

ほけんだより2月

令和6年2月1日
川口市立高等学校
定時制保健室

Laughter is the key to happiness.

Do you all know this word? The saying goes, "Good fortune comes naturally to a house that is always full of laughter. If you are cheerful and upbeat, happiness will come. And even if you are sad or suffering, happiness will come if you do not lose hope. February 5 is "Ni (2) Ko (5) Nico" Smile Day. Let's laugh a lot and invite good fortune. Also, two days before that, February 3 is Setsubun. The beans are scattered to "Oni wa soto" (the devil is outside) so that illness, misfortune, and evil spirits will leave the house, and "Fuku wa uchi" (the good fortune will come inside) so that happiness will come to the house. The "demons" we want to drive out of our homes, but in fact, they can also be in your hearts and minds.

For example,...

preferences-ogre, lost article-ogre, nighthawk-ogre, unkind-ogre, lazy fellow-ogre,
,, dislike of studying-ogre,



Let's take this opportunity to drive away the demons in our own hearts and bring in lots of good fortune.

Laughter Effects



improve one's memory



Relax



have one's immunity boosted



strengthening of muscles



Feel a sense of happiness



stress reduction

News from the Health Office

Application for JSPS

If you are injured at school and visit a medical facility, you will be reimbursed for medical expenses. All students in the school's regular course are enrolled in the program. If you have any injuries that have not yet been filed, please notify the Health Office. Applications can be made for two years from the date of the medical examination. If you have an injury that you applied for in middle school and is still ongoing, or if you have an injury that requires medical attention after graduation, please notify the Health Office so that you can file a claim for 10 years after you apply.