

To all children in Yokohama City

How to spend during the School closures period

… Notice of Yokohama City Board of Education…

How to spend during holidays

- The school is closed to prevent the spread of infectious diseases. It is necessary to avoid a place where many people gather or an indoor wind is difficult to pass. Avoid going out as unnecessary and urgent as possible and try to stay at home.

For your health

- Keep early hours and eat a well-balanced meal.
- Wash you hands with soap carefully and gargle. If you have a cough, you wear a mask and cover your mouth with a handkerchief, tissue, or cuffs.
- Take a temperature every morning. If you aren't feeling well, tell the person at home.
- Open the windows occasionally to change the air during the day.

Study and Exercise

- Let's try to spend the same life on a school days when you learn and exercise.
- Let's work on doing homework, reviewing and so far.

[Reference site] (Japanese site only)

"Children's learning support site" (MEXT website)

https://www.mext.go.jp/a_menu/ikusei/gakusyushien/index_00001.htm

The Classroom for learning-innovation (Ministry of Economy, Trade and Industry website)

https://www.learning-innovation.go.jp/covid_19/

- It is also important to move your body appropriately. Do exercises that you can do safely, such as jump rope and body-building exercises.
- Public places (including parks, roads, and vacant lots) belong to everyone. Observe the rules and manners of the place, do not make a loud noise, and use it while giving due consideration to nearby residents and other users.
- When you go to the park, **you take preventive measures** such as maintaining a certain distance from other users, wearing a mask, coughing etiquette, and washing your hands after playing. Also, if you aren't feeling well, you don't go to the park.
- There is a possibility that the use of playground equipment that will be queued up or crowded may be restricted or stopped to prevent the spread of infectious diseases.

Mobile phones, smartphones

- Set a time when using TVs, games, computers, etc.
- Be careful not to be involved in troubles using SNS such as smartphones and portable game machines.
- If you have any problems, immediately consult your parents.

When you are at home (answering machine etc.)

- Be sure to be able to contact your parents in an emergency.]
- Go ahead and help the house.
- When you are alone, be careful about inquiries from visitors and telephones, and do not answer when asked for your name, address, telephone number, etc.

When you are in trouble

- Teachers and counselors at school are at school even during school holidays. If you have any concerns or concerns, please do not hesitate to contact the school.

*** For parents: Please check the contents with your child.**

For parents

Notice from Environmental Planning Bureau ~Using the park~

Under Emergency declaration, it is said that citizens are asked to refrain from going out when they are not necessary. The park itself is used as a refuge in the event of a disaster because it is not allowed to do so and is used for walks without closing the park itself.

To prevent the spread of new coronavirus infection

- Do not use the park when you aren't feeling well.
- Select a convenient time or place to use.
- Secure a distance (2 m) from other people.
- Protect your *cough etiquette*, such as wearing a mask.
- Wash your hands when using play equipment.

Especially on benches, playground equipment and plazas

- Do not use if crowded.
- Shorter time than usual it.
- Use not to monopolize
- Do not shout

Please be careful not to create a situation where the risk of infection is high, such as "crowded" or "close" where many people come together.

《Information》

From April 25th(Sat) to May 6th (Wed/holiday), we suspend the use of playground equipment that is close and crowded in a large park.

For parks other than large-scale parks, we also will suspend the use of it in order to prevent the spread of new coronavirus infection in the future.