



## End of Year Large-Sized Garbage Collection

**TABLE OF CONTENTS**

- 1 END OF YEAR LARGE-SIZED GARBAGE COLLECTION
- 2 NURSERY SCHOOL ADMISSION ACCEPTANCE 2026
- 3 COOKING AND HEALTH
- 4-7 TOWN NEWS & EVENTS
- 8 TOWN/SISTER CITY NEWS

The collection of large-sized garbage will occur in each area during December of this year. Please observe the collection days and be careful to not forget to take out trash (please take out trash before 8 a.m. on the collection day). Each area's collection schedule is as follows.

\*This schedule is the same as the one printed on the "2025 Trash Collection Schedule" that was distributed in March.

12/3 (Wed.)	Area 6: Minami (Old Prefectural Road west side) Minamiinayazuma, Ueda, Hosono 1-chome
12/9 (Tues.)	Area 2: Kitanodo, Babuchi, Naka (Noumen Road east side), Higashi, Nishikita (Noumen Road east side)
12/10 (Wed.)	Area 4: Hishida (Old Prefectural Road west side), Soubou (Old Prefectural Road west side), Tani, Kitainayazuma (Old Prefectural Road west side), Asahi
12/11(Thurs.)	Area 10: Seikadai
12/13 (Sat.)	Area 1: Hishida (Noumen Road east side), Takinohana, Fune (Noumen Road east side) Nakakubota
12/13 (Sat.)	Area 3: Hishida (Old Prefectural Road east side), Sato, Soubou (Old Prefectural Road east side), Fune (Noumen Road west side), Komada 1-chome, Komada 2-chome
12/13 (Sat.)	Area 5: Minami (Old Prefectural Road east side), Sugai, Kitainayazuma (Old Prefectural Road east side), Nishikita (Noumen Road west side), Naka (Noumen Road west side)
12/13 (Sat.)	Area 8: Yamada, Sakuragaoka
12/17 (Wed.)	Area 7: Inuidani, Zakuro, Higashibata
12/25 (Thurs.)	Area 9: Hikaridai

Seika Town Mascot  
**KYOMACHI SEIKA**



“Let's Observe the End of Year Large-Sized Trash Collection Days!”

Inquiries: Environment Promotion Division Resource Recycling Section TEL: 95-1925

# Municipal Nursery School Admission Reception for 2026 from 12/8 (Mon.)



Admission reception for April of next year to the municipal nursery schools is occurring starting December 8 (Mon.) until December 12 (Fri.). Please thoroughly read the "2026 Nursery School Admission Guidebook" and apply.

## Nursery Care Necessity Check

You can apply to admit your child to nursery school in the situation that, for any of the reasons listed below, the child's parents/legal guardians cannot care for the child during the day.

- Work
- Pregnancy/Birth
- Parent/Guardian's Sickness or Disability
- Care for a relative that you are living with or is hospitalized for an extended amount of time
- Recovering from a natural disaster
- Job Searching
- Attending School
- Concern about mistreatment or domestic violence
- Other, or situations where the town deems similar to the aforementioned circumstances

\*It is possible to continue to use the nursery school if you have a child that is already in nursery school while you are taking child leave. (Not possible for new admittance).

## For Children 6 Months & Above

This time, we are taking applications for children ages 0-5 that are born after April 2, 2020 and are 6 months or older on April 1st of next year. The number of applicants for any age is only a few. The following are the nursery school within Seika Town:

- Hosono Nursery School
- Komada Nursery School
- Iketani Nursery School
- Hikaridai Nursery School (publicly owned, privately operated)
- Seikadai Nursery School (publicly owned, privately operated)

## Town Hall and Every Nursery School's Reception (Mailing Possible)

Application dates and places are as follows. If the required documents are incomplete, the application will not be accepted.

Date	Time	Place
December 8 (Mon.)	2:00-3:00 p.m.	Komada Nursery School
December 9 (Tue.)	2:00-3:00 p.m.	Hikaridai Nursery School
December 10 (Wed.)	2:00-3:00 p.m.	Seikadai Nursery School
December 11 (Thurs.)	2:00-3:00 p.m.	Iketani Nursery School
December 12 (Fri.)	2:00-3:00 p.m.	Hosono Nursery School
December 8 (Mon.) - 12 (Fri.)	9:00-11:30 a.m. 1:00-4:30 p.m.	Child Care Support Division (Town Hall 2nd floor)

\*For mailing, please send it so it arrives before December 12 (Fri.) to the Seika Town Child Care Support Division 〒619-0285 (No need to fill in the address).

## Distribution of Application Forms Starts from November 10 (Mon.)

The application for proof of necessity for childcare, the nursery school admission application form, and the 2026 Nursery School Admission Guidebook, etc. will be distributed at the Child Care Support Division (Town Hall 2nd Floor) and to every nursery school after November 10 (Mon.) on a weekday. Also, you can download it from the town website's homepage.

## Applications for Small-Scale Childcare Facilities

The small-scale childcare facilities "Child Room Hina" (Seikadai Nursery School North side) and "Sumomo-en" (Seika Town Firefighting Headquarters South side) are taking applications for a small number of children. To apply for use, there are necessary procedures in order to be accepted. Reception is only at the Child Care Support Division.

## Acceptance for Admission Halfway Through this Year is Until this Month

Currently, conditions make it difficult to arrange for mid-year admission at every nursery school. As a general rule, after December 1 (Mon.) they are unable to accept mid-year admission. For more details, please contact using the number below.

Also, for those who applied mid-year and were deferred and are wishing for admission next year, in order for your necessity for childcare to be accepted, the procedures and application for childcare use are required once again.

**Inquiries:** Child Care Support Division Childcare Section  
TEL: 95-1917



Let's learn how to make a "Sweet Potato Borscht-Style Soup" with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### **Ingredients (2 Servings)**

1/2 (140g) Mid-Sized Sweet Potato 1/5 (40g) Carrot  
 1/2 (100g) Mid-Sized Onion 1/8 (140g) Cabbage 4g Garlic  
 1 tsp (5g) Olive Oil 100g Canned Tomato A Pinch of both Salt and Pepper  
 A: 250ml Water 1 (5g) Solid Consomme

### **Instructions**

- 1) Chop the sweet potato with the skin still on into bite-sized chunks, rinse with water, and dry.
- 2) Cut the carrot into small chunks, the onion into 1 cm wide crescent-shaped slices, the cabbage into 3~4cm chunks, and mince the garlic.
- 3) Heat the olive oil in a pan and fry the garlic on low heat, add the vegetables from steps 1 & 2 and fry on high heat. When all of the vegetables have blended with the oil, add A and simmer on low heat for about 10 minutes.
- 4) Add the canned tomatoes together with the liquid in the can in the pan and simmer on medium heat for about 5 minutes. Adjust the flavor with salt and pepper.

### **Nutrition Information (per serving)**

Calories	166 kcal	Calcium	73 mg
Protein	3.0 grams	Dietary Fiber	4.8 grams
Fat	3.0 grams	Sodium	1.1 grams



### **Nutrition Education Tip No. 65**

#### **"About Sweet Potato's Nutrients"**

The main component of a sweet potato is carbohydrates like starch, but oligosaccharide is also included, which is difficult for our bodies to store. Also, the component yurapin, which is only found in sweet potatoes, functions to protect the mucus membrane of the stomach, promote peristaltic movement in the intestines, and soften stool.

Large amounts are included near the skin, and sweet potato's special characteristic is its strength against heat.



## Healthy Diet, Healthy You

### **What is a "Healthy Diet, Healthy You" Participating Store?**

Restaurants participating in the Healthy Diet, Healthy You project serve dishes that use plenty of vegetables and are low in sodium, disclose calorie information, and food allergy information for their entrees, and actively participate in improving the health of people living in Kyoto Prefecture.

Participating restaurants have this purple sign posted somewhere in their establishment.



### **Participating Restaurant**

#### **luck Room café**

This restaurant offers a menu displaying nutrition facts and lists which of the eight most common allergens are contained in each product.

**Address:** Hosono Nishi 1-chome 22-5 Terashima Building 1st floor

**Tel:** 66-7509

**Hours:** 8:00 a.m. - 4:00 p.m.

**Days Closed:** Tuesdays



Please note that business hours are subject to change and there may be temporary closures as well. For more information about hours and dates of operation, please contact the restaurant.

**Inquiries:** Seika 365 Office (Health Promotion Division/Elderly Welfare Division/National Health Insurance and Medical Services Division/Lifelong Learning Division/Planning and Coordinating Division) TEL: 95-1905 (Health Promotion Division)



## About the Expiration Date of the Insurance Card/Certificate of Eligibility

The municipal national health insurance card and certificate of eligibility's current expiration date is December 1st. Those who have already registered their My Number Card for use as an insurance card will receive a "Notice of Eligibility Information" before the expiration date. At the time of an examination at a medical institution, use your My Number insurance card. In instances where you are unable to use the My Number insurance card, please present your My Number insurance card along with your "Notice of Eligibility Information."

Also, those who have not registered for My Number Card usage will receive a "Certificate of Eligibility." You will be able to receive insured medical care the same as before by presenting the "Certificate of Eligibility" at medical institutions.

If you are unsure of your My Number insurance card registration status, please download the My Number Portal on your smartphone, etc. to confirm your health insurance registration status.

**Inquiries:** National Health Insurance and Medical Services Division National Health Insurance Section  
TEL: 95-1929

## After School Childcare Club Reception

### 2026 Applications start from 11/26 (Wed.)

Applications for the use of the after school childcare club for next year will be received starting November 26 (Wed.) Application forms will be distributed on November 25 (Tues.) at the Child Care Support Division (2nd floor) and each after school childcare club's window. Application is also required for those who will continue to use the club. In addition, as a general rule, children in lower grades of primary school and single-parent households will be prioritized in cases of over-capacity. There may be instances in which an interview may occur.

### Club Operation Hours

Monday - Friday

After School - 6:00 p.m.

Saturday

8:00 a.m. - 6:00 p.m.

Spring, Summer, Winter Break, or other days the school is closed (substitute national holiday, etc.)

8:00 a.m. - 6:00 p.m.

Extension use is on weekdays from 6:00 p.m. - 7:00 p.m. (An additional fee of 2000 yen per month is required)

### Eligible Persons

Children that fill all the following requirements

- Children living in town that will be attending elementary school at the time of April 1st, 2026 (elementary school children in special needs schools included)
- Children whose caregivers are not at home during the day due to both parents working or other circumstances.

### Usage Fees

5000 yen per 1 child (monthly)

\*Unable to calculate by a day-by-day schedule

### How to Apply

Submit the "Usage Application Form/Proof of Employment and other required documents for the application (documents the town has specified)" to the Child Care Support Division during weekdays from 9:00 a.m.-Noon or 1:00 p.m.- 5:00 p.m. starting 11/26 (Wed.) until 12/26 (Fri.). (Mail-in available)

\*For Hikaridai after school childcare club (town managed), please apply directly to the childcare club (TEL: 95-3820).

Inquiries: Child Care Support Division Child Care Support Section ☎ 619-0285 (no need to fill in the address) TEL: 95-1917



## Town Events



### Seika Global Net Cultural Understanding Event "24th Japanese Message Contest"

**Date and Time:** 12/14 (Sun.) 2:00 p.m. - 4:30 p.m.

**Place:** Seika Town Hall Exchange Hall (Town Hall 2nd Floor)

**Capacity:** First 50 people

**Event Details:** This is a message contest where foreigners living in Japan will speak in Japanese about how they feel about cultural and habitual differences, etc. using their various experiences and thoughts. Each prize will be decided by the judge's judgements and the votes of everyone attending. There are plans for presentations of surrounding middle school's international exchange club's activities, a presentation about study abroad experiences, and panels exhibiting JICA (Japan International Cooperation Agency)'s activities.

**How to Apply:** Apply using the "24th Japanese Message Contest" on the Seika Global Net homepage from 11/7 (Fri.) to 11/28 (Fri.)

**Inquiries:** Seika Global Net/✉seikaglobalnet@gmail.com

**Seika Global Net Homepage**



### Himawari Marche with MINAMI Shop

**Date & Time:** 11/27 (Thurs.) 10:30 a.m. - Noon

**Place:** Town Hall 2nd Floor in front of the Exchange Hall

**Event Details:** Vegetables grown by members of the Seika Town Silver Jinzai Center, and handmade miscellaneous goods from the center's club "Ohariko no Kai" and Minami Yamashiro Support School "MINAMI Shop" will be sold at this event.

**Inquiries:** Seika Town Silver Jinzai Center/ TEL:34-0940



### Keihanna Plaza Petite Concert in LOVE Kyotanabe Marche

- Prayers Connected by Sound -

**Date & Time:** 12/14 (Sun.) ① 12:30-, ② 3:00 p.m. (each around 40 mins.)

**Place:** Branch Matsuiyamate

**Event Details:** Enjoy the instrumentation and selection of music on the day of the event!!

**Inquiries:** Keihanna Science City Activities Promotion Council/ TEL: 95-5034



### Charity Concert You can Listen to With Your Dog

**Date & Time:** 11/23 (Sun.) ① 11:00-Noon ②1:00-2:00 (①② have the same contents)

\*to be cancelled in case of rain

**Place:** Keihanna Commemorative Park Grass Plaza

**Event Details:** Would you like to enjoy various music from violins and piano together with your dog? It is OK for dogs to bark or move during the concert! Comfortably listen to the concert under the blue sky and on top of the lawn.

**Performers:** ACE Ensemble Orchestra

**Co-Sponsor:** Keihanna Animal Hospital/Animal Welfare Education Facility ACE

**Inquiries:** Keihanna Commemorative Park Management Office/ TEL: 93-1200 FAX:93-2688





**Weekend Appointments for My Number-Related Matters**

Appointments on the following days are available for My Number Card issuance, application, and digital certificate renewals.

**Dates:** 11/09 (Sun.) & 12/20 (Sat.)

**Possible Reservation Hours:** 9:00 a.m. - 11:45 a.m.

※An appointment needs to be made in advance. (No same-day reservations)

※Reservations can be made 45 days prior and up until the day the town hall is open before the desired day.

- **Applications & Renewals** → Please reserve by phone.
- **Reservation for Receiving Card** → After receiving and preparing your My Number Card Postcard, please make a reservation online or by phone.

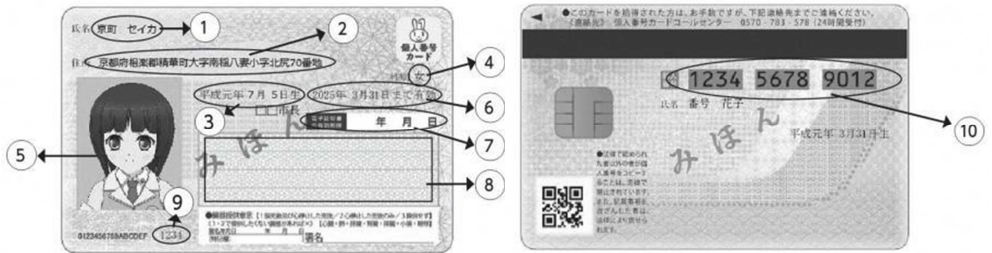
※Renewals for digital certificates can be made 3 months prior to the expiration date.



Appointments to receive your card can be made here

**Review the Basics of the My Number Card! (Individual Number Card)**

My Number Card is a plastic IC chip card with a photograph of the person's face used as an identification document, and can also be used in convenience stores, etc. to acquire credential documents. The information printed on the card, and the information (Electronic Certificates) used for official personal identification services (electronic certificates) that utilize online applications are recorded in the IC chip equipped on the My Number Card. However, personal information like income status and medical history are not recorded.



- ① Full Name
- ② Address
- ③ Birth date
- ④ Sex
- ⑤ Face Photograph
- ⑥ Physical Card's Expiration Date
- ⑦ Electronic Certificate's Expiration Date
- ⑧ Record Column
- ⑨ Security Code - This code is different from the PIN Number (used for digital certificates) that was created by the owner of the card. There are some banks that will ask you to input the security code for identity verification, so please be careful not to mix up the security code and the created PIN Number.
- ⑩ My Number (Individual Number)

Direct inquiries to: Family Register and Section of the Service Counter Division (Sougoumadoguchi-ka Koseki Jumin- Gakari) TEL: 95-1915

**Helpful Information for Disaster Prevention**

For those wishing to sign up for the disaster prevention email, please use the QR codes below (offered in multiple languages)

Japanese

English

Vietnamese

Portuguese

Korean

Chinese (Traditional)

Chinese (Simplified)



Inquiries Crisis Management Office Crisis Management Section TEL:95-1928

**Seika Global Net Japanese Learning Support**

Would you like to study Japanese in a fun way? You can also talk about your living situation in Japan and experience different aspects of Japanese culture while making friends. Children can participate in the morning class. If you would like to join one of the classes, please scan the QR code and fill out the "contact form".

For those interested, please use this QR code



Classes

◆ **Japanese Learning Room**

Tuesday: 10:15 a.m.- 11:45 a.m.

◆ **Japanese Class**

Tuesday: 7:00 p.m. - 8:45 p.m.

**Location:** Seika Town Hall Exchange Hall, etc.

**Fee:** 1000¥ for 6 months

For more information, please scan the QR code to the right.





**Communicating Through Sign Language**

Sign language is often referred to as the language you can see. Not all individuals who have hearing disabilities use sign language, but we are introducing it as one way of communicating with these individuals. We hope that sign language will help to raise awareness of hearing disabilities. From November until January we will deliver a message from Soraku Association for the Deaf and Hard of Hearing and Seika Town Summary Notes Circle "Himawari"

<This Month's Sign Language> "Society" This represents a group that people have made.

**A Society that Can Provide Seamless Support no Matter What World We Live in**

When you hear the phrase "hard of hearing," you may imagine elderly people, however there are children, students, and working adults that are hard of hearing too. It is necessary to become a society that can support people living in each generation for them to be able to have mutual understanding and be able to get important information. People who are hard of hearing experience unstable auditory information, so they supplement this with unstable information by selecting the most suitable communication method from a variety of options depending on the location and situation. Within that, there is a society welfare service system called "Summary Notes" that assists with quick, correct, and easy to read characters. In the next issue and after, we will introduce these "Summary Notes."



Previously printed sign language is currently being introduced on the home page.

Inquiries: Public Welfare Division Inclusive Society Section TEL: 95-1904



Society



Put the pinkies of both raised hands together, draw your hands towards yourself in a half-circle and put your thumbs together

**Seika Town Facility Schedules**

**Soraku Emergency Medical Clinic Schedule**

Date	Specialty	Date	Specialty
11/2 (Sun.)	Internal Medicine	11/24 (Hol./Mon.)	Internal Medicine
11/3 (Hol./Mon.)	Internal Medicine, Pediatrics	11/30 (Sun.)	Internal Medicine, Pediatrics
11/9 (Sun.)	Internal Medicine, Pediatrics	12/7 (Sun.)	Pediatrics
11/16 (Sun.)	Internal Medicine, Pediatrics	12/14 (Sun.)	Internal Medicine
11/23 (Hol./Sun.)	Internal Medicine		

\*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)

**Health Center**

Date	Time	Details
11/14 (Fri.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 04/2022)
11/26 (Wed.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 07/2025 & 1/2025)
11/27 (Thurs.)	12:30 p.m.-	1-yr. 6mon. Health Check (Infants born 04/2024)
11/28 (Fri.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 11/2020)
12/2 (Tues.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 12/2020)

**Iketani Park Multi-Purpose Court Temporarily Closed**

Due to repair work on the clay court, use of the Iketani Park multi-purpose court will be temporarily unavailable starting December until the end of January 2026. We ask for your understanding and cooperation.

**Inquiries:** Lifelong Learning Division Public Physical Education Section TEL:95-1907



**Cooking Club at Oklahoma University Teaches Students How to Cook Through Classes and Workshops**

At Oklahoma University (OU) in Norman, a cooking club was created in 2024 in order to tackle the lack of cooking organizations at OU. The new club president Erin Lim said her goal is to teach young people how to cook. She loves cooking and baking, so this inspired her to teach others. She wants the club to be a place where students can learn how to cook without being nervous. For many college students, it is their first time living alone and many people do not know how to cook, so this club is the perfect opportunity. The first thing they teach is kitchen safety, and after that they teach the basics for cooking. The club also aims to make foods from as many cultures as possible. There have been past events like Korean barbecue night, pasta making, and pancake and hot chocolate night. Lim said that "Food brings a lot of communities, a lot of cultures together; it just brings everybody together."



Photo by 'OU Daily'

**About Our Sister City- Norman, Oklahoma**

Seika Town has maintained a sister city relationship with Norman, a city in Oklahoma, USA, since 2005, and a friendly relationship through Kyoto Prefecture's sister state connection since 1985. The two municipalities work together to promote international exchange and cultural understanding to create more globally-minded communities.

**Seika Town Office**

**Planning and Coordination Division**

Kyoto-fu, Sōraku-gun, Seika-cho  
Minami-Inayazuma, Kitajiri 70

TEL: 0774-95-1900  
FAX: 0774-95-3971  
EMAIL: cir@town.seika.lg.jp

**What to do if...**

**You have a question about something in Ichigo...**

Call the Coordinator for International Relations at Seika Town Office if you have a question about any of the content featured in Ichigo. Also, if you know someone in Seika that would like to receive Ichigo in the mail, please contact us!

**You have a problem with life in Japan...**

If you have any questions or problems concerning life in Japan not related to an article in Ichigo, please contact the Coordinator for International Relations at Seika Town Office.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: cir@town.seika.lg.jp or kikaku@town.seika.lg.jp (Planning and Coordinating Division)

**Kyoto Prefecture Multilingual Daily Life Consultation Service**

If you have any questions about housing, work, government processes, health, or any other aspects of daily life, try contacting the Kyoto Prefectural International Center (Kyoto-shi Minami-ku Higashikujo Shimotono Dacho 70 Kyoto Prefectural Exchange Plaza (Kyoto Terrsa) Third Floor East Wing). Consultations can be made in English, Japanese, Chinese, Vietnamese, Tagalog, and 15 other languages. TEL: 075-681-4800 Homepage: <https://kpic.or.jp>

**Find us Online!**

Town Web site



Facebook



Kyoto CIR Blog



Kyoto CIR Instagram



**Seika Festival 2025**

Seika Festival was held. The Children's Festival and Sub-Culture Festa were being held at the same time, and it was bustling with many attendees.

