnastics Moves

by Maki S.

Most of you, whether or not you like it, have probably heard of gymnastics, done gymnastics before, or like watching gymnastics. As a person who likes watching gymnastics and gymnasts such as Simone Biles, I became interested in knowing what kind of gymnastics moves are banned, especially when most of the beautiful gymnastics moves that I saw during the Olympics already looked quite difficult and dangerous. Because of my interest, I decided to collect information from gymnastgem.com, and write an article about 3 banned gymnastics moves, and why they are banned. I hope that by reading my article you can get to immerse yourself more into the gymnastics world!

Dead Loop (or Korbut Flip)

One of the most deadliest gymnastics moves that now has a good reason to be banned is the dead loop, which was first performed on the uneven bars by Olga Korbut in the 1972 Munich



Olympics. It was done by standing on top of the high bar, and then launching in a back flip, grabbing the bar again as you swing back into position. Olga Korburt then did a daring dismount using her legs to push off the high bar, performing a back layout and landing with grace. Although she executed everything perfectly, there were dangers that came from doing the dead loop. According to gymnastgem.com, there is a risk of head and neck injuries if not executed perfectly, and overtime the dead loop could lead to chronic injuries that could shorten an athlete's career. Moreover, the need for the gymnast's body to change direction quickly leads to pressure and strains on the joints, shoulders, backs, and especially the wrists. Mostly, it was banned because as the years passed, The International Gymnastics Federation (FIG) became more concerned about the safety of gymnasts.

Thomas Salto

The Thomas Salto, first introduced by Kurt Thomas, an American gymnast, at the 1978 World Championships in Strasbourg, France, is a complex floor routine that requires perfect timing, incredible core strength, and spatial awareness (knowing how your body is positioned). According to gymnastgem.com, this move required 1 ½ somersault (salto) with 1 ½ twists, executed in a tucked or pike position, and landed in a forward roll. Not only the difficulty, but the injuries that could come with it has been a big reason for this move to be banned. These injuries could include ankle, knee

and lower back injuries which were due to the high-impact landings. Moreover, there was also a risk of neck and spine injuries. One notable incident, according to gymnastgem.com, was when Soviet gymnast Elena Mukhina attempted the Thomas Salto in 1980 two weeks before the Summer Olympics, and tragically suffered a neck injury, resulting in paralysis. At first, this move was only banned in women's gymnastics due to its physical challenges, but was later also banned in men's gymnastics as well. It is now stated in the 2017-2020 Code of Points (a rulebook that defines the scoring system for each level of competition in gymnastics) that the Thomas Salto was banned for all athletes.



Produnova Vault

Now let's talk about an extraordinary move banned on the vault in most competitions: the Produnova vault, often referred to as the "vault of death." From the name you can probably already tell that this skill is difficult and can be very dangerous if not executed properly. This is because, according to gymnastgem.com, the move requires immense power, speed, and precision, due to the skill involving the



gymnast having to make two double front flips in the air before landing on the ground, unlike most vault skills which require a single flip or twist. Although Russian gymnast Yelena Produnova, the first person to perform this was successful at the 1999 World Championships, this skill could lead to serious injuries depending on the way that the gymnast landed. A small misstep could lead to broken ankles, neck injuries or worse.

To conclude, these three moves – the dead loop, the Thomas Salto, and the Produnova vault – have drastically changed the world of gymnastics today despite being banned due to their difficulty and high risk of injury. Many gymnasts today have been inspired by these moves performed by other incredibly talented gymnasts, and have adapted these skills to make them safer. Although we might never see these moves ever performed again, I hope that by reading my article you can get a grasp on how gymnastics, while difficult, can be entertaining to watch and do.

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Interesting and Unusual Jobs in the World

by Euie H.

Have you ever imagined what it would be like to have a unique profession compared to most of earth's population, where all people do is sit at desks and type out documents on their laptops from nine to five? Well, in this article of The Student Outlook, I have researched about some of the uncommon and eccentric occupations in our world plus their annual salaries!

First up is a pet food tester. Pets have always been popular, and so their everyday needs including their food are important. Although some owners like to cook/prepare their pets' meals for them, most are still depending on the quick and easy food from the supermarket to serve to their loving animals, including myself. According to Lahontan Valley News, these food testers can be divided into two different categories: the professionals who analyze the food's nutrition and write reports about it, and the part-timers who actually taste them (yes, they eat the pet food) and give honest feedback. Their salaries can vary from approximately \$34,000 to \$100,000, which is quite an amount of money.

Next up is a snake milker. Contrary to its name, the people in this field of work don't actually milk the snake — it would be impossible as snakes cannot produce milk in the first place, only mammals can. Instead, they extract venom from them, which is a highly specialized skill. As mentioned in Environmental Science.org, a snake milker can be categorized into a type of zoologist, and more specifically, a herpetologist, meaning they are trained to carefully take care of the venomous creatures. Snake milkers can save people's lives as well. Imagine that you're bitten by a snake while hiking in the mountains. Snake milkers can help alongside the medical professionals to remove the venom from your wound and safely treat the injury. Now then, you must be wondering, what do they do with the extracted venom? Well, the venom can be used for creating antidotes and medicine, as well as become potential research material. The average salary, as of May 2020, of a snake milker is \$66,350.

How would you feel if your job was to sleep all day? You're able to get some rest and get paid for it at the same time! This envy-inducing job exists to help with research in areas such as manufacturing sleep-related items, professional medics — to see what activities happen in your body while you sleep —, and other science-related purposes. As mentioned in Indeed Career Guide, the people with this job relax and go to sleep in certain conditions wanted by the client and give comments

on the experience. Some examples of fields where a professional sleeper may work at are medical research, where the sleepers perform the role of a subject to help learn more about the effects of sleep on our physical and/or psychological bodies, and product testing, which is where the sleepers quite literally test out the product manufactured by the client and give an honest review, whether it'd be their beds, pillows or mattresses. The clients would then take those into consideration and try to improve them. Although the exact salary of a professional sleeper is not clear, the average annual salary of a product tester can be about \$46,545.

Last but not the least on this list are ethical hackers. Malicious hackers are those who try to obtain other people's data for personal gains and/or cause damage to them. On the other hand, ethical hackers use their talent for working electronic devices to the fullest by testing for any exposed areas in the organization's security that could possibly lead to the leakage of private information, and defend the system against the former. For example, they imitate an attack that could possibly be made by the malicious hackers to test how sturdy the system is. As stated in [blackduck.com](https://www.blackduck.com), they are paid to look for and report any of the loopholes in the client's security and, if possible, give some advice as well. The average salary for an ethical hacker would be approximately

\$107,000 per annum.

If I were to be honest, while researching for these jobs, I thought that some of them should be paid more for the services they offer for us as these professionals need to take risks and put in hard work to produce the end results that we want. To me, some of the professions in this list are underappreciated. What do you think? Would you have any interest in these occupations that I've introduced?

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8 Cute Animals You May or May Not Have Heard of Before

by Kaeli S.

Do you ever find yourself looking for images of cute animals? I love how cute things make me feel. From quolls to pygmy hippos, this article is filled with eight adorable animals and information about each. Enjoy!

Quokka

Quokkas have brown fur, a black nose, and look as though they're smiling. See how happy they look? According to The Australian Museum, they are native to southwestern Australia and are related to wallabies. Wallabies are small, kangaroo-like creatures that also live in Australia. Quokkas are famous for their adorable smiles.



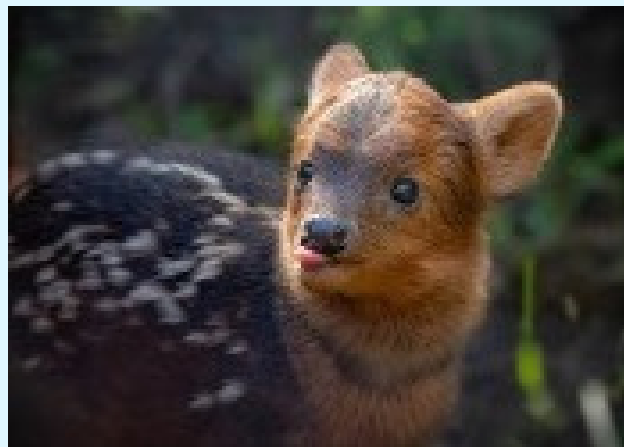
Pika

Pikas, also known as mousehares, are small mammals with circular ears. Britannica states that although they look like rodents, they are actually in the order Lagomorpha along with rabbits. They are small, with brownish-gray fur, and black, shiny eyes. There are 29 species of pikas, spread across Alaska, Canada, Russia, China, Japan, and other countries in North America and Central Asia.



Pudu

Pudu is a genus composed of some of the smallest deer on Earth. They are about 1 to 1.5 feet tall at the shoulder, according to the Jacksonville Zoo. This is 30.48 to 45.72 centimeters tall. Male pudu have antlers and fawns have white spots. Pudu deer are currently listed as near threatened, according to the BBC.



Elephant Shrew

Elephant shrews are mammals. Can you guess what kind? Not shrews, if that's what you were thinking. Britannica states that "Although they resemble shrews, they are not insectivores but constitute the mammalian order Macroscelidea." Macroscelidea is the scientific order



that consists of only elephant shrews. They are widespread across the continent of Africa with different species preferring different landscapes.

Quoll

According to an article by the World Wildlife Fund, Eastern quolls used to live in South Australia, but disappeared from Australia's mainland between 50 and 60 years ago. They are still found in Tasmania, an

island off Australia's southeastern coast. Eastern quolls have brown or black fur with white spots, pointy noses, and have rounded triangle-shaped ears.



Pink Fairy Armadillo

As reported by the WWF, the pink fairy armadillo lives in Central Argentina. Its fur is white and fluffy while its shell is pink. This armadillo's claws are large in proportion to the rest



of its body and are used for digging. Digging is an important skill to learn for the pink fairy armadillo as most of its life is spent below ground.

Pangolin

The World Wildlife Fund states that pangolins are the only type of mammal to be almost completely covered in scales, and are widely hunted for it. They use their scales to protect themselves and will roll into a ball if intimidated. They have long, sticky tongues to catch and eat food to make up for

their lack of teeth. They reside in Asia and Africa.

Depending on the species, pangolins are varied between vulnerable to critically endangered.



Pygmy Hippopotamus

The word pygmy means a species of animal or plants that are smaller than other living things of that type. According to the Pygmy Hippo Foundation, pygmy hippos are nocturnal and



are native to West Africa. There are several African folktales about these hippos, including one where a pygmy hippo uses a diamond as a flashlight in a forest.

Did you learn about any new animals? I hope you learned something new about these eight cute animals and enjoyed looking at them. Thanks for reading!

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Lyn's Opinion: F1 Teams Edition

by Lyn S.



<https://www.formula1.com/en/page/what-is-f1>

Recently, I have found a new obsession: F1. F1, or Formula One, is a motorsport where cars race each other, like in the Pixar movie *Cars*. My interest in it started at H&M, when I saw this gorgeous F1 hoodie, which I bought right away. That night, I felt like I didn't deserve to wear the hoodie if I didn't even watch F1, so I started watching it. It was another level of entertainment – it kept me on the edge of my seat, the sound of the cars somewhat soothing. Since then, F1 has quickly become one of my favourite sports and shows, which is how we are brought to this article, another edition of Lyn's Opinion, F1 version. This article will be my prediction about this year's championship. Also, I had a really hard time deciding some of these ranks, and it was really close, so just hear me out!

(Please note that the information is as of March 2025.)

10) Kick Sauber



(<https://www.formula1.com/en/teams/kick-sauber>)

Starting with 10th place, I decided Kick Sauber was fit for the position, with a disappointing 2024 season. This year, they have racers Niko Hulkenberg and Gabriel Bortoleto driving for them. Hulkenberg's days as a racer started in 2010, racing for 8 different teams over the span of his career. Gabriel Bortoleto, on the other hand, is a F1 rookie, dominating F2 before making his way into F1, even becoming the first Brazilian to compete in the sport full time since Felipe Massa, who raced from 2002 to 2017. This is his F1 debut, and he says he is quite excited about it. Overall, Kick Sauber isn't a horrible team, but it's not the greatest team. But only time will tell if Kick Sauber will be content in this position for much longer.

9) Haas



(<https://www.formula1.com/en/teams/haas>)

Haas placed 9th on my list, but not because of any past races, as they have a whole new roster. Esteban Ocon has joined the team, who notably drove for Alpine with Pierre Gasly. Esteban Ocon is known to be a hard teammate to work with, as he is a very aggressive driver on the track, even with his own teammates. Another semi-rookie, Oliver Bearman, has joined this team. The reason I say semi-rookie is because this isn't going to be the first time he's driven on a F1 track before. Last year when Carlos Sainz (former Ferrari) suffered an injury, Bearman raced in place of Sainz. He showed off his skills, placing P7, which is essentially position 7, so seventh place, on his first Grand Prix, quite an achievement for a F1 rookie. Haas also isn't known for their amazing cars. It doesn't matter if the driver is impeccable; if the car won't cooperate, nothing will happen. But in 2026, they will be partnering with Audi, which may or may not improve their cars. The past few years, Haas hasn't been doing great, but I am excited to see Haas improve with a new team principal and racers.

8) Alpine



(<https://www.formula1.com/en/teams/alpine>)

Alpine, placing 8th on my list, also has a rookie, Jack Doohan. The racers this year are Jack Doohan and Pierre Gasly. For some of you, Jack Doohan's last name may be familiar. That's because his father is Mick Doohan, a legendary motorcycle racer. Jack has been Alpine's reserve driver since 2023, and has been patiently waiting for his chance to show his skills. Pierre Gasly is a racer that's been around since 2017, bouncing from team to team. Gasly started with Racing Bulls, before being moved up to Red Bull Racing. But the public couldn't help but start comparing Gasly to his superstar teammate, Max Verstappen. He was moved back to Racing Bulls, and once he got his best ever result, P2 in Brazil, he joined Alpine, and has been there since 2022. Alpine isn't a horrible team as well, with potential to be a high midfielder, but they need to get better cars.

7) Aston Martin



(<https://www.formula1.com/en/teams/aston-martin>)

The reason I put Aston Martin at 7th and not dead last is because of Fernando Alonso. When he debuted he broke records, being the youngest pole sitter at the time, which means he had the fastest lap time in the qualifying round, and therefore means he would start in the highest position on race day, race winner, world champion, but when he moved teams to McLaren and Ferrari, it seemed as if he was in a slump. He took a 2-year break and came back to F1 in 2021, signing with Alpine. He was back on the podium, but moved teams due to unreliability and the lack of a long term contract. He joined Aston Martin, and has been with them since. Now, let's move on to the man that many dub "the nepo baby of F1", Lance Stroll. Right now, the owner of Aston Martin is none other than Lance Stroll's own father, Lawrence Stroll. Many people say that while Lance Stroll is good, at least part of the reason he has gotten to his position is because of his father, who is a businessman whose net worth is almost 4 billion dollars. Overall, I think Aston Martin will do just fine.

6) Racing Bulls (previously Alphatauri)



(<https://www.formula1.com/en/teams/racing-bulls>)

Racing Bulls is home to my 3rd favorite racer; Yuki Tsunoda. Not only is he talented, he's funny too. Tsunoda is currently the only Japanese F1 driver, and he is also a very successful racer. He is Racing Bulls' leader, and is hoping for a promotion to Red Bull soon, but has repeatedly been passed up. Many fans, such as myself, complain about Racing Bulls as they never treat him right. Many are saying that the only reason they keep Tsunoda in the team is because he is sponsored by Honda, and wherever he is, Honda will also go. There is also another racer, Isack Hadjar, who is a rookie who went semi-viral for his insane reflexes. In one race, he was passing a curb when suddenly he saw a car in front of him, and quickly swerved. I'm not sure how to feel about Hadjar, but I'm still excited to see how it plays out!

5) Williams



(<https://www.formula1.com/en/teams/williams>)

If you had asked me last year what place I thought Williams was, I would have said 9th, but this year is different. They have racing superstar Carlos Sainz. Previously racing for Ferrari, he was replaced by Lewis Hamilton, and has signed a new contract with Williams. He first started racing with Red Bull, alongside Max Verstappen, as previously mentioned. His contract with Ferrari ended last year, being replaced by Hamilton. Williams also has Alex Albon, who is a very talented driver.

4) Mercedes AMG Petronas



(<https://www.formula1.com/en/teams/mercedes>)

This year's team for Mercedes is George Russel and Andrea Kimi Antonelli. I was really awed by how good Antonelli was at the testing. On the first day, he got the highest lap time. In a poll, from the official Formula One website, 50% of poll takers said that Antonelli has impressed them the most so far. Of course, it's only the testing, so we can't be sure of anything, but I'm optimistic that Antonelli will continue to impress. Now, Russel is the team leader for the first time, stepping up to Hamilton's position. Russel is an amazing racer, but I don't think he's reached his full potential yet. I'm so excited to see them succeed.

3) Red Bull



(<https://www.formula1.com/en/teams/red-bull-racing>)

It's obvious that Red Bull would have been 1st or 2nd place, but let's be honest: they're not about the drivers, they're about the car. Their new car, the RB21 has had some problems, and last year, they placed 3rd. Max Verstappen, world champion with Liam Lawson, a semi-rookie. Liam Lawson first moved up from a reserve driver for Racing Bulls in 2023 to replace Daniel Ricciardo after he broke his hand. He was the one no one expected, the one who beat Max Verstappen. However, after Ricciardo recovered, Lawson became a reserve driver again. But he got his chance again last year, replacing Daniel Ricciardo again, and at the end of the year, he received a promotion to Red Bull. Both racers are incredibly talented and Liam has so much potential; I'm very excited to see what happens.

2) McLaren



(<https://www.formula1.com/en/teams/mclaren>)

This was so hard to choose, but this was how it had to be. McLaren, last year's champion, 2nd on my list. Now, don't get me wrong, I love McLaren, but something in my gut is telling me that McLaren won't do great this year, even though they performed amazingly in the testing. But it's completely possible that McLaren could win the Constructors Championship again, since they have the same team as last year. I know they'll do just fine. Lando Norris and Oscar Piastri make up the McLaren F1 Team, with Norris joining F1 in 2019 with McLaren, and has stayed with them throughout their ups and downs. Piastri is a rather new character in McLaren compared to Lando Norris, joining in 2023. He was a very sought after driver, but eventually decided to join McLaren, and he has recently renewed his contract until the end of 2027.

1) Ferrari



(<https://www.formula1.com/en/teams/ferrari>)

Now we get to 1st place. Ferrari. I have to admit, I'm a bit biased. Anyone who knows me will know that I love Lewis Hamilton. He's my wallpaper, he's my profile picture on Pinterest, in fact in my account he has a whole board with over a thousand saved pins. But I'm trying to be as objective as possible. In terms of skill, I think Red Bull is 1st, but in terms of potential, I think that Ferrari is number 1. There are so many ways this season could go for Ferrari. It could be Lewis Hamilton's comeback, or it could be a raging dumpster fire. So far, I've seen really good results based just on the testing, but only time will tell. Lewis is a 7-time world champion, and Charles Leclerc is amazing as well. Charles is the son of Hervé Leclerc, who was also a F1 racer, and encouraged Charles to do the same from a very young age. There have been rumors going around that Lewis might not adjust well to Ferrari, but I'm hoping for the best.

In conclusion, I'm so excited for the first race to start, and I'm going to be waiting to see if my predictions are true. If you don't like F1, I highly recommend at least watching one race. As always, this is just my opinion, so if you don't agree, that's totally fine as well – just don't get angry (I'm actually a bit worried right now so please don't get mad).

Edit: My opinions have changed!

Currently, it is April 7th, the day after the Japanese Grand Prix, and there's a lot to be said. To summarize, Liam Lawson is out of Red Bull, back to V-CARB, and Yuki Tsunoda is in. The reason for this is because Lawson wasn't doing great, getting P20, which, to be honest, is not the standard Red Bull sets for themselves.

Now, onto what happened in the Japanese Grand Prix. Max Verstappen got P1, amazing, and Lando Norris got P2. It was an amazing race to watch live, but yet, also predictable. This race really sets the tone for the rest of the season, or, in my opinion, the fight between the McLaren's and Max Verstappen. Now, let's compare Tsunoda and Lawson. To note, the V-CARB car is known to be better than the Red Bull car as of right now, and Tsunoda and Lawson both did not have much time to get used to their new cars. In qualifying, Lawson placed one place higher than Tsunoda, getting P12 and P13 respectively. By now, there was talk about whether Tsunoda could adjust to the Red Bull car, and this only added

fuel to the fire. In the actual race, Tsunoda placed P12 and Lawson placed P17. If you compare the two, Tsunoda did much better than what Lawson did in Red Bull, but to Red Bull's standards, that's just not enough. P12 is great, but is that enough for Red Bull? We'll have to see! So, my ranking as of right now are as follows:

10. Kick Sauber

9. Alpine

8. Haas

7. Aston Martin

6. V-CARB

5. Williams

4. Ferrari

3. Red Bull

2. Mercedes

1. McLaren

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The Day in the Life of an ISSH Teacher

by Sophie L. and Leah W.

What is the one thing that students love to ask teachers? I am sure all of you know that the answer is... when will we get our test back? But although we may have believed this when we were little, teachers do NOT live at school. Believe it or not, they have lives too. We tend to only think of the type of people teachers are when at school, but they truly are living the double life. In this article, we have decided to interview various teachers and ask them about their daily lives. We found out not only about their workload at school, but also their lives at home.

Ms. Horn

Can you describe your daily routine, including what happens at home as well?

“At home is pretty simple: I get up when Luka gets up, usually around 6. We get up, make breakfast, play, and spend time together. Then we get dressed and get to work. Pretty straightforward, pretty simple.”

“Well, the first thing I always do [once I get to work] is open my emails. The inbox usually has about 30-50 unanswered

emails every morning when I open it. I usually spend about 30 minutes to an hour answering those, making sure, or trying to make sure to answer them, but sometimes I forget. Then, I'll just look through the lessons of the day, making sure everything is ready, and if I need anything copied, I'll check that out. And then I usually do all the planning for the choirs, which takes a little bit longer, because I want to make sure everything's organized. Finally, I teach all my classes, attend any necessary meetings, and so on."

"It's not a real routine, because it's more like every day is different, depending on what the day demands and what the week demands. For example, this week (the first week of March) is really busy with the KPASS choral events, choirs, and so on."

**How do you balance your home life with life at school?
Especially with raising Luka?**

"That's something I'm still learning to do. It's helpful since Mr. Horn will always pick him up, so I'll usually do the drop-off in the morning, and Mr. Horn will pick him up in the afternoon. This lets me have the rehearsals after school, and if needed, they can be extended."

"I usually try to save energy and not burn it all, so I can still have energy for Luka at home. It's still something I'm learning

to balance, especially on busy weeks like these. I try to do my best, but differently compared to when I didn't have Luka yet, because if I did, I would burn out and I wouldn't be a good mom and a teacher.”

What is your favorite part of the day?

“Honestly, my choir rehearsals. I love my choir rehearsals, and even in the difficult parts of the rehearsals, there's just something about making music with a big group – creating harmonies, and singing – that gives me so much energy.”

What is your least favorite part of your day?

“The least favorite part, just in general, is grading things, just because it's a bit mundane. Not just assessments, but grading things in general.”

What is the hardest or most difficult part of your day?

“The hardest part is often after-lunch lessons since both I and the students had just eaten lunch, which causes everyone to be tired and low in energy.”

How long does it take for you to come up with lesson plans?

“Not a long time, since I've taught this topic for a long time. And even if I change things up, I already have ideas in my mind. So, for each lesson, to get the idea, 5-10 minutes, and to figure things out, another 10 minutes.”

What is your favorite grade to teach?

“I think I don’t have a favorite and least favorite grade teaching, but it’s more about the differences in how I teach and what I teach. But seriously, it’s the first year where I enjoy teaching every grade.”



Ms. Tajima

Can you describe your daily routine, including what happens at home as well?

“I go back home, eat my dinner, take a bath, and sleep. I don’t have a lot of time because, by the time I get home it’s seven.”

This reminds us that teachers are human too, and they live normal lives just like we do.

What is your favorite part of the day?

“When I eat my lunch,”

A very relatable answer!

“And when I talk to my students about topics that aren’t academic.”

What is your least favorite part of your day?

“Should I be honest? When I have a lot of meetings.”

What is the hardest or most difficult part of your day?

“Marking tests, while still being fair and making sure that I don’t contradict myself when I grade different tests. It also gets difficult when there’s lots to mark and grade.”

On average, how long does it take you to grade tests (per grade)?

“It really depends on what kind of test was taken. When it’s a multiple choice, it’s really easy and quick. But when it’s speaking tests or reading or comprehension tests from Japanese as a First Language classes, it takes a lot more time. Or when it is a summative assessment, where I have to read and assess the content, that takes the longest.”

Ms. Mehta

Can you describe your daily routine, including what happens at home as well?

“I shower and then the kids come up from their rooms, so I start cooking their breakfast. We are done eating by around 7:00. And then, I take Ann, my daughter, to daycare. Then, I cycle to the nearest station and take three trains to get to school. In the meantime, I’m calling my boys to make sure that they leave the house to go to school on time. I’m often yelling at them on the phone.

I then get to school, and depending on what classes I am

teaching I get ready or I go straight to class.

Then, when I go home, I pick Ann up from daycare. I go home and then I see if the boys have done their homework. If they are at their lessons, Ann and I go to pick them up. If they aren't and are at home, , then I argue with them about their homework situation.

In the meantime, Mr. Martindale is usually cooking dinner. Then we eat, the kids go take a bath, I wash up, they get ready for the next day, and we take the kids to bed. If I am taking Ann to bed, I usually pass out and do not wake up until the morning. If I am taking the boys to bed, I come back up and either work or do other things.”

How do you balance your home life with life at school? Especially raising your children?

I don't know if I am balancing my life properly. Everything is on Google Calendar, so every time I find out something is happening I put it straight into my calendar, and because my school Google Calendar is linked to my personal one, I just keep adding stuff. However, I am not always successful at that and forget things. So, I don't know if I am balanced in my life, properly.

What is your least favorite and most favorite part of your day?

Checking in if the boys have done their homework and arguing with them on the phone is the least favorite part of my day. My favorite part of the day is having a laugh with everyone in the family and enjoying jokes together.

Mr. Amster

Can you describe your daily routine, including what happens at home as well?

“I live really far from school, in Saitama. I wake up at 5 in the morning and eat breakfast, get dressed, etc. Then, I ride my bicycle to the train station and I get on the 6:30 train. From there, I take three trains to get to school and arrive at about 7:40.

I then get ready, check my emails and prepare for the day. If there is assembly, then I would go to that, but if there isn't I just wait for my first class.

At school, I have to manage all the art supplies for each class. I teach every grade in middle school and high school, so there are a lot of different classes and every grade is doing different projects. So, I have to clean up and prepare all kinds of different supplies.

Then, at the end of the school day after classes, I try to clean up the art room so that it's not too messy for the cleaners.”

How do you balance your home life with life at school?

“It is difficult to find balance. I spend most of my day coming to school, being at school or going home. In the evening I only have about 6:00 to 9:00, three hours, to spend eating dinner with my family or doing something for myself. I try to make the most of this time. I usually go to bed at 9:00 because I have to wake up at 5:00.”

What is your favorite part of the day?

“The best part, of course, is when students are in here and we are making art and getting the opportunity to talk. We can talk about their projects, or just enjoy each other's company.”

What is the hardest or most difficult part of your day?

“To be honest, I am not a morning person, but I always have to wake up early. So, just waking up is hard. And of course, I don't like standing on the crowded trains. But once I get to school, my mood really changes because I enjoy being here and doing what I do all day. So, I forget about the bad part when I get here.”

What is your favorite type of art to teach?

“I am a painter, so I mainly paint with oil paint. So, I like any project where we use acrylic paints or watercolors. The eleventh and twelfth graders use oil paint, so I enjoy teaching that too.”

Teachers really do a lot more than what we see, so students need to try being a little more sympathetic. We want to take the time to thank all of the teachers here at ISSH, regardless of whether or not they were interviewed. They put all of their time and effort into teaching us and sometimes, that means not having quality time with their families. So the next time you want to ask when an assignment will be returned, remember that they have a million things going on that deserve attention, too, and are constantly putting in 100% of effort into being at school to give us a better education.

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Teachers as Characters in a Disney Movie

by Marie F.

Have you ever watched a Disney movie and pondered how a person you know is like a character in the movie? Because I have. But what if I ask people what character they think they are? Which is why I decided that interviewing teachers once again to learn which character they think they are will be fun and interesting.



Moana

Ms. Bae

Marie: Which character in the movie *Moana* do you think you are?

Ms.Bae: Oh! *Moana*? I feel like it's been such a long time since I watched the movie, that I don't know if I remember correctly. But I feel like I would be Moana.

Marie: Ok, please tell me why you think you are Moana.

Ms. Bae: Because I like adventures. No, restart. I haven't watched the movie in a while so I don't really remember, but who's the guy that Moana meets?

Marie: Maui.

Ms.Bae: Maui, I think I would be him. Because he tries to protect Moana and tries to get her out of danger. And I think I would do that too. I would've protected people who are in

danger. But I also want to be as cautious as possible while protecting the people who are in danger like Maui, so that I can save them and I can help them. So I think I would be him.

Marie: I think you are Maui too.

Ms.Bae: Wow. Why do you think so?

Marie: You are very enthusiastic, so I think you are like Maui.

Ms.Bae: Okay.

Marie: Except the part that Maui has so much pride. Apart from that, I think you are Maui.

Ms.Bae: Can you put this in the interview too? What you just said?

Marie: Yes.

(Chuckle/laughter)

Mr.Gray

Marie: Which character in the movie *Moana* do you think you are?

Mr.Gray: I'm not terribly familiar with the film. I think I've seen it. I think two different times, but it's been a while. I definitely enjoyed the character Maui. I usually don't like arrogant people, but his arrogance came off as funny. Especially with his song with the phrase 'You're Welcome'. (Chuckle) I'm trying to think of other characters that I can remember. I can remember Moana and Maui. I remember Moana and Maui going underwater to kill a ... Was it a turtle or a crab?

Marie: It's a crab.

Mr.Gray: I remember another character, the grandmother?

Marie: Yeah, there is a grandmother that dances.

Mr.Gray: Yes I briefly remember. Was there a dad? There was a dad...

Marie: There was a dad. Yes.

Mr.Gray: And he didn't want Moana out adventuring.

Marie: Yes, he's restricting his daughter.

Mr.Gray: I don't know if I relate to Maui, but it's certainly a character that I enjoy the most in the film.

The Lion King

Mr.Griffiths

Marie: Which character in the movie *The Lion King* do you think you are?

Mr.Griffiths: Scar. Why, is because he was a very, very caring character. (chuckle) What other characteristics does Scar have?

Marie: He has leadership, obviously but he doesn't really.

Mr.Griffiths: He's very sinister tho doesn't he, very dark. Maybe that's why. Sinister and dark.

Marie: Okay. To be honest I think you are more of a Simba.

Mr.Griffiths: You think I'm a Simba. (laughing) That's alright.

Mr. Durston

Marie: Which character in the movie *Lion King* do you think you are?

Mr.: I would go with Rafiki.

Mr.Griffiths (who was there during the interview): Rafiki. Oh that's nice. Huh.

Marie: Why do you think you are Rafiki?

Mr. Durston: I think in terms of his behavior and his attitude, he is often misunderstood by the people. Also, in wisdom and how he views the world, and how he parts his knowledge to others.

Beauty and the Beast

Mrs.Woods

Marie: Which character in the movie *Beauty and the Beast* do you think you are?

Mrs.Woods: I think I'm the teapot. I really like the old teapot.

Marie: Me too.

Mrs.Woods: Yup. I love her.

Marie: Why do you think you are her (the teapot)?

Mrs.Woods: Because she's funny, but she's a little bit wise.

Marie: Because she has a kid.

(Laughter)

Mrs.Woods: I just really like her. She's really cute.

Marie: I think she fits you too. I can imagine you being with the teacup.

Mr.Paulson

Marie: Which character in the movie *Beauty and the Beast* do you think you are?

Mr.Paulson: The Beast.

Marie: Why do you think you are the Beast?

Mr.Paulson: Because as it's immediately obvious, I am a large lion-like person in my natural being, kinda like the Beast is.

But also in my heart I have a Disney princess.

Marie: Oh! (Chuckle) What kinds of aspects of Disney princesses do you have?

Mr.Paulson: I didn't expect a follow up question. That's much harder to answer. (Laughter) Why am I a Disney princess inside? Because every once in a while, especially when I'm in nature, all the birds and the bees and the deer and the trees all circle around me.

Thank you so much for all the teachers that answered my questions, and all of your responses were relatable. Thank you again!

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Perfect Day at Tokyo Disney Resort

by Ruowei L., Marie F., Yuma A., and Suhani J.

First, imagine yourself in the enchanted world of Tokyo Disney Resort. Then ask yourself: Are you a foodie who would like to enjoy all the variety of food in Disney while enjoying the rides? Are you a passionate photographer who would like to take photos and selfies at the most aesthetic places in Disney? Are you the person who would like to go on as many rides as possible in one day? If you are one of these people, this article will teach you the perfect schedules, rides, and photo-taking places, and will guide you through the exciting journey of Tokyo Disney Resort!

This is a four-part article that explores the different ways you can have fun at Tokyo Disney Resort:

- [The Ideal Tokyo Disneyland Schedule If You Want to Enjoy Both Eating and the Rides](#)
- [Best Rides in Tokyo Disneyland and Sea](#)
- [Perfect Places to Take Photos in Tokyo Disney Resort](#)
- [A Perfect Day at Tokyo Disneyland if You Want to Go on as Many Rides as Possible](#)

The Ideal Tokyo Disneyland Schedule If You Want to Enjoy Both Eating and the Rides

by Ruowei L.

Do you like eating food? Especially in different environments like Disneyland? If you do, this Disneyland Food Schedule is for you. What if you were able to go to Disneyland for the purpose of food but also enjoy some of the most popular rides at the same time? This schedule will provide you with both amazing ride experiences and food experiences.

9:00 Enter Tokyo Disneyland

First off, we recommend entering Disneyland at 9:00 AM as it is the time it opens. If you get there early, you will get the chance to rush to the popular rides first so you don't need to wait as long.



<https://www.tokyodisneyresort.jp/tdrblog/detail/151019/>

9:30 Peter Pan's Flight

The first thing we recommend you do is to ride Peter Pan's Flight. Even if you are scared of thrilling roller coasters or heights, or maybe enjoying the park with young kids, people of all ages would be able to ride this. This ride gives you a sense of nostalgia from the movie.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/164>

10:10 Popcorn Time

Now, it is time for the popcorn! In my opinion, it is not a fulfilling experience at Disneyland if you do not get the popcorn. In the area where Peter Pan's Flight is (Fantasy Land), there are three popcorn wagons, which have a variety of different popcorn flavors from caramel to corn potage.



<https://www.tokyodisneyresort.jp/tdl/restaurant/detail/371/>

10:20 Wait in line for Big Thunder Mountain

(The waiting time might change depending on the season.)

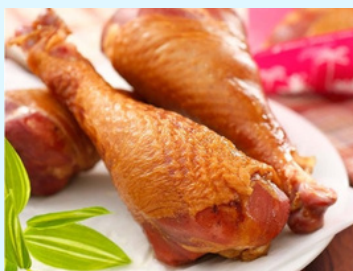
It is time for one of the most iconic rides in Disneyland: Big Thunder Mountain. It is a very thrilling and fast ride which can be engaging for some people. While on this ride, you are able to see a lot of greenery and it feels as if you are rushing through the mountains.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/160/>

11:20 Eat Disney's iconic Smoked Turkey Leg at Cowboy Cookhouse (located in Western Land)

Have you ever seen these massive Smoked Turkey Legs on social media and wanted to try them? Well, today you are able to get the chance to try this iconic dish.



<https://www.tokyodisneyresort.jp/tdl/restaurant/food/499/>

11:45 Relax on the Tom Sawyer Island Rafts

After having an entire Turkey leg, you may feel like relaxing on a raft instead of riding a thrilling roller coaster. On Tom

Sawyer Island Rafts, you can enjoy the beautiful scenery of Disneyland on the way to Tom Sawyer Island where you will be guaranteed to have an amazing adventure.



<https://www.tokyodisneyresort.jp/tdl/attraction.html#tags=301>

12:00 Go to La Taverne de Gaston to eat lunch

If you ever want to have an affordable lunch at Disneyland, this restaurant is for you. This restaurant has a variety of tasty dishes that are sold at pretty affordable prices. You will be able to feel full and satisfied after leaving this restaurant.



<https://www.tokyodisneyresort.jp/tdl/restaurant/food/290/>



13:00 Get a Churro at the same place

I personally think that it is so convenient that you can get your dessert at the same place! La Taverne de Gaston also sells the iconic Disneyland Churros that you have to try at least once in your life. La Taverne de Gaston provides you with Apple Caramel Churros, which taste heavenly when eaten warm.

13:15 Splash Mountain

(You may get wet.)

If you do not want to spend the rest of the day wet, I recommend you to bring an extra set of clothes. Splash Mountain takes you on a wonderful adventure of Br'er rabbit, with other adorable characters – before the thrilling drop.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/162/>

14:15 Mike's Melon Bread at the Sweetheart Cafe

After waiting in line and riding Splash Mountain, you may feel a little hungry and crave a sweet pastry. Located near the entrance in the World Bazaar, the Sweetheart Cafe has numerous pastries that you can only get at Disneyland, like this Melon Bread.



<https://www.tokyodisneyresort.jp/food/2425/>

14:45 Pirates of the Caribbean

Now that you are full and have had some rest at the Sweetheart Cafe, it is time to ride Pirates of the Caribbean,

which is also one of Disneyland's most famous attractions. Pirates of the Caribbean is one of the classic rides at Disney that has been around since 1995. As you can tell by the name, the ride is based on pirates, and you are greeted by many scenes of pirates as you ride the boat.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/152/>

15:45 Baymax's Happy Ride

This is a very popular Disneyland ride, and it is pretty new. On this ride, you will be riding a car that is driven by Baymax, a very recognizable character from childhood movies.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/196/>

16:30 Try the Little Green Dumplings

Here is also one the most popular Disney treats, and they are green mochi dumplings with custard, chocolate, and strawberry filling. As the character has a sweet face, it would make you smile!



<https://www.tokyodisneyresort.jp/food/3027/>

17:00 It's a Small World

It's a Small World is a ride where you can feel some nostalgia to the song in the background and feel the international mindedness. As you are on the boat, characters from all around the world are dancing, and it is entertaining to try and guess which country the characters represent.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/172/>

17:45 Dumbo the Flying Elephant

With the sun setting, Flying Elephant would allow you to enjoy the night-time scenery of Disneyland. You are also able to choose if your Dumbo Car goes up or down.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/169/>

<https://www.tokyodisneyresort.jp/tdl/attraction/detail/169/>



18:15 Dinner at Captain Hook's Gallery

At Captain Hook's Gallery, you are able to enjoy a variety of tasty warm pizzas. Some of the pizzas include: Beef Calbi Pizza, Hawaiian pizza, and Seafood Pizza.

19:15 Souvenir Shopping at World Bazaar

Looking at the souvenir shop is very exciting. You can get matching stationary with your friends, get Disney exclusive stuffed animals, etc.



<https://www.tokyodisneyresort.jp/tdrblog/detail/180220/>

20:15 Leave Tokyo Disneyland

There are many different options to get back home from Disneyland, but if you are hoping to go back to Hiroo, you can walk a few minutes from Disneyland to Maihama Station, ride the Keiyo line until Hatchobori, and ride the Hibiya line from Hatchobori to Hiroo.



<https://trafficnews.jp/post/125340>

If you are wishing to enjoy the different types of food and rides at Disneyland, feel free to try this schedule, or use it as an example. I hope this schedule was a good example of a Disneyland trip and if you are going sometime, and just remember to have fun!

Best Rides in Tokyo Disneyland and Sea

by Marie F.

How many of you have been stuck choosing a ride to go on? Well, if that is you, I have definitely been there. So I would like to rank the Disney rides by categories. I hope that this will help you with your Disney experience.



<https://www.tokyodisneyresort.jp/tds/attraction/detail/243/>

Best ride if you want to be terrified: Tower of Terror - the name says it all

This ride is from a movie named Tower of Terror made in 1997 about a luxury hotel where 5 people disappeared years ago, and is in Disney Sea. This ride is absolutely a terrifying experience. First, the ride takes you up the tower and you see the mesmerising view of the park. And then you drop. As you can imagine, this ride is not recommended for people who get motion sickness on fast rides, but this is a great experience for anyone that likes an exciting ride.

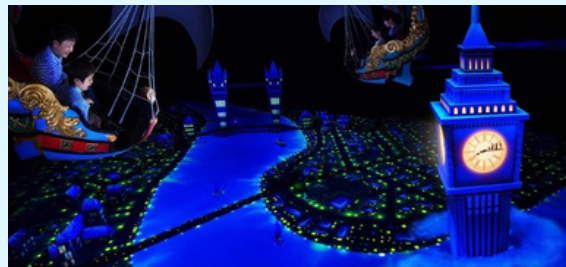


<https://www.tokyodisneyresort.jp/tdl/attraction/detail/160/>

Best ride if you want to be refreshed: BigThunder Mountain -

The thrilling but breezy ride

This ride is based on the movie about the Gold Rush in the Old American West, and is in Disneyland. This ride is a traditional roller coaster that takes you up and down and through tight turns throughout the ride on a railroad. This ride is also not recommended if you get motion sickness, but the fast turns are certainly something.



<https://www.tokyodisneyresort.jp/en/tdl/attraction/detail/164/>

Best ride that kindergarten kids are allowed to ride: Peter

Pan's Flight - An adventure that glides through the world of Peter Pan This ride is based on the movie Peter Pan, about a boy called Peter Pan that takes his friends to Neverland where they meet Captain Hook who eventually becomes an antagonist. This ride is a great ride for any kid, and it takes you through the story of Peter Pan. The coolest part of the ride is when we glide through the stars, and see the city of London.



<https://www.tokyodisneyresort.jp/en/tdl/attraction/detail/174/>

Cutest ride: Winnie the Pooh's Hunny Hunt- it is just like diving into a book

From the decorations in the waiting area to the ride itself, this is the cutest ride in Disneyland. This ride is based on the Winnie the Pooh animation, which is from the book by A.A.Milne, about a bear that lives in a forest with his friends. The decorations in the waiting area are very cute because there are humongous books all around the room. We can even read the books while we wait, and it is a great way to pass time when waiting in line. The ride is on a honey pot and it takes you through the adventures of Winnie the Pooh. This is a great ride if you love a cute relaxing ride that anyone can enjoy.



<https://blooloop.com/theme-park/news/soaring-fantastic-flight-tokyo-disneysea/>

Most International ride - Soaring

Soaring is an international ride where you fly around the world in just one ride. This ride will visit countries such as

China, India, Turkey, Egypt, Australia, England, France, and Japan. This is a very fun ride that will take you to famous landmarks such as Paris, and they even put smells in each picture. This is able to deepen the experience of the audience. Not only will this ride be like traveling around the world, it is very enjoyable as the movements of the ride are made so that the transitions are smooth and thrilling. Therefore this is a great ride that reflects our values in our school of the Sacred Heart.

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Perfect Places to Take Photos in Tokyo Disney Resort

by Yuma A.

CLICK! CLICK! Who wants to take a dazzling photo to keep the AMAZING memories in Tokyo Disney Resort? If you are one of those people, I will introduce you to places within the Disney parks that are perfect to take solo pics or photos with your best friends and families!

First of all, let's focus on Tokyo Disneyland. Tokyo Disneyland is best known for its attractions and themes related to iconic Disney movies and characters, such as Cinderella and Mickey Mouse. Taking photos in Disneyland will give you a sense of enchantment, leading you to the original classic world of Disney.

Cinderella Castle

When entering Tokyo Disneyland, the first thing you will notice is Cinderella Castle. Even in the beginning of Disney animations the Cinderella Castle reveals itself, which is reflected in how the castle is the most major and significant



<https://insidethemagic.net/2024/01/cinderella-castle-nighttime-spectacular-tokyo-disneyland-th1/>

part in Disney parks. Cinderella Castle is a perfect place to start taking photos! However, because Cinderella Castle is a popular place to take photos, it is usually crowded with hundreds and thousands of visitors, and it may be difficult to take photos in the morning. But don't be disappointed! Cinderella Castle is aesthetically appealing at night as well, with its vibrant colors from the illumination. It can be aesthetically appealing not just from the front but from all angles!!!



https://www.reddit.com/r/disney Parks/comments/v1hqa2/cinderellas_castle_at_tokyo_disneylandmay_29th/?rdt=48133

Cinderella's Fairytale Hall

This is the inside of Cinderella Castle, where you can experience becoming Cinderella herself! You can take a beautiful photo of yourself sitting on the throne and feel royal, or you can sit on another chair while trying to make your foot fit into the glass slippers. This is a perfect place to take photos as whenever you look back through



<https://in.pinterest.com/pin/29977153762164823/>

your old photos, you can be reminded of the happy, exciting moments you had, feeling a sense of connection with Cinderella as she puts her foot into the beautiful glass slippers!

Walt Disney Bench

Near the entrance of Tokyo Disneyland, you may find a bench set in the corner. However, this bench is no normal bench, and this is also a perfect place to immortalize your memories. It is a bench with Walt Disney and Minnie Mouse sitting together and holding hands! It is such a lovely sight, and it will warm your heart to sit next to them and take a picture!



<https://www.charactercentral.net/Blog.aspx?Tag=120>

Toontown

Toontown is an area with lots and lots of places to take photos! Toontown contains tiny houses and adventurous workshops of Mickey Mouse, Minnie Mouse, Donald Duck, Chip & Dale, and so many more characters! It is a perfect place to take photos, especially with your best friend!



<https://disneyland.disney.go.com/attractions/disneyland/minnies-house/>

Moreover, Tokyo Disneyland also has services within the park that will transform you into a beautiful princess! At the Bibbidi Bobbidi Boutique, a beauty salon located in the Tokyo Disneyland Hotel or the Tokyo Disneyland World Bazaar, they can turn you into a beautiful princess of your choice with their magic! They can transform you into these princesses: Cinderella, Princess Aurora, Ariel, Belle, Rapunzel, Anna, and Elsa. They will do makeup, hair, dressing, nails, and photo sessions, and they can help you create a new enchanting experience! By doing this, not only can you take dazzling pictures, but you can feel like a Disney princess while taking those pictures. Just remember, Bibbidi Bobbidi Boutique is only in Tokyo Disneyland, not in Tokyo DisneySea.

Now, let us move on to **Tokyo DisneySea**. As it says in the name, Tokyo DisneySea is near the sea, and as you enter, the smell of ocean water fills your nose! It introduces you to the delightful world of *Little Mermaid*, *Aladdin*, *Frozen*, *Peter Pan*, and *Tangled*, as well as the adventures of Indiana Jones and the mysterious islands and volcanoes, and much more! Taking photos in DisneySea will give you a sense of enchantment like Disneyland did, but in DisneySea, instead of the connection with Walt Disney and its classical works, it offers more of an adventurous experience surrounded by water and mystery.

Tokyo Disney Globe

For Tokyo Disneyland, it was the Cinderella Castle you first notice. However, in Tokyo DisneySea, it is this big fountain with a big globe! It represents the “Sea of Dreams,” as this is the theme for Tokyo DisneySea: Ocean & Sea. It is a perfect way to start the day and the mysterious and adventurous journey in the “Sea of Dreams” by taking a cute solo or group photo in front of the globe.



<https://www.micechat.com/256241-ten-minutes-of-magic-entrance-to-tokyo-disneysea/>

Mermaid Lagoon

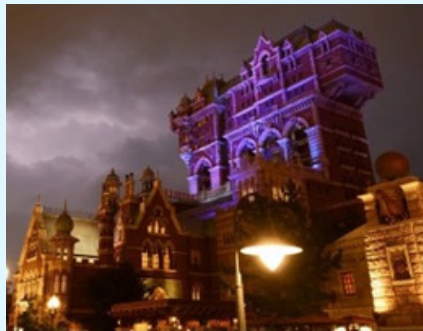
This is the world of the Disney film, Little Mermaid. This area has the big castle Ariel lives in, with a beautiful fountain with a statue of Ariel on a rock. The inside is also glamorous with lots of seaweeds and fish friends circling you. A photo here will remind you of the enchanting experience you had, and you will feel like you are part of the mermaid friends, giving you a sense of delight.



[https://disney.fandom.com/wiki/Mermaid_Lagoon_\(Tokyo_DisneySea\)](https://disney.fandom.com/wiki/Mermaid_Lagoon_(Tokyo_DisneySea)) /

Tower of Terror

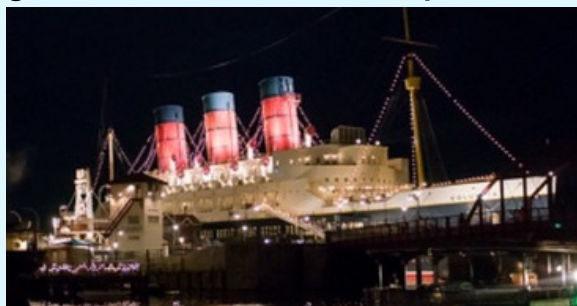
This a perfect place to take photos if you would like to feel spooky! This is the mysterious and spooky hotel where the cursed doll exists. There are many statues of unknown creatures and signs that say “BEWARE” everywhere, and a spooky pic with your friends will remind you of the scary but exciting experiences you had. However, some parts inside the Tower of Terror prohibit recording or photography for several reasons, so make sure you are following the rules and not taking photos in prohibited places.



<https://www.gltjp.com/en/article/item/20685/>

American Waterfront

This is the area where you can find a large ship. It looks exactly like the scene in Titanic, and it is the best place to take pictures at night, with the ship illuminated. If you go to the topmost floor in the ship, you can see the whole view of the park and the ocean, and you can take Titanic photos as it resembles the setting, and the photo will remind you of the fun and fancy times you had on the ship.



<https://dejiki.com/2013/09/tokyo-disneysea-american-waterfront/>

These are some places you must go to take photos in the Disney parks! There are even more and more places where you can take pictures to save those enchanting and mysterious memories, and maybe even some places that no one has ever discovered before! So keep on exploring, and I hope this will help you remember hundreds and thousands of memories with your friends and family!

A Perfect Day at Tokyo Disneyland If You Want to Go on as Many Rides as Possible

by Suhani J.

This is the perfect schedule if you want to go on as many rides as possible in a single day. If you want to enjoy as many rides as possible in Disneyland, you should go on Tuesdays, Wednesdays, or Thursdays to avoid the crowds.

Arrive at 8:30

9:00-9:15 Enter Tokyo Disneyland

9:15-9:40 Big Thunder Mountain

- In the mornings, if you get to the ride early, Big Thunder Mountain only has a 20-minute waiting time, so try to get there as early as possible. This is a family-friendly mine train roller coaster with unexpected drops and turns.



<https://www.tokyodisneyresort.jp/tdrblog/detail/170704/>

9:45- 10:00 Castle Carrousel

- Enjoy riding these colorful and decorated horses. I'm sure you'll feel like a princess straight out of a fairytale.



<https://www.tokyodisneyresort.jp/tdrblog/detail/230327/>

10:00- 10:10 Tom Sawyer Island Rafts

- Take a relaxing rafting experience viewing different Disney islands.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/161/>

10:10- 10:25 Omnibus

- Take a tour through Tokyo Disney in this vintage bus.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/151/>

10:25- 10:45 Country Bear Theatre

- Take a look at this incredible show in which 18 bears sing country songs Western-style.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/158/>

10:45- 11:05 The Enchanted Tiki Room: Stitch Presents "Aloha E Komo Mai!"

- Look at this entertaining show while stitch appears.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/156/>

11:05- 11:20 Pinocchio's Daring Journey

- Follow along in a mine car as you look at Pinocchio going on a journey filled with adventure.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/168/>

11:30-12:00 Lunch at Eastside Cafe

- Enjoy a relaxing meal at this luxurious restaurant. Try to book it in advance so that you can get priority seating and can finish eating earlier in order to be able to go on more rides.



<https://www.tokyodisneyresort.jp/tdl/restaurant/detail/300/>

12:00- 12:35 The Haunted Mansion

- Everyone usually has lunch at this time, so this ride is perfect as it will probably have a small waiting time.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/171/>

12:35- 1:00 Monsters Inc. Ride And Seek Go

- In this attraction, join in with a bunch of monsters playing hide and seek go. Travel through the Monsters Inc. environment as you look for hidden monsters with your flashlight.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/189/>

1:00- 1:15 Donald's boat

- Ride Donald Duck's colorful boat as if you're the captain.



https://www.tokyodisneyresort.jp/tdrblog/detail/180326_2/

1:15- 1:35 Alice's Tea Party

- Sit in a colorful cup and turn the wheel around as you wait for the magic to happen.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/173/>

1:35- 2:10 Pirates of the Caribbean

- Ride in this boat as you travel through a Caribbean town.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/152/>

2:10- 2:40 Mickey's PhilharMagic

- Look around at all your favorite characters like Mickey Mouse, Donald Duck and more that appear in this magical concert.



<https://www.tokyodisneyresort.jp/en/tdl/attraction/detail/167/>

2:40- 3:00 Snack Break

Take a quick little snack break and grab a churro or some popcorn from LeFou's and Le Petite Popper.

3:00- 3:15 Gadget's Go Coaster

- Ride through this exciting mini roller coaster which makes you move through Toon lake.



<https://www.tokyodisneyresort.jp/en/tdl/attraction/detail/179/>

3:15- 3:45 Stitch Encounter

- Go to this indoor theatre and interact with Stitch from his spacecraft.



<https://savvytokyo.com/stitch-encounter-tokyo-disneylands-newest-attraction/>

3:45- 4:10 Peter Pan's flight

- Fly in this pirate ship as you go through an adventure that you've dreamed of as a kid.



<https://www.tokyodisneyresort.jp/en/tdl/attraction/detail/164/>

4:10- 4:45 Cinderella's Fairytale Hall

- Ride through Cinderella's beautiful castle as you look around at all the paintings and magical ornaments around you.



<https://www.tokyodisneyresort.jp/en/tdl/attraction/detail/166/>

4:45- 5:30 Dumbo The Flying Elephant

- Fly on top of Dumbo as you rotate around and spin in this popular ride.



<https://www.tokyodisneyresort.jp/tdl/attraction/detail/169/>

5:30- 6:00 Roger Rabbit's Car Toon Spins

- Drive around the streets of Toontown as you try to escape the villainous weasels to return safely.



<https://www.tokyodisneyresort.jp/en/tdl/attraction/detail/175/>

6:00-7:00 The Happy Ride with Baymax

- Let Baymax drive you around as you listen to high-tempo music.



<https://www.tokyodisneyresort.jp/en/tdl/attraction/detail/196/>

7:00- 7:30 Dinner at China

Voyager

- Have dinner at this Chinese restaurant that is believed to have secret recipes from pirates.



<https://www.disneytouristblog.com/china-voyager-review/>

7:30-8:15 Electric Parade

Dreamlights

- Watch this beautiful, magical show at night as you let it put you in the world of Disney.



<https://www.tokyodisneyresort.jp/en/tdl/show/detail/913/>

8:15- 8:30 Grand Emporium

- Go to the Grand Emporium, the biggest shop in Tokyo Disneyland, to look around or buy souvenirs.



<https://www.tokyodisneyresort.jp/en/tdl/shop/detail/513/>

8:30 Depart

- After a tiring and long but also magical and adventurous day at Tokyo Disneyland, it is finally time to go back home. To make this journey easier and less stressful, there are several ways you can get home, such as taking a taxi, bus, or train. Although it must have been a stressful day, keep in mind that you did almost 21 rides in one day, which is an insane amount.

We hope that these schedules/rankings will come in handy the next time you go to Disney. With these varieties of different schedules for Tokyo Disney Resort and the best rides for your different moods, I hope you will enjoy the best time ever!

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Yuma A.	Suhani J.	Ria O.
Celine C.	Miyu K.	Kaeli S.
Maya F.	Ai L.	Lyn S.
Marie F.	Sophie L.	Maki S.
Euie H.	Ruowei L.	Leah W.
	Arianna M.	

Sponsor: Ms. Shiozawa