



Message from the Principal

夏バテ予防の生活習慣を

園長 和宇慶 江理子

梅雨が明け暑い日が続いています。園の畑の水やりや水遊び、土遊びを楽しむ姿に笑顔になります。熱中症にも注意し、水分補給を心掛け、涼しい場所で遊んだりエアコンを活用したりと夏の過ごし方を園では工夫していますが、ご家庭でもお子様の体調管理をよろしくお願いします。

これから夏に向かって、子どもの夏バテが目立つようになるかも知れません。暑い夏をのりきるためには、まず「早寝早起き・朝ごはん！」です。規則正しい生活リズムを大切にしてください。また、適度の外遊びも大切です。外遊びから帰ってきたときの体にかかる負担をできるだけ小さくするために、室内外の気温差を5°C以内にするといいでしょう。また、衣服の調節も必要ですね。予防をしっかりと暑い夏を健康で安全に、そして楽しくすごしましょう。

Have a good way of lifestyle to avoid summer heat fatigue

The rainy season is over and we have currently been in the midst of the hot weather. The kinder children are enjoying watering the crops that they planted and playing in the water and the mud. The sight of this really makes us happy. We are trying to devise a way to avoid summer heat fatigue by letting them drink water regularly, letting them play under the shade and using the air conditioners. Please try to keep your child in good shape.

We will be in the middle of summer in no time, and there might be some kids who suffer from heat fatigue. To avoid this situation, I will recommend kinder children try to go to bed early, get up early and have breakfast every day. Please try to put them under the regular hours for them to do every day things.

It is also recommended children play outside from time to time and in order to least minimize the physical burden on them when they return from outside, It's better to keep the temperature between outside and inside within 5°C difference. It is also necessary to choose the best suitable clothes to wear.

Prevention is better than cure. Please take preventive measures against summer heat fatigue and have a healthy, safe and happy summer



Thank you for coming and organizing our Kinder Library.

Last month, our K1 students enjoyed borrowing and returning their books.



Please make sure bring their Library bag every **Wednesday** to return and borrow new books.

NEW TEACHER!!!

Good day! I am Amerfina Ruiz but you can call me as Amir. I am very happy to be part of AMICUS.



WELCOME

This month's events:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1	2	3	4	5	6	7
				PTC / No school		
8	9	10	11	12	13	14
15	16	17	18	19	20	21
			Birthday Party		Summer Festival	Summer Break
22	23	24	25	26	27	28
→						
29	30	31	August 1	2	3	4
→						
5	6	7	8	9	10	11
→						
12	13	14	15	16	17	18
→						
19	20	21	22	23	24	25
→				School Resume		
26	27	28	29	30	31	September 1
			K1 & K2 Field Trip		Birthday Party	

Parent-Teacher-Child Conference

Where: AMICUS Kindergarten

When: July 5th-6th, 2018

場所：アミークス幼稚園

日付：7月5日～6日

Reminders/Requests:

★Please write your child's name in each of his/her item. If you received uniform from the students in the past, please make sure write your child's name on it. お子様の持ち物には、すべて名前の記入をお願いします。また、おさがりの制服にもお子様のお名前を忘れずにご記入ください。

★Please encourage your child to prepare his/her own things. 自分の身の回りのこと（カバンの準備など）が徐々に自分でできるようサポートして下さい。

★Please have your child put on sunscreen and bug spray before they come to school. 日焼け止め、虫よけスプレー等は自宅で塗ってから登園させて下さい。

★If you would like to cancel or switch the bus especially when your child will be absent, please call the Bus Hotline. バスを変更 / キャンセルされる場合は、必ずバスのホットラインにご連絡ください。お休みの際の連絡も忘れずをお願いします。

★We would like to apologize if we are not always available to answer your calls from 8am - 3:30pm as we are focused with our students during this time. Thus, we would like to ask you to write your message in the communication book or call us back later. 8:00-3:30の間は、保育中で、電話に出られないことがあります。ご了承ください。できるだけ、連絡等はコミュニケーションブックに書いていただくか、再度時間を空けてお電話下さい。

Thank you for your support and understanding.

ご理解とご協力ありがとうございます。

