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Iwata PTA Communication

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Iwata Dondoko Festival 2022
2022年12月4日(Sun)

With the cooperation of parents, local organizations and companies, the Dondoko Festival was held to bring children and local residents together. This year, 23 types of courses (1st to 6th graders) and 9 typed vocational experience course (5th to 6th graders), were held and everyone was able to have valuable Experiences that they could not normally have.



Participated in the Dondoko Festival
Dearlocals,
I think the preparation was really difficult.
Children were very happy.
Thank you very much.



Voices from everyone who helped us

- It was my first time to watch/ Dondoko Festival, but I felt that the children were enjoying it and that it was a very good event.
- The preparation and cleanup were a little difficult, but when I saw the children having fun on the day, I was glad I did it.
- I learned that each booth is prepared in advance. I would like to thank everyone involved. thank you very much.
- We enjoyed playing sports tag with the children. I'm a little serious about the children, and I'm reflecting on it. I didn't have enough physical strength in the 2nd half, and I realized the lack of exercise on a daily basis.

Run Festival2022 2022年12月7日(Wed)

It was a little chilly day, but the weather was fine. A perfect day for a marathon♪ All from 1st to 6th graders was able to run hard.

Thank you to the teachers, the PTA, and the local community for their cooperation in keeping the children safe.

Thank you to all the guardians who protected and supported manners again.



The tension before the start...

Everyone was running full of energy with the start signal! Well done everyone!



Voices from everyone who helped us

- I'm glad I got to see it up close. I had plenty of time and was happy to help.
- The children did their best in the cold. Thank you very much for all your help.
- The general public willingly cooperated, and I was able to help without incident.
- It was nice to see the hard work of the children. I received a very good stimulus. "Thank you to the teachers and PTA who watched over the safety of the course."

Ask the Pharmacist

Q I can't take my pills well. Can you tell me how to take them well?

A A When it comes to senior year, it changes from powder to pill type medicine. This is because the amount of medication you take depends on your age and weight. Basically, the dosage for children over 15 years old is the same as for adults.

When you first receive a tablet-type medicine, you may feel uneasy about whether you can take it.

At that time, if you can't take it, first ask your medicine teacher if you can break or crush the medicine before taking it. If you break or crush the medicine, the effect will be changed or some medicine will become bitter, so be sure to check it carefully.

Orally disintegrating tablets are medicines that dissolve in the mouth, like ramune.

Basically, I would like you to drink it with water, but if it is difficult, you can drink it with miso soup or soup. Flavored drinks are easier to swallow. Also, it is okay to take medicines that are said to be taken after meals, even during meals. Let's put the medicine in the mouth at the timing of swallowing rice and swallow it with rice! You can also swallow it with jelly or pudding.

• Keep your face straight when taking medicine. It's easier to swallow if you're always in a position to swallow. When you look up, your throat narrows and it becomes difficult to swallow.

The medicine teacher will also give you a consultation on how to take it. Please feel free to consult with us.

Pharmacist Yoshiteru Yanagisawa

Influenza Infection

"Influenza infections are currently prevalent."

Even if you are vaccinated, your immunity will decrease if your physical strength declines or your body cools down. It will develop.

In addition to the basic hand-washing and gargling, be careful not to lose physical strength and body temperature.

Go to bed early, wake up early, and eat a balanced diet.

New coronavirus and influenza virus can be determined at the same time.

Test kits are sold. If you have any questions, please contact your pharmacy.

Hay Fever

Since the beginning of the year, some people have been experiencing symptoms sneezing, and itchy eyes. This year's pollen count is expected to be higher than usual.

There are various types of medicine such as oral medicine, nasal drops, eye drops, etc. If the symptoms are severe, please take early measures.

On sunny days, there is a lot of pollen, so please refrain from drying laundry and futons outside. There are only a few left this year, Let's have a good new year!