



Marist Brothers International School

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A Letter from the School Health Office



May 19, 2014

Dear Parents and Guardians:

As the weather is getting warmer, I would like to bring up some summer safety tips and preventative measures to make your child's last few weeks at Marist a healthy and happy one. Parent cooperation and help in preparing your child before sending them to school can be the best defense in preventing heat related accidents.

Please keep your child safe this summer by following these tips before sending them to school:

- Sunscreen (SPF 15 and higher): The first and best line of defense against harmful ultraviolet radiation exposure is covering up. Please send your child with sunscreen to avoid sunburn. Also, it is recommended to reapply sunscreen every two hours, and after swimming or excessive sweating.
- Water: Summer in Japan is very humid, so students should be well hydrated throughout the day and before/after prolonged physical activity in order to avoid heat-related accidents. Please make sure to send your child to school every day with a bottle of water or carbohydrate-electrolyte beverage (Pocari Sweat, Gatorade or Aquarius). A Coca-Cola vending machine is also available on-campus for students to purchase bottled water and Aquarius. Please remind your child to drink their water even when they do not feel thirsty.
- Hat and sunglasses: Students may wear hats that preferably cover the neck and ears. Please remember to apply sunscreen to the neck and ears if your child chooses to wear a baseball hat. Students may also wear sunglasses in order to protect their eyes from UV rays while playing outside.
- Bug-repellant spray/wipes: There are many students visiting the infirmary with countless mosquito bites. Bug-repellant spray or wipes should help keep the mosquitoes away and therefore reduce the number of mosquito bites. Japanese encephalitis is considered a routine vaccination and strongly encouraged in Japan.
- Extra shirts and towels: Clothing should be light-colored, lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing after drying off. Please remind your child to use their personal towels to dry off and not the paper towels provided by the school for drying off hands after washing in the restrooms.
- Light jackets/cardigans: Air conditioners are running in every classroom during the day. Students may feel chilly, especially while cooling down after excessive sweating, and may require a light jacket to help their bodies adjust their temperature.
- Food safety: Use of ice packs to keep snacks/lunches cold. Most bacteria do not grow in extreme cold or hot temperatures. To keep snacks and lunches safe, cold foods must be kept at 5°C or colder and hot foods must be kept at 60°C or hotter. When foods are left outside of these temperatures, bacteria can grow fast and cause food poisoning which can make people sick. Students may keep their lunches in the air conditioned classrooms instead of out in the hallway lockers.
- Basic measures: Please do not forget to continue practicing the basic preventative measures such as hand washing and following a healthy eat-sleep-exercise lifestyle.

Thank you in advance for your attention to this matter. I hope that these tips will help you and your child have a healthy and safe summer. Please email or call the Health Office if you have any questions or concerns.

Sincerely,

Tae Shimomura
School Nurse