

英語版 Kumozu Elementary School Health Room Newsletter 2024 .4. 8 R6 (Mon) No. 1

Congratulations on your school entry and new school year!

. The new school year has begun. With the entry and the new school year, children, at the same time as they are anxious and full of motivation, must also be tense and a little apprehensive. A new environment and relationships with people can cause a lot of stress both physically and mentally more than we think. Eating well, sleeping well, first we must adjust the basics of our daily life and it would be great if you could go through all of this without demanding so much from yourself.

This year, Mitsuyo Tsujioka also intends to provide the necessary support so that everyone can have a healthy school life. I'm counting on you.

April Health Events Schedule

	Ŷ.	Q.Q	*	Q_96	$Q \otimes Q$	*	Q \$\$	
9	,							

Day	Item	Time	Correspondent grade	Notice
Wednesday,10	Examination of physical measurements	From the 1st to the 3rd class	4 th to 6 th graders	Provide P.E.uniform (T-shirts and shorts).Do not tie your hair on top of your head.
Thursday,11	"	From the 1st to the 3rd class	1st to 3rd graders	
Friday,12	Vision test	From the 1st to the 4th class	4 th to 6 th graders	Anyone who has glasses must provide them. Anyone wearing
Monday,15:	"	From the 1st to the 4th class	1 st to 3 rd graders	contact lenses should speak up at the time of the exam.
Tuesday,16	Hearing exam	From the 1st to the 4th class	1 st ,2 nd ,3 rd ,and 5 th graders	Leave yours ears clean up to one day before the exam.
Wednesday,17	Color vision test	2nd Class	3 rd grade students who choose to take	
Thursday,18	Eye examination	9:00~	1 st ,3 rd and 5 th graders	
Friday,19	Eletrocardiography	11 : 15~	1 st and 4 th graders	
Tuesday,23	Otorhinolaryngological exam	13 : 15~	1 st ,3 rd and 5 th graders	Leave yours ears clean up to one day before the exam.
Thursday,25	Dental check up	9:00~	All grades	Brush your teeth well.

To Parents and Guardians

おうちのかたへ

- The health examination is a screening in which it is examined whether the child has to take any precautions in daily life, whether in studies or physical exercise, and sometimes it differs from the result of a medical examination carried out in a hospital. We count on your understanding.
- © Regarding the results of each health examination, if a medical consultation is necessary, we will deliver the result to the student. In this case, please check the result that the student took home and after the student consults the doctor, the results must be presented to the school.
- In case of absence, and not having taken the school health exam, the parent or guardian must take him to the school doctor to do the exam. I count on your cooperation.



To the 6th graders parents and guardians

Every year, depending on the dental results, we choose a representative from the 6th grade to participate in the Good Tooth Competition representing the school. And then after choosing the representative, the Yôgo teacher (nurse teacher) will take the student to the Nomura school dentist to remove the shape of the teeth. If there is any inconvenience in this regard, please inform the homeroom teacher in advance.

To Parents and Guardians

Today, starting with the health questionnaire, several other documents were delivered. I know how busy you are, but please check all the documents Please fill in all the necessary data and present the documents by April 10th (Wednesday) to the school.

If the student is allergic to any food, has a skin allergy (atopic dermatitis), allergic conjunctivitis, asthma, etc. and is receiving medical guidance, having to have some limitations in school life, in this case it will be necessary to fill out the administrative guidance form of school life GAKKOU SEIKATSU KANRI SHIDÔHYOU. If you request a new form, you must inform the homeroom teacher and a new one will be provided.

◆Documents distributed to students on April 8th◆						
☐Health questionnaire(all grades)	・Health Newsletter すこやか					
☐Eletrocardiography questionnaire(1st and 4th grad	es) •Notice of absence					
☐Registration for the color vision exam(3rd grade)						
□Notice about tuberculosis screening(all grades)						
☐Term of agreement on membership in the independent promotional foundation of the Japan Sports						
Center (1st grade; transferred)						
Documents that have a □on the front must use for health-related documents and present						

Presentation of school doctors:

School doctor : Dr.Toshi Uemura
School dentist : Dr.Kazuhiko Omura
School pharmacist : Dr.Lyouta Kobayashi
School Otorhinologist : Dr.Shin ya Kawaguchi
School ophthalmologist : Dr.Fumitomo Takeuchi



School doctors will carry out periodic health checks, will always be looking to help so that students can have a healthy school life and will be accepting questions regarding health.