

# ほけんだより 10月

令和3年10月18日 白山市立北陽小学校 保健室

秋らしくなってきましたね。読書の秋、スポーツの秋、芸術の秋、食欲の秋？いろいろな秋がありますが、みなさんは「○○の秋」をどうすごしますか？実り多い秋になるといいですね。

# 10月の保健目標



# め　　たいせつ 目　　を大切にしよう

The illustration features a white speech bubble containing the Japanese text 'め はん てい 目が判定するよ'. Below the speech bubble are two large, stylized eyes with thick black outlines and pupils. The eye on the left is looking towards the text 'やさしい?' (Yasashii?), and the eye on the right is looking towards the text 'やさしくない?' (Yasashikunai?). The background is a light blue gradient.

A black and white illustration of a young girl with short dark hair sitting at a desk, reading a large book. The text 'やさしい!' (yasashii!) is written in a large, stylized font at the bottom left. To the right of the girl, there is Japanese text: '目の距離はこれくらい' (me no torikubi wa kore kure koi) and '開けて…' (akerete...). A cartoon eye character is shown looking towards the girl.

A black and white illustration of a young girl with dark hair in two pigtails. She is looking intently at a large, glowing eye that appears to be floating in front of her. The eye has a thick black iris and pupil. The girl's expression is one of surprise or concern. In the background, there are some simple line drawings of furniture, like a chair and a table. A speech bubble from the eye contains the Japanese word 'さしい!' (Sasui!).

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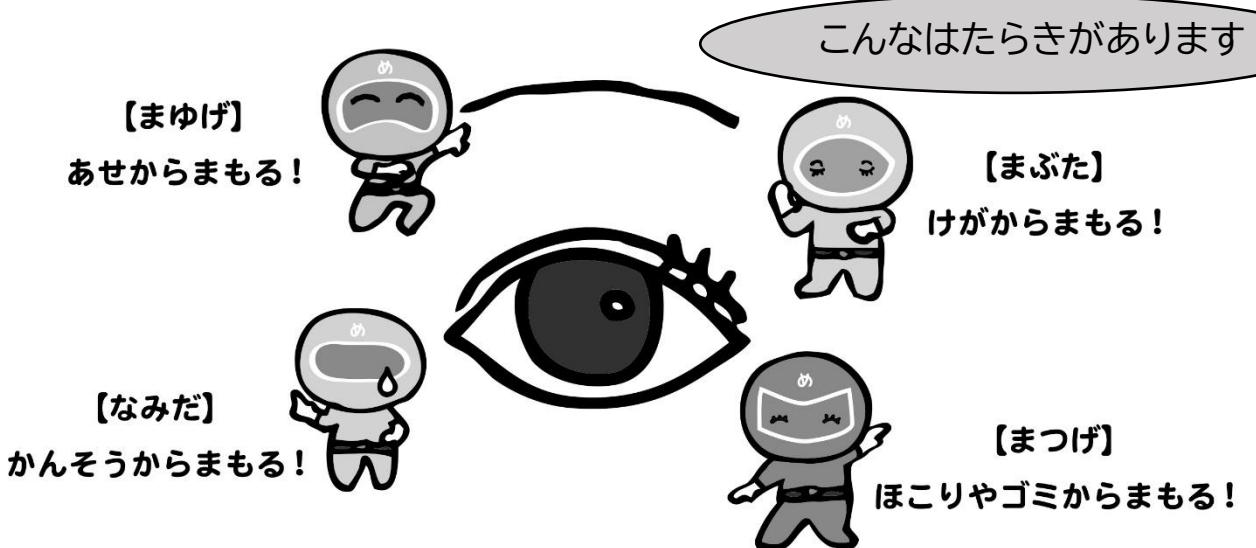
やさしくない!

まばたきの回数  
が減って、涙がもう  
カラカラ…。ゲームをする  
ときは時間を決めてね。

A black and white illustration of a young girl with short dark hair, smiling and holding chopsticks over a bowl of food. She is surrounded by various healthy meal components like fish, vegetables, and rice. A speech bubble above her contains Japanese text, and a large red circle with the number 5 is in the top left corner.

A black and white illustration of a character with dark hair sleeping peacefully in a bed. The character has 'Zz' above their head, indicating they are asleep. A large, expressive eye character with arms and legs is peeking over the bed, looking at the sleeping character. The eye character has a determined expression. In the background, there is a lamp and an alarm clock on a nightstand. The scene is set in a bedroom.

# め 目をまもっています！たよれるなかまたち



★学校でも授業でタブレットを使うことがありますね。目や姿勢に注意して使いましょう！  
おうちでゲームやインターネットをする時間は、1時間以内にしましょう。

## やってみよう 目の運動

め  
自分がスッキリするよ

