



The second semester is over and the winter break starts tomorrow. With the wind chill and cold weather continuing, how is everyone doing? The new coronavirus is still raging and we cannot let our guard down yet. Take basic infection control measures (masks, hand washing, gargling) and take care of your physical condition. Also, the year 2022 is almost over. Get ready to start the New Year with a good feeling.

**Requests from
the
Health Office**

◎About New Coronavirus Infections

○Physical Condition

If you are not feeling well in any way, do not go out. If you have a cold or other symptoms, seek medical attention as soon as possible.

Symptoms of cold, etc. : Fever, cough, fatigue, general lethargy, sore throat, headache, diarrhea, stuffy nose, sneezing, etc. diarrhea, runny nose, stuffy nose, sneezing, etc.

○About the case of a positive test result

Please contact the school as soon as the student's own positive test results are known, even during the winter break.

○If a positive test is found on weekends, holidays, at night, or after school business hours

If a student finds himself/herself positive and is unable to contact the school, please contact us using the reporting form below.

【Report Form】

Kawaguchi City Official Website → Search by Organization → School Health Division, School Education Department → Notification from the Division "Contact Form for Persons Positive for New Type Coronavirus Infection"

Direct link to form : <https://logoform.jp/form/zRQD/6844>

How to spend winter vacation

Let's look back
at the past year

HU



I hope I was healthy in mind
and body, with no major
injuries or illnesses?

Refuse dangerous
invitations once and
for all.

YU



**Resist
temptation.**

Maintain a regular
routine during
vacations.

YA



Early to bed, Early
to rise, and breakfast
are the basics.

Decide on a daily usage time
and stick to it!

SU



Be careful not to
overuse your phone.

Avoiding density and
continuing infection
control

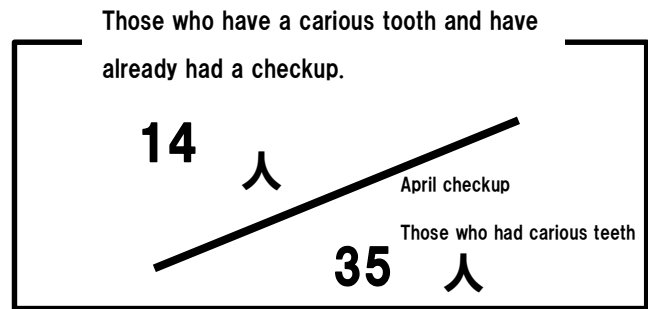
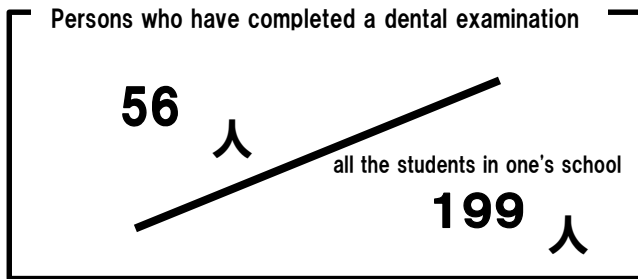
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Wash your hands, ventilate,
wear a mask when you
can't be around people!

All right! Let's go to the dentist!!!!

We recently conducted a survey to determine if the students had completed a visit at the dentist's office following their April dental checkup.



The cause of tooth decay is "mutans".

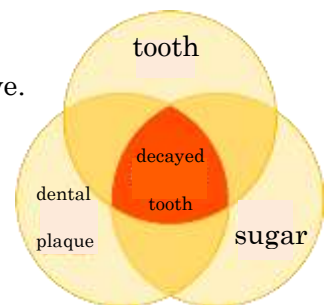
These bacteria are active when sugar enters the mouth and form plaque.

Then, "acid" is produced in the dental plaque. This acid causes the teeth to dissolve. acid, which causes the teeth to dissolve.

Tooth decay occurs when "teeth," "plaque," and "sugar" all come together. So.

To prevent tooth decay, it is important to avoid the combination of these three factors by properly removing plaque from the teeth and avoiding sugary foods.

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If left unchecked, carious teeth can lead to...

✓ **Bad breath gets worse.**

✓ **Lacks confidence in smiling**

✓ **You won't be able to eat what you want.**

Diseases that accumulate in the roots and Pus, etc., emit odor.

Darkened when smiling
Teeth are visible and hidden

Pain when chewing
or difficulty in eating.

Cavities do not heal naturally. The longer it is left untreated, the more it will only progress. Also, the cost of treatment is getting higher and higher... Let's make sure to heal and prevent tooth decay before it is too late.

For those who have carious teeth that have not yet been treated, the results of the April dental checkup will be distributed once again. Students who receive them should complete the treatment during this winter break.

In addition, students who have CO (tooth in need of observation) as a result of their April dental checkup are advised to check with their dentist to see if the tooth has progressed to caries.



Incidentally, ... Dental checkups are only available to high school students. Both universities and companies have annual physical examinations, but these do not include dental checkups. Therefore, in addition to going to the dentist when you feel pain, you should also be aware of going there on your own to check for any progression. Early detection and treatment for everything!

If you have a problem or trouble, talk to us!

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◎川口市子育て相談課 (家庭児童相談室)

A City Hall counselor will listen to your story.

TEL : 048-295-9005

Office Hours : Every Monday through Friday, 8:30 a.m. to 5:15 p.m. (closed on national holidays and year-end and New Year holidays)

◎こころサポートステーション SODA かわぐち

It is a consultation service for various problems, such as mental health concerns of young people generally aged 15-35.

TEL : 080-7307-2766

Office Hours : Monday, Tuesday, Thursday, Saturday,
10:00 a.m. - 7:00 p.m.



さいたまけん
◎ヤングケアラーチャンネル (埼玉県)

This is an on line consultation service where you can talk to former young caregivers about your daily problems and have them listen to you.

Office Hours : Monday through Friday, 11:00 a.m. to 8:00 p.m.

(except national holidays and year-end and New Year holidays)

※Consultants can send messages 24 hours a day, 7 days a week.



さいたまけん
◎こどもスマイルネット (埼玉県)

We provide consultation over the phone on a variety of child-related issues.

TEL : 048-882-7007

Office Hours : Daily, 10:30 a.m. - 6:00 p.m.

(closed on national holidays and year-end and New Year holidays)

おや こ なや そうだん さいたま さいたまけん
◎親と子どもの悩みごと相談@埼玉 (埼玉県)

You can consult with us on line.

Office Hours : Weekdays from 9:00 a.m. to 9:00 p.m.

Saturdays, Sundays and holidays, 9:00 a.m. to 5:00 p.m.

※Closed during year-end and New Year holidays

