

Other activities conducted at school to maintain and improve the health of children include **health examinations**, **health education**, and **environmental hygiene**.

Routine health examinations



- Schools conduct annual regular health examinations during the first semester.
- School check-ups include the following:
Height and weight measurement , Vision test , Hearing test ,
Otolaryngology examination , Dental check-up ,
Ophthalmological examination , Internal check-up , Urine test ,
Electrocardiogram test , Tuberculosis screening
- When and if an annual exam reveals some health difficulty such as a tooth cavity, vision deterioration, disease symptom, or obesity, the Homeroom Teacher or the Yogo Teacher might contact parents to recommend visitation to a doctor or a review of lifestyle habits.
- Japanese schools and teachers make efforts to prevent, detect, and respond to diseases in children.

Health Education



- Children of third grade or older must take a health class.
- In the health class, children learn about body structure and ways to maintaining and improving mental and physical health.
- There are also lectures on mental and physical health at grades and school meetings.

Environmental hygiene



- In order for children to lead a safe and secure school life, the school conducts environmental hygiene inspections, management of facilities and equipment, and safety inspections.

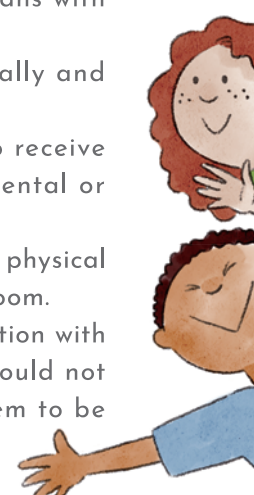
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Prepared by / Yukari Takehana (Tokyo Gakugei University), Chikage Saito (Saitama Gakugei University), Takashi Asakura (Tokyo Gakugei University), Hiroyuki Takahashi (Chiba University)
Cooperator / Chikako Mise, Tomomi Sakakibara (Tokyo Gakugei University), Yoshiko Nozaki (Kodaira Dai 5 Elementary School)
Designed by / Yukako Hara
Issued by / Tokyo Gakugei University

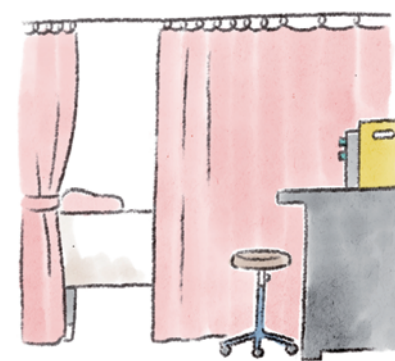
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Yogo Teacher and School Health Room in Japanese school

Let us introduce Yogo Teacher and School Health Room for Children and Guardians with multicultural backgrounds to enjoy healthy school life.
Japanese schools are well equipped with systems for bringing up children mentally and physically. One example can be found in Yogo Teacher and School Health Room. When children get injured or sick at school, they go to a School Health Room to receive good care. Both children and parents can consult with Yogo Teacher on any mental or physical issue.
Yogo Teacher is a teacher in charge of bringing up children in their good mental or physical condition by giving first aid and health counseling. They are in the School Health Room. Japanese teachers always make efforts to maintain children's well-being in cooperation with their parents. If your child gets sick or injured, or encounters any trouble, you should not hesitate to contact the homeroom teacher or the Yogo Teacher. You will find them to be very helpful.



What is a School Health Room?



- ✓ Every Japanese school has a School Health Room.
- ✓ You can find a Yogo Teacher in the School Health Room.
- ✓ Both children and their parents may visit the School Health Room for any reason related to the mental and physical well-being of the children or any other issue which might arise during their school life.
- ✓ Yogo Teacher give first aid, health counseling, health guidance, school health examination, and any other matter related to the mental and physical health of children in the School Health Room.
- ✓ There are many books and materials related to health in the School Health Room. Everyone can read a book and learn about mental and physical health.

What does the Yogo Teacher do?



- ✓ Yogo Teacher, whom you will find only in Japan, is a teacher who stay in the School Health Room.
- ✓ Yogo Teacher conducts educational activities to maintain and improve the children's mental and physical well-being.
- ✓ Yogo Teacher do school health service (such as first aid, school health examination, disease prevention, health education), health counseling, management the school health rooms, and school health organization.
- ✓ Yogo Teacher and Classroom Teachers undertake efforts cooperatively to arrange an environment for enjoyable and safe school life for children with diseases and disabilities.
- ✓ Yogo Teacher, in cooperation with Classroom Teachers, local experts and related governmental organizations, supports children so that they can live a healthy school life.
- ✓ Because the Yogo Teacher is a teacher not a nurse or doctor, they are not allowed medical practice and prescribe medicine.

First aid



- When children become sick or injured, they can get first aid from the Yogo Teacher at the School Health Room. In some cases, the Homeroom Teacher also provides first aid.
- When children feel sick at school, they can take a rest at the School Health Room.
- When children are seriously injured or have severe symptoms, the Yogo Teacher might recommend that the parent take them to a hospital, or call an ambulance.



- The care the Yogo Teacher or the Homeroom Teacher provides in first aid is temporary and can be done one time only. Children cannot receive medicine from the Yogo Teacher.
- Depending on the condition of an injury or sickness, the Yogo Teacher might call the parent.



When children receive some care at school, parents should observe the children at home.

Additionally, if a child sees a doctor for an injury that occurred at school, the parent might be able to receive reimbursement of the medical bill. For related details, please contact the Yogo Teacher or the Homeroom teacher.

Health Counseling in school



SUPPORT!



- Children can come to see the Yogo Teacher for advice on mental and physical health issues.
- Both children and parents should feel free to request consultations.
- When children visit a School Health Room claiming they have a stomachache or that they easily get tired, the Yogo Teacher listens to them while observing their health condition. Then they give advice or provide some necessary first aid.
- If necessary, the Yogo Teacher or the Homeroom Teacher introduces professionals such as school counselors, school social workers, and doctors, or gives referrals to organizations such as Welfare Offices, Health Centers, and Child Consultation Centers.

Health Guidance



- Children can learn from the Yogo Teacher how to take care of injury and sickness and knowledge and provide skills on health-related matters. They can also receive educational materials related to health.

Disease Prevention and Management



- Schools, in cooperation with parents, try to prevent and manage children's disease.
- The Homeroom Teacher and the Yogo Teacher mutually cooperate in observing the children's health condition on a daily basis so that the children can spend a healthy school life.
- When they notice some issue with the children's mental and physical condition, they offer consultations and provide advice to children and parents. They occasionally recommend that they see a doctor.



Support for Children with diseases and disabilities who require special care



- Children with diseases and disabilities who require some special support can rest in the School Health Room if necessary.
- The Yogo Teacher, in cooperation with the Homeroom Teacher, gives consultation to such children and their parents to help them cope with management of the disease.