

すこやか

英語版 Kumozu Elementary School

Health Room Newsletter

December 9, 2024 R6

N.O. 16

December is here and there are only 2 weeks left until the end of the 2nd quarter. And with the arrival of the cold weather, we have closed classes due to influenza in Tsu's elementary and middle schools. Our school currently has no influenza reports, only a few who are absent due to some flu symptoms.

From now on, we will enter the influenza epidemic season. Therefore, let's try to wash our hands well and gargle to prevent against influenza. And if you have a high fever and the symptoms do not improve, please go to the doctor and if you have an infection, please inform the school.






Are you not being dominated by your cell phone or games?

When it gets cold, we usually stay inside a warm room and end up watching TV, using our cell phones, playing games and using the computer, which means that the hours we spend in contact with the media increase.

Games are fun! I understand your feelings, but spending hours and hours in contact with the media can cause several health problems. Therefore, let's check the rules again with the people at home so that we can use the media.

● When using media for long hours . . .

【The head】 	【The body】 	【The mind】 
<ul style="list-style-type: none">• Reduced memory• Reduced study ability• Reduced concentration and patience Etc.	<ul style="list-style-type: none">• Having trouble sleeping.• The rhythm of life becomes unbalanced.• Decreased vision. • Obesity.• Headaches, stiff shoulders, poor posture. Etc.	<ul style="list-style-type: none">• Irritation• Gets nervous.• Becomes forgetful.• No matter how much you want to stop using media, you can't.• Decrease in communication ability. Etc.

● Set rules for using media !

For example . . .

① Time rules

「2 hours a day」 「Cannot use after 8 p.m.」

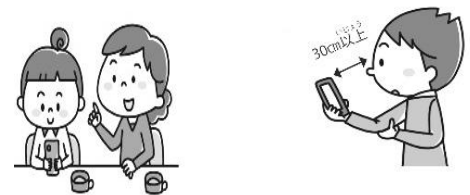
② Rules for how to use

「Do homework and help around the house first」 「Turn off at mealtime」 「Can only use in the living room」 「Correct posture」

③ Rules for daily life

「Sleep by 9 p.m.」 「Play a lot outside」 「Give priority to talking with family and friends」

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Let's respect the rules and use media healthily !