

# すこやか



Happy New Year. The year 2025 has begun.

Did you eat OMOCHI (rice cake) on New Year's?

Do you know why we eat OMOCHI on New Year's? This is because they say that the spirit of the God of the New Year resides in OMOCHI, which brings happiness and good harvest in the New Year and by eating OMOCHI, a person receives strength to live. Let's use this strength that we receive through eating OMOCHI to live the year with great strength and health.



## ◆ About the suspension of absence in the case of Influenza and Covid-19 ◆

January and February are times when we have an influenza epidemic. In addition, Covid-19 is also a concern. If you catch an infectious disease, you should report it to the school as soon as possible and rest and eat well at home until the symptoms disappear completely.

**The period of suspension of absences would be: In the case of Influenza, the student must rest 5 days after the appearance of symptoms or 2 days after the fever has gone down. In the case of Covid-19, 5 days after the appearance of symptoms or 1 day after the symptoms have alleviated.**

The count should be done, making the day the symptoms appeared day 0. See the quick check table and use it as a reference, consulting and following medical orders, to return to school.

発症日を入れてね。 (Please enter the day of onset.)

登校再開日 早見表 (Return to School Date Quick Reference Table)

元気 回復 (Recovery, full of energy)

	0日目 にち日	1日目 にち日	2日目 にち日	3日目 にち日	4日目 にち日	5日目 にち日	6日目 にち日	7日目 にち日	8日目 にち日
新型コロナウイルス	★	症状軽快					登校再開		
	★		症状軽快				登校再開		
	★			症状軽快			登校再開		
	★				症状軽快		登校再開		
	★					症状軽快		登校再開	
コロナもインフルもここは同じ / コロナは「かつ症状が軽快した後1日を経過するまで」 インフルは「かつ解熱後2日を経過するまで」									
インフル	★	解熱					登校再開		
	★		解熱				登校再開		
	★			解熱			登校再開		
	★				解熱			登校再開	
	★					解熱			登校再開

## ◆ There is a body measurementes

	1st Period	2nd Period	3rd Period	4th Period
THU 1/9	1st grade	2nd grade	3rd grade	
FRI 1/10	4th grade	5th grade	6th grade	



- \* They will take the measurementes wearing a physical education uniform (t-shirt and shorts)
- \* Anyone who is going to tie their hair up should tie it to the side.
- \* The result will be communicated later.