

April 7th, 2016

Dear parents and guardians,

Principal Name: Takahashi Kouji
School Name : Nanbu Chuugakkou

Notice about Health Checkup of the Musculoskeletal System

In this warm spring season, we hope that this message finds you in good health. Thank you for your support and understanding about our school's educational activities.

In recent years, there has been an increase in the number of injuries to school-age children who play competitive sports at early ages, due to putting too much strain on their undeveloped bones, joints, muscles, etc. Injuries to a growing child's bones, joints and such might last for life, and so finding and dealing with those injuries and physical problems early has become very important for that child's future.

On the other hand, school-age children in recent years have had fewer chances in their daily lives to exercise. It is possible that this is linked to a decline in the physical strength and ability to balance that they should develop as they are growing, as well as to their bodies becoming stiff and easily injured, to their musculoskeletal system not developing completely and, furthermore, to them becoming overweight or extremely thin. In this way, either doing too much exercise or doing not enough exercise both cause problems.

According to the revision to one part of the School Health and Safety Act, starting this year, "Condition of Limbs" will be added as an item in the physical checkup for school-age children.

A role of the physical checkup for school-age children is to understand the health condition of school-age children, based on observing their health at home about whether there are any obstacles to them participating in school life, and then to screen them for illnesses.

There is a limited amount of time at school to do physical checkups so, to do a more complete health checkup, we request that you please observe the condition of your child's body and then fill out the separate sheet called "Examination of Musculoskeletal System for Health Preservation Form".

Then please return the **"Examination of Musculoskeletal System for Health Preservation Form"** by (April 11th) to your child's homeroom teacher.

◆About the Health Checkup of the Musculoskeletal System

The "musculoskeletal system" is a general term for all the organs that provide support and movement to the body, and it includes the bones, joints, muscles, ligaments, tendons, nerves, etc.

Just like the digestive, respiratory and circulatory systems, it is an important structure for organizing the body.

In recent years, cases of "baseball elbow", Osgood-Schlatter Disease and other conditions related to the overuse of the musculoskeletal system have increased, due to the change in children starting competitive sports at younger ages.

Overusing the musculoskeletal system or not using it enough can have serious impacts on children's futures.

The purpose of the "Health Checkup of the Musculoskeletal System" is to find disorders caused by exercising too much or too little while they are in their early stages, by checking if there is any strangeness in the skeletal structure or ability to balance, joint pain or restriction in movement.