

Guide for guardians regarding the start-of-elementary-school health checkup

1. The start-of-elementary-school health checkup is performed according to the School Health and Safety Act to ascertain the health of your child and provide health advice to help them prepare for elementary school.
2. Please bring the start-of-elementary-school notification, the survey slip for the start-of-elementary-school health checkup, indoor footwear for you and your child, a bag for you and your child's outside footwear, a writing utensil, and a handkerchief.
3. The health checkup will include a physical examination, eye examination, and dental examination performed by the school doctor/dentist, and a vision test, interview, and, as needed, a hearing test and educational consultations will be performed by faculty.
4. The doctor will perform these tests and examinations to uncover diseases and other concerns early on that could affect school life or daily life and make recommendations for further examination. The health checkup is not a final diagnosis from a medical standpoint, and if a disease is found, we recommend an examination by a specialist.
5. For the physical examination, the doctor will check their spine and skin condition and listen to their heartbeat and breathing. Please have your child wear clothes that can easily be put on or taken off without assistance. We appreciate your understanding and cooperation so that we can understand your child's health condition.
6. Please do not come to the health checkup location by car, motorbike, or bicycle. Please do not line up before reception hours as it can be bothersome for the neighborhood.
7. The start-of-elementary-school health checkup usually takes about 1.5 to 2 hours. Please understand that the number of children being examined and the progress of the health checkups may cause the checkup to take longer than planned.
8. Have your child get the health checkup at the school indicated on the start-of-elementary-school notification, even if it is different than the one he/she will attend. Your child can only get the health checkup at the school indicated.
9. On the day of the health checkup, check the health of anyone coming to the school before coming. Do not come for the start-of-elementary-school health checkup if anyone has a fever (37.5°C or higher).
10. If you cannot come for the health checkup because your child is sick or because of other reasons, contact the elementary school where the health checkup is held. Please understand that the health checkup cannot be provided on a different day or at a different location. Missing the start-of-elementary-school health checkup does not have an effect on school admittance. The health checkup will be performed right after admittance to the elementary school, so it is generally unnecessary to have a separate checkup at a medical institution.
11. **If your child will go to a school other than a public school or will move, we will perform the procedures to send the start-of-school health checkup slip to the school that your child plans to attend. Tell the school that performed the health checkup the name of the elementary school or municipality. Let them know if the information in the notification has changed.**
12. Please consult with the elementary school that your child will enter if you have any concerns regarding them starting school or their health.
13. For details on the start-of-elementary-school health checkup or news on cancellations caused by the issuance of strong wind warnings due to typhoons, etc., or due to infections, see the Yokohama City website.

For details:

Yokohama City Start-of-Elementary-School
Health Checkup Schedule

Search

or



◇ Request for the vision test

The development of a child's eye functions starts from birth and is usually complete by around age seven. However, strong refractive errors (near-sightedness, far-sightedness, astigmatism) or a squint can prevent normal development of the eyes and lead to weak eyesight. Because weak eyesight can often be resolved with early discovery and treatment, a vision test is performed during the start-of-elementary-school health checkup

If your child could not get examined during the start-of-elementary-school health checkup, or if your child was examined and no abnormalities were found, but you have concerns about your child's vision, we recommend an examination by a doctor.

How to cover one eye

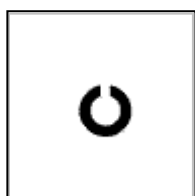
Right eye test



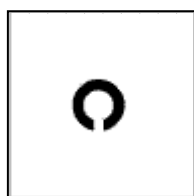
Left eye test



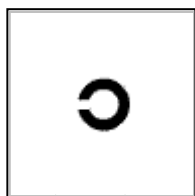
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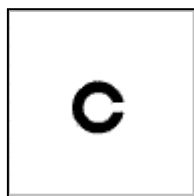
Bottom



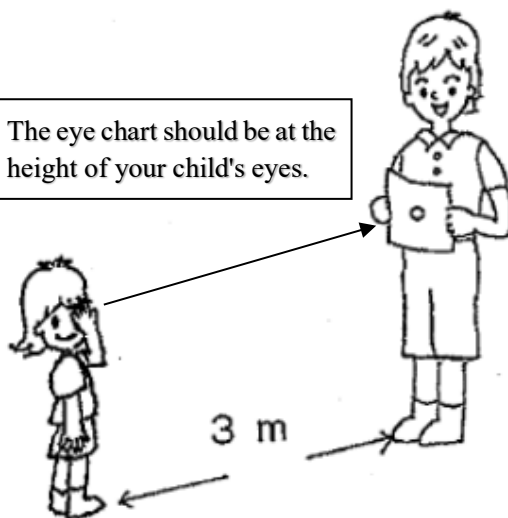
Left



Right



The eye chart should be at the height of your child's eyes.



(How to practice)

Use the eye chart to perform a simple eye test.

- (1) Perform the test in a well-lit room, 3 meters away. The eye chart should be at the height of your child's eyes.
- (2) Perform the test separately for each eye.
- (3) The examiner stands 3 meters away from the child, holds up the eye chart, and asks the child what direction the C-shape is facing.
- (4) Have the child use fingers or words to indicate the direction.
- (5) First practice the test multiple times at a distance of 1 meter or less to familiarize the child with it.
- (6) Then, continue to perform the test from a distance of 3 meters. Turn the eye chart each time so that the direction is different. There are four directions: up, down, left, and right.

*This is a short test, so please practice at home in advance.

Cut here

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