

To teachers

## FY2019 Guidance Plan for Children Tending Toward Obesity (draft)

XXX Elementary School

### 1. Aim

It is the aim of this plan to review the dietary life and life habits of children who are tending toward obesity, and to resolve obesity by building a well-balanced body, and by helping the children to maintain their current weight while their height increases as they grow.

### 2. Judging the degree of obesity

$$\text{Obesity} = (\text{actual weight} - \text{standard weight}) \div \text{standard weight} \times 100$$

- Low degree of obesity: a weight 20 - 29% higher than the standard weight  
(obesity degree of 20 - 29%)
- Medium degree of obesity: a weight 30 - 49% higher than the standard weight  
(obesity degree of 30 - 49%)
- High degree of obesity: a weight 50% or more higher than the standard weight  
(obesity degree of 50% -)

### 3. Guidance description

- Measurement of the children's weight at the nurse's office once a month, so they know their own weight.
- Provision of simple core exercises for the children to do in order to build a body that can better burn up fat themselves.
- Issuance of a "healthy message" once a month that provides information on eating habits and life habits.
- ☆ Elimination of high degrees of obesity (taking aim at low degrees of obesity)

### 4. Requests for teachers with obese students

- Speak to the children when they are gathered at the nurse's office.
- Give instruction to the children in the class.  
E.g.: "They are doing their best to build a well-balanced body."
- Speak to obese children who want another helping at the school cafeteria.  
"You can have another helping of vegetables, but not of carbohydrates (rice, bread, or soft noodles) or deep-fried foods."

Third-graders: \_\_\_\_\_  
Fourth-graders: \_\_\_\_\_  
Fifth-graders: \_\_\_\_\_  
Total: \_\_\_\_\_

Because we will ask about desires to participate, once we have confirmed these desires, we will distribute the list of members to the teachers. The subjects will be children who had an obesity degree of 30 percent or higher at the time of the physical measurements in September.

\* In the case of children whose obesity degree was lower than 30 percent for three straight months, we shall consider their obesity resolved and have them leave the club, upon confirmation with them and their families.



To teachers

## Guidance plan for Healthy Club (for children tending toward obesity)

Regarding the FY2019 Guidance Plan for Children Tending Toward Obesity that we notified you about with the start of the second semester, the members have been determined, and we therefore request your cooperation with the plan. We would like to start the activities in December.

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### <Activity plans>

#### 1. Healthy Club participants

**Confidential**

No.	Grade	Name
1	1st	○ ○ ○ ○
2	2nd	○ ○ ○ ○
3	3rd	○ ○ ○ ○
4	4th	○ ○ ○ ○
5	5th	○ ○ ○ ○
6	6th	○ ○ ○ ○

#### 2. Activity description

##### (1) Measurement of weight

Measurement on the first day of every month, beginning in December

Place: Nurse's office

Time: During the self-study period in the morning

Measurement items: 1) weight, 2) height, 3) body fat percentage

##### (2) Guidance for exercises

Beginning in December

(Tuesdays and Thursdays)

Place: gymnasium

Time: noon recess

##### (3) Other matters

- Entry on the monthly ganbari card  
Entry of the monthly targets, weight, and other items
- Request for cooperation at home  
Exercises to improve posture (straightening and stretching exercises)  
Entry of meal times etc.