

すこやか

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



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	1 st to 3 rd 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 contact lenses should speak up at the time of the exam.
Monday,15:	"	From the 1st to the 4th class	1 st to 3 rd graders	
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.



See the back

