

July 4, 2022 issue

# Iwata Elem. PTA Communication No.2

Issued by: Iwata Elem School  
PTA Board of Directors

## Athletic meet 2022年5月22日 (日)

The athletic meet was scheduled for Saturday, 21<sup>st</sup>, but unfortunately it was postponed for a day due to rain, and it was held on Sunday, 22<sup>nd</sup> the next day.

The weather on the day of event is sunny! It was the best day for the athletic meet. Everyone did their best to endure the heat of the sun.



### PTA Activity

We would like to thank all the PTA members and residents' association for their cooperation. The athletic meet ended without serious trouble.

We hope the athletic meet will be held safely..

Behind the scene, the PTA members helped and watched over,

Before the athletic meet: Installation of cones and posters.

During the athletic meet: Guarding main gate and east gate, arrangement of bicycle parking lots, patrols, inspection of toilets

After the athletic meet: Picking up garbage at schoolground, cone collection



### Child watching corps and Blue patrol corps

May 10<sup>th</sup> (Tues) • June 8<sup>th</sup> (Wed) The teachers, Blue patrol corps, PTA committee members, and PTA officers. Divided into 5 teams on May 10 (Tues), Kitaiwata area (Yamanaka to Ihara park) • Hirakawahonmachi area (Welcia-Toyooka park) • Higashiwata area (Chips Kitago Chukodan). We conducted a joint crime prevention patrol at Iwata Sports Park. Next schedule will be on Septe



### Introducing new faculty members

☆NO.1☆

New teachers of Iwata Elem. School

This year, 21 teachers came to our school.

Name	In charge	Sign	Blood type	Favorite food	Favorite animals	Favorite color	Hobbies
T. Munetaka Kobayashi	Office work	Libra	A	Sanuki udon	koala	black • blue	Tour/Shrine tour
T. Toshiko Yamamoto	School nurse	Cancer	B	Chocolate	dog	blue	Relaxing
T. Keiko Kobayashi	Custodian	Scorpio	A	Spicy food	dog	black, white, green, blue, orange, red, purple, gold	Korean drama/ growing plants
T. Takashi Kanagawa	Gr. 5-1	Virgo	O	Kyoho grape	dog	blue	Fishing
T. Kota Kawakami	Gr. 5-4	Aries	O	Sushi	dog	green	Watching SEN sports
T. Shuhei Naya	Gr. 6-4	Taurus	O	Ramen/ hamburger	ドアラ	blue	Baseball/golf
T. Hiromi Ogi	Yamabiko 1	Gemini	B	Fruits/sushi	dog	white, skyblue, pink	—
T. Takahito Kamiya	Kokusai 6	Leo	B	Hamburger	—	purple	Cars
T. Kengo Kato	Kokusai 2	Sagittarius	O	Banana	horse	white	Reading
T. Akemi Yamamoto	Arts&Crafts/ Writing	Gemini	A	Apple	dog	blue	Flowers
T. Kimie Oda	Sōdan Tsūyaku Portugalugo	Aquarius	O	Rice	cat	yellow	—

# Sports Tag Tournament

From morning of June 19<sup>th</sup> (Sun), a sports tag tournament was held at the gymnasium, sponsored by the Children's Association. A mixed team of 1<sup>st</sup> to 6<sup>th</sup> graders with a total of 241 participants. It's different from the tag you usually play, but it's a sport that you play while working together and planning your strategy. It was a lot of excitement. A spray disinfectant is active. Complete measures against new coronavirus infecton.

The winner is Higashiiwata team A!! At Children's Association, everyone, thank you for the fun project. Cheers for the good work!



## 1<sup>st</sup> School Health Committee

~Let's take a look at your heart with egogram~

The 1<sup>st</sup> School Health Committee was held on June 23 (Thurs) for 5<sup>th</sup> grade students.

~There are 5 me in your heart~

Answer the question and check the result of the egogram. You can see what you are good at and what you want to improve in the future.

What type were you guys?



## Notice of sale of recycled school supplies

We are planning to sell recycled school supplies at the school district disaster prevention drill (PTA event) scheduled to be held on September 4<sup>th</sup> (Sun). Please come and join us.

• Gym clothes top and bottom, red & white hat, yellow hat and gym shoes will be on sale.



## Let's ask the pharmacist!



- Q: I'm not good at taking powdered medicines, tablet, and medicines. What should I do?
- A: Powdered medicine can be dissolved in water or juice, or mix with gum syrup or condensed milk. It will be easier to drink. You can also mix it with ice cream or yogurt too. It is okay to split the tablet in half or crush it a little and drink it. Depending on the type of medicine, there are some that cannot be mixed and some that cannot be crushed.  
Please consult your pharmacist when you received the medicine.  
Pharmacist Yoshiteru Yanagisawa

## Heatstroke • UV protection

Natsuhonban

The hot summer days continue... I want you to be careful of hot season, Yes! Heatstroke!! Do you guys take safety measures?

Heatstroke is an illness, which the body can no longer control its temperature: the body's temperature rises rapidly and the body is unable to cool down.

Everyone, be careful.

Don't forget to take measures against heatstroke while taking measures against covid infection.

Keep hydrated and balanced your diet regardless whether you like it or not. Eat meat, fish, soybeans, and other high protein foods! Taking a lot of protein also helps prevent heat fatigue.

Watch out for UV rays!

For breakfast \* Eating citrus fruits and vegetables that contain lots of psoralen can easily cause skin blemish.

※oranges, lemons, grapefruits, limes, cucumbers, carrots

## Preventing Heat Illness

### Avoid the heat

#### When indoors...

- ▶ Use electric fans or air conditioners to adjust the temperature
- ▶ Use shading curtains, bamboo screens, and sprinkle water
- ▶ Check your room temperature regularly
- ▶ Refer to the WBGT value\*

#### When outdoors...

- ▶ Use a parasol and wear a hat
- ▶ Stay in the shade and take a break regularly
- ▶ On sunny days, try to avoid going outdoors in daytime

#### To prevent your body from accumulating heat

- ▶ Wear clothes that breathe well, absorb moisture, and dry quickly
- ▶ Use ice packs, ice, cold towels, etc. to cool your body

\*WBGT value: An index calculated based on the temperature, humidity, and radiant heat. Reference values are provided according to the level of exercise or work. Observed values and predicted values are indicated on the Ministry of the Environment's website (Heat Illness Prevention Information website).

### Stay hydrated

When indoors or outdoors, regularly intake water and salt or drink an oral rehydration solution\* even when you do not feel thirsty

\*Water with salt and glucose dissolved into it

"Heat illness" refers to a state where the balance of water and salt in a person's body is gradually broken, thermoregulation fails to function properly, and heat is accumulated in the body, due to being in a high-temperature and high-humidity environment for a long time. It can occur not only when you are outdoors, but also when staying indoors not doing any exercise or work. Heat illness victims may be taken to hospital by ambulance and in some cases die from it.

In order to prevent health problems caused by heat illness, each individual should have a correct understanding of heat illnesses, be aware of changes in their physical condition, and look out for those around them.

#### Heat illness symptoms

- Dizziness, giddiness, numbness in limbs, muscle cramp, feeling unwell
- Headache, nausea, vomiting, dullness, drowsiness, different from usual

In serious cases:

- Response is not normal, unconsciousness, convulsion, body is hot

