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英語版 Kumozu Elementary School
Health room Newsletter
Monday, September 30th 2024
No. 14

We are entering September and finally the mornings and afternoons are cooler, like in autumn. When the children go to school it is cool and in the afternoon it gets hot. Let's try to wear clothes that are easy to put on when it feels cold and take off when it feels hot. And let's be careful not to get physically unwell or catch a cold due to the difference in temperature.



10月10日は

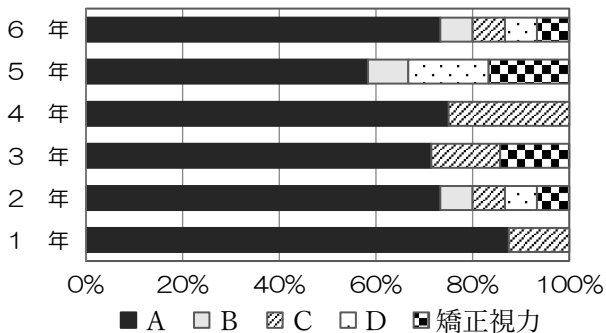


As a prevention of myopia, let's play outdoors ! If you feel that your eyes look strange? Go to the ophthalmologist right away!

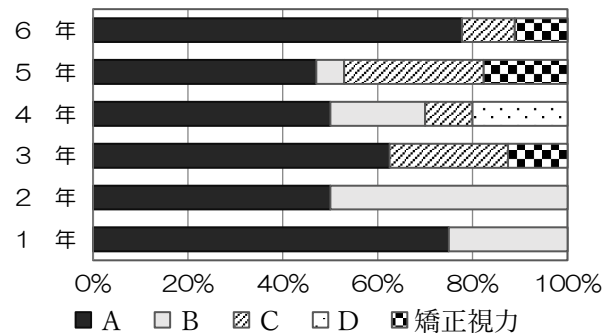
October 10th is Eye Protection Day. Are you living a life that is safe for your eyes? The graph below is the result of the April eye examination at Kumozu Elementary School. 33.6% of children have vision below 1.0 (including children with or without vision correction), of which (27.5% are boys and 41.1% are girls) . There are more girls than boys who have low vision. In recent years, it has been said that [By getting used to sunbathing outdoors, you will not only be increasing your physical endurance, but also preventing nearsightedness]. Since boys play outdoors more than girls, the rate of nearsightedness is lower. It would be great if, at the same time as reducing the number of hours spent playing games and using cell phones, they also increase the number of hours spent playing outdoors.

In addition, there has been an increase in the number of children in higher grades with myopia, and there has also been a decrease in the degree of vision of children in lower grades, which is a cause for concern. It is said that a child's vision becomes equal to that of an adult at the age of 8, and that especially up to the age of 6 is a very important time for the formation of a child's vision. If during this time the child has difficulty seeing, it will become even more difficult to see and even if wearing glasses or contact lenses, he or she will not be able to see properly, creating very poor vision. If you feel that your vision is getting poor, you should consult an ophthalmologist as soon as possible. (★Please read the letter from the Ministry of Education, Culture, Sports, Science and Technology)

4月視力検査結果（男子）



4月視力検査結果（女子）



◆ We will carry out an eye exam

Date/Period	1 st	2 nd	3 rd	4 th	5 th
Tuesday 1/10	1 st A	4 th A		6 th A	3 rd A
Wednesday 2/10			5 th A	2 nd A	



- ★ The results of the eye exam will be printed and given to all students later.
- ★ Those who have vision below 1.0 with or without correction (B・C・D) or have not yet consulted an ophthalmologist this year or have had a sudden reduction in vision, please consult a specialist in the field.