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英語版 Kumozu Elementary School
Health Room Newsletter
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1 month has passed since the first quarter began. With the change of environment, they were probably very excited and happy with new encounters. But, they must also have felt anxiety and stress. And sometimes, even without realizing it, we get tired because of of this. Going out for a walk during the consecutive holiday is good but resting peacefully at home and eating delicious things would also be very good.



◆ Don't forget the thermos !

At this time of change of season, where there is a lot of variation in temperature. In the morning it can be cool but during the day it is usually very hot. On days when there is P.E. and during breaks, you can see the children returning to their classrooms wet with sweat and with a very red face. As a preventative measure against hyperthermia, you should drink plenty of liquids. Even if it is not that hot, please send plenty of tea or water in the thermos.



May Health Room Schedule

Thursday,9: Clinical examination (All students from 9:00)
The exam will be carried out in an P.E. t-shirt and shorts.

Tuesday, 14th: Urinalysis (All students, submit by 9:00)
※The urine collection container will be delivered on the 13th (Tuesday)



About the Japan Sports Promotion Center's Disaster Mutual Aid Benefit System

All members of Kumozu Elementary School are enrolled by submitting an enrollment consent form from each family. This is a system that provides medical expenses when a child visits a medical facility due to an injury or illness that occurs under the administration of the school. For injuries and illnesses under school management, this Japan Sports Promotion Center disaster benefit system takes priority. However, there is a condition that the medical expenses are 500 points (5,000 yen) or more (when the amount paid to the hospital using the insurance card is about 1,500 yen or more), then the medical expenses are 500 .In the event of being below this range and not meeting the requirements, the student will not qualify for the Tsu City Children's Medical Expenses Subsidy Program.

As mentioned in the April newsletter, starting this year, the amount of 460 yen corresponding to the Insurance will be charged in June, along with school fees.

※In case of consulting a doctor because of an injury under school management, the school should be notified as soon as possible.

