

# すこやか

英語版 Kumozu Elementary School  
Heath Room Newsletter  
Tuesday, November 5th 2024  
No.15

## Beware of temperature differences

We are entering a cool season, but there is still a big difference in temperature in the mornings and afternoons. It is a season where it is easy to feel unwell due to the fact that it is a time of change of seasons. It would be great if you checked the weather forecast before leaving the house and wore suitable clothing to adjust your body temperature.



## This indisposition could be WINTER BLUES ! ?

Lately, out of nowhere, have you been feeling unmotivated or depressed? This could be Winter Blues (winter depression).

Winter Blues, which are more common in young people and women, appear during the fall to winter season, people feel a lack of desire and disposition to carry out activities that until then had been very interesting, they become very tired and have no strength to do anything. Check yourself and see if you have compatible symptoms.



- I get depressed
- I can't enjoy
- I get irritated
- I don't feel like doing anything
- I have a big appetite  
(I want to eat mostly sweet things)
- I sleep many hours
- The weight has increased



Normally, with the arrival of spring (as the hours of sunlight become longer), there are many cases of natural recovery, but if you are worried, it would be a good idea to review your daily life. One of the most effective methods is natural sunlight. As far as possible, we should go outside and sunbathe. In addition, we should establish a time to sleep and a time to wake up every day, which is also very important.



## Please treat the decayed tooth

Among the 35 people who had decay in April, by the end of October, 19 people (54.3%) had already completed the treatment. For those who had not yet completed the treatment, a new newsletter was sent advising them to undergo the treatment.

For the sake of the child's health, we ask that they undergo the treatment during this school year and present the results to the school.

