

# すこやか

英語版 Kumozu Elementary School  
Heath Room Newsletter  
Monday, September 2nd 2024 R6  
No. 11

## **Keep taking care of your hyperthermia !**

The 2nd school term begun. How was the long summer vacation ? Those who have lost their rhythm of life should try to go to bed and wake up at the same time and balance their daily rhythm again. The hot days will continue .You should bring a thermos bottle every day and drink water consciously .You should drink water even before you get thirsty.



## ◆ **There will be a physical examination**

	1st Period	2nd Period	3rd Period	4th Period
Tuesday, September 3		4th Grade	2nd Grade	3rd Grade
Wednesday, September 4		1st Grade	5th Grade	6th Grade



- \* They will take the exam wearing the P.E uniform (t-shirts and shorts)
- \* Whoever is going to tie their hair should tie it to the side.
- \* The result will be delivered later.

## ◆ **The September 9th is First Aid Day ~Why did you get hurt ? ~**

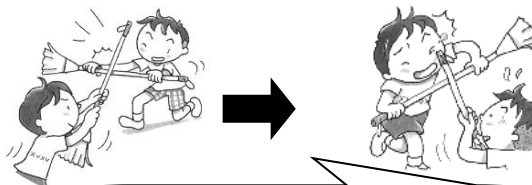
Injuries that occur a lot at school .What steps can be taken to avoid getting hurt ? Find out why you got hurt and take steps to avoid getting hurt again !



**Why did what you collided into someone ?**



**Are you not skipping the steps on the stairs ?**



**Why did you hurt your eyes with a broom ?**



**Why did you fall and hit your head ?**

## ❀ **To Parents and Guardians** ❀

Did you have your teeth treated during the summer vacation?

The students who had cavities and underwent treatment during the 1st school term were 18 students (51.4%). And the students who have not yet undergone treatment are 17 students .

Those who received the sheet recommending dental treatment during the 1st school term and went for treatment during the summer vacation must present the dentist's report to the school .If the student has already been to the dentist and the sheet has not been filled out ,the parent or guardian may fill it out with their signature and present it to the school. By presenting the report sheet, the percentage of treatments complete may increase And we may have one more reference for follow-up measures for health exam. We count on your collaboration.

