Seika Town Office

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Seika's English Language Newsletter
No. 374 November 2026

End of Year Large-Sized Garbage Collection

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 "2026 Trash Collection Schedule" that was distributed in March.

12/2 (Wed.)	Area 6: Minami (Old Prefectural Road west side) Minamiinayazuma, Ueda, Hosono nishi 1-chome
12/3 (Thurs.)	Area 1: Hishida (Noumen Road east side), Takinohana, Fune (Noumen Road east side) Nakakubota
12/8 (Tues.)	Area 2: Kitanodo, Babuchi, Naka (Noumen Road east side), Higashi, Nishikita (Noumen Road east side)
12/9 (Wed.)	Area 4: Hishida (Old Prefectural Road west side), Soubou (Old Prefectural Road west side), Tani, Kitainayazuma (Old Prefectural Road west side), Asahi
12/10 (Thurs.)	Area 9: Hikaridai
12/12 (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
12/12 (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)
12/12 (Sat.)	Area 8: Yamada, Sakuragaoka
12/16 (Wed.)	Area 7: Inuidani, Zakuro, Higashibata
12/24 (Thurs.)	Area 10: Seikadai

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Seika Town Mascot
KYOMACHI SEIKA



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

Inquiries: Environmental Promotion Division Resource Recycling Section
TEL: 0774-95-1925

Municipal Nursery School Admission Reception for 2027 from 12/7 (Mon.)

Admissions to municipal nursery care facilities for April of next year will be taking place from December 7 (Mon.) until December 11 (Fri.). Please thoroughly read the ''2027 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.

- ○ Employment
- ○ Pregnancy/childbirth
- ○ Parent/guardian's sickness or disability
- ○ Care for a relative that you are living with or who 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 which 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, 2021 and are 6 months or older by April 1 of next year. There are only a few spots available for any age.

The nursery schools within Seika Town are as follows:

- ○ 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 7 (Mon.)	2:00-3:00 p.m.	Komada Nursery School
December 8 (Tue.)	2:00-3:00 p.m.	Hikaridai Nursery School
December 9 (Wed.)	2:00-3:00 p.m.	Seikadai Nursery School
December 10 (Thurs.)	2:00-3:00 p.m.	Iketani Nursery School
December 11 (Fri.)	2:00-3:00 p.m.	Hosono Nursery School
December 7 (Mon.) - 11 (Fri.)	9:00-11:30 a.m. 1:00-4:30 p.m.	Child Care Support Division (Town Hall 2F)

※For mailing, please send it so it arrives before December 11 (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 9 (Mon.)

The documents necessary for applying for municipal nursery care facilities and the 2027 Nursery School Admission Guidebook, etc. will be distributed at the Child Care Support Division (Town Hall 2nd Floor) and to every nursery school on weekdays starting November 9 (Mon.). It is also available for download on the town's homepage website.

Applications for Small-Scale Childcare Facilities and Certified Centers for Early Childhood Education and Care (Childcare Sections)

The following facilities within the town are taking applications for a small number of children.

Small-Scale Childcare Facilities

- ○ Child Room Hina
- ○ Sumomo-en

Certified Centers for Early Childhood Education and Care (*nintei kodomo-en*) (Childcare Sections)

- ○ Hikarigaoka Kindergarten
- ○ Seika Sei Maria Kindergarten (certification pending)
- ○ Hoshi no Hikari Kindergarten (certification pending)

There are necessary procedures in order to apply. Reception is only at the Child Care Support Division.

Acceptance for Admission Halfway Through this Year is Until this Month

As a general rule, after December 1 (Tue.) the nursery schools are unable to accept mid-year admission. For more details, please contact at the number below.

Also, for those who applied mid-year, were deferred, and are wishing for admission next year, you must carry out the application procedures once again in order for your Nursery Care Necessity Check to be re-accepted.

Inquiries: Child Care Support Division Childcare Section
TEL: 0774-95-1917

Cooking and Health

Every Month on the 19th is Food Education Day

Let's learn how to make a **Mizuna and Abura-age Salad with Tofu Dressing** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!



Ingredients (2 Servings)

Canned corn (40g)
4 cherry tomatoes (40g)
A: 1/3 block silken tofu (100g)
1/2tbsp miso (9g)
1 bunch mizuna (40g)
1/3 sheet abura-age (10g)
1tbsp ground sesame (white) (6g)
1tsp sugar (3g)

Instructions

1) Drain both the silken tofu and can of corn.
2) Chop the mizuna into 3-4 cm pieces. Quarter the cherry tomatoes.
3) Toast the abura-age in a toaster oven for 2-3 minutes, or until browned. Let cool, then cut in half shortways and chop into 1 cm chunks.
4) Add A to a bowl and mix well.
5) Add the mizuna, corn, tomatoes, and abura-age to (4), mix well and enjoy.

Nutrition Information (per serving)

Calories	103 kcal	Calcium	136 mg
Protein	5.9 grams	Dietary Fiber	2.5 grams
Fat	5.5 grams	Sodium	0.6 grams

Nutrition Education Tip No. 77

"November 24 is Japanese Cuisine Day"

A Japanese meal which centers around rice and combines main dishes, side dishes, and soups can easily accommodate a variety of ingredients and is easy to balance nutritionally. Also, part of its appeal is the ability to incorporate seasonal ingredients and bring out the "umami" flavor of dashi. On this Japanese Cuisine Day, let's use seasonal ingredients and dashi and enjoy a Japanese meal with our families!



Healthy Diet, Healthy You

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

Restaurants/stores 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 stores with at least three items which are high in vegetables, low in sodium, or displays calorie information, or which have allergy information listed for their whole menu, have this purple sign posted somewhere in their establishment.



COCONI

This restaurant on the second floor of Seika Town Hall offers a menu displaying calorie information and a low-sodium menu. (Bentos can also be ordered in advance.)





Address: Minamiinayazuma Kitajiri-70 (Seika Town Hall 2F)

Tel: 0774-95-7902 (Representative)

Hours: 11:15 a.m. - 2:00 p.m.

Days Closed: Saturdays, Sundays, Holidays (+ extra holidays)

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: 0774-95-1905 (Health Promotion Division)

Seika Town's Trash Sorting App

The "Seika Town Trash Sorting App" is available to work toward improvement of trash disposal manners and the promotion of trash reduction and recycling within the town. There are many different convenient features, such as a "Garbage Collection Calendar" for your area, a "Trash Sorting Dictionary" that you can use to confirm your trash sorting, and an "Alarm Feature" that you can use to remind you to not forget to throw out the trash. Please make use of it!

Main Features

Home Screen

You can confirm the trash pickup days for this week, today, tomorrow, the day after tomorrow and more.



Trash Sorting Dictionary

You can look up every item for trash sorting methods.



How to Throw Out Trash

You can confirm how to throw out each type of trash.



Alarm Feature

There will be an alert for collection days so you won't forget to take out the trash.



How to Download

Either scan the QR Codes to the right, or search for "Seika Town Trash Sorting App" in the App Store or Google Play Store and download.

IOS Android

Inquiries: Environmental Promotion Division Resource Circulation Section TEL: 0774-95-1925

Seika Town's Children and Families Center

Pregnancy, Childbirth, and Childcare Consultation Service

The new Children and Families Center in the Disaster Preventation and Health Center Mirappu (Seika Town Hall Building North Side) has been established as a place to receive consultation and advice in topics ranging from pregnancy and childbirth to raising children. Staff members such as nurses, midwives, and consultants are all available for consultation.

Eligible Persons

Expectant and nursing mothers, as well as children ages 0-18 and their families, who live in Seika Town

Consultation Topics

Pregnancy/childcare, child development, education, child welfare/protective care, etc.



Inquiries: Children and Families Division TEL: 0774-95-1931

Do Not Litter Your Trash or Cigarettes!

Since the establishment of the "Making Seika Town Clean Ordinance" in March 2011, public awareness of the prohibition of littering, etc. has taken place, but there are still some people who continue to litter their trash or cigarettes.

Also, due to the dry air of the seasons going forward, it is possible for big fires to start as a result of littered cigarettes.

Roads and lots are not trash cans. There are even volunteers who collect trash in the area. Please take responsibility for the trash you produce, take it with you, and dispose of it accordingly.

Let's uphold our manners and create a clean and beautiful town together!

Inquiries: Environmental Promotion Division Environmental Preservation Section TEL: 0774-95-1925

Town Events

Seika Global Network's "25th Japanese Message Contest" Audience Recruitment



Date and Time: 12/13 (Sun.) 2:00 p.m. - 4:30 p.m.

Place: Seika Exchange Hall (Town Hall 2F)

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 and a presentation about study abroad experiences.

How to Apply: Apply using the QR code to the right by November 27th (Fri.).

Inquiries: Seika Global Network/✉seikaglobalnet@gmail.com

Seika Global Network Homepage

Suikei-en Special Nighttime Opening - Autumn Leaves Light-Up



Dates & Time: Fridays/Saturdays/Sundays/Holidays until 11/29 (Sun.)
Sunset - 9:00 p.m.

Place: Keihanna Commemorative Park Suikei-en

Event Details: The beauty of a garden with wonderfully arranged autumn leaves, intertwined with a small waterfall. At night, the waterfall stops flowing and the surface of the water becomes a mirror, reflecting the deep red of the autumn leaves.

Fee: Suikei-en entry fee (11/15 (Sun.) is free of charge)

Inquiries: Keihanna Commemorative Park Administrative Office
TEL: 0774-93-1200 / FAX: 0774-93-2688

Autumn Leaves Light-Up x Japanese Traditional Art



Date & Time: 11/21 (Sat.) 6:00 p.m. - 7:00 p.m.

Place: Keihanna Commemorative Park Suikei-en - Various places

Event Details: An exposure to traditional Japanese art and more with a focus on Seika Town. Please enjoy the beauty of classic works in the midst of the lit up autumn leaves.

Performances: Shinden Shrine's "Okina" traditional Japanese dance, Seika Taiko Club, etc.

Fee: Suikei-en entry fee

Inquiries: Keihanna Commemorative Park Administrative Office
TEL: 0774-93-1200 / FAX: 0774-93-2688

Autumn Leaves Light-Up Tour



Dates & Time: 11/22 (Sun.), 11/23 (Mon./Hol.), 11/28 (Sat.), 11/29 (Sun.)
6:00 p.m. - 7:00 p.m.

Place: Keihanna Commemorative Park Suikei-en

Event Details: Listen to the tour guide while holding a paper lantern of red leaves. Enjoy the lit up autumn leaves from the stepping stones area.

Fee: 500 yen (including Suikei-en entry fee)

Application: Scan the QR Code to the right.

Inquiries: Keihanna Commemorative Park Administrative Office
TEL: 0774-93-1200 / FAX: 0774-93-2688

Keihanna Commemorative Park Events Homepage

Town News

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: 11/8 (Sun.) & 12/19 (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.

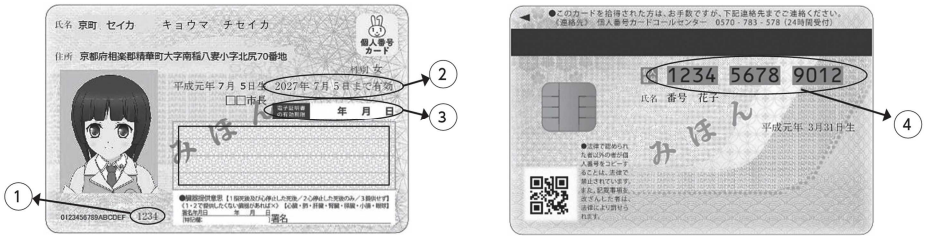
※Renewals for digital certificates can be made 3 months prior to the expiration date.

Appointments to receive your card can be made here

What is a My Number Card?

Using your My Number Card, you are able to do the following things and more.

- **Identity Verification:** Possible with just a My Number Card
- **Online Procedures:** Moving procedures using the My Number App (submission of notice of moving out), passport applications, etc.
- **Convenience Store Delivery Service:** Acquisition of official certificates, such as Certificate of Residence and Family Register, at convenience store copy machines
- **Services Using Electronic Certificates:** Electronic application for final tax returns (e-Tax) on PC/smartphone
- **Health Insurance Card:** Used as an insurance card at hospitals and pharmacies



① Security Code [This is different from your card's PIN number (for electronic certificates) so please be careful.] ② Card expiration date (10th birthday from card issuance date (5th birthday for minors)) ③ Electronic certificate expiration date (5th birthday from card issuance date, regardless of age) ④ My Number (Personal ID number)

Inquiries: Family Register and Section of the Service Counter Division TEL: 0774-95-1915

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: 0774-95-1928

Seika Global Network 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.



After-School Childcare Club Applications Begin

Applications for use of after-school childcare clubs for April of next year will be received starting November 30 (Mon.). Application forms will be distributed starting on the same day at the Child Care Support Division (2F) and each after-school childcare club's reception. Application is also required for those who will continue to use the club. In addition, as a general rule, children in lower grades of elementary school and single-parent households will be prioritized in cases of over-capacity. There may be instances in which an interview takes place.

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 satisfy all of the following requirements
・Children living in town that will be attending elementary school at the time of April 1st, 2027 (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.

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 11/30 (Mon.) until 12/28 (Mon.). (Mail-in available)

Usage Fees

5000 yen per 1 child (monthly) *Day-by-day payment is not possible.
*For Hikaridai after-school childcare club (privately owned and operated), please apply directly to the childcare club (TEL: 0774-95-3820).
Inquiries: Child Care Support Division Child Care Support Section 〒619-0285 (no need to fill in address) TEL: 0774-95-1917

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

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

Date	Specialty	Date	Specialty
11/8 (Sun.)	Internal Medicine	12/6 (Sun.)	Pediatrics
11/15 (Sun.)	Internal Medicine	12/13 (Sun.)	Internal Medicine, Pediatrics
11/22 (Sun.)	Internal Medicine, Pediatrics	12/20 (Sun.)	Internal Medicine
11/23 (Hol./Mon.)	Internal Medicine, Pediatrics	12/27 (Sun.)	Internal Medicine, Pediatrics
11/29 (Sun.)	Internal Medicine, Pediatrics	12/31 (Thu.)	Internal Medicine

Weekday Nights/Holiday Pediatric Emergency Care

Mon.-Wed., Fri.: Tanabe Central Hospital (TEL: 0774-63-1111)
Thurs.: Kyoto Yamashiro General Medical Center (TEL: 0774-72-0235)
Sat.: Gakkentoshi Hospital (TEL: 0774-98-2123)
Sun., Hol.: Kyoto Yamashiro General Medical Center (TEL: 0774- 72-0235)

*Before seeing a doctor, please confirm with the medical institutions listed above via phone.
*Medical Examination times are from 5:00 p.m. to the following 8:30 a.m. on weekdays and 8:30 a.m. to the following 8:30 a.m. on weekends and holidays.
Inquiries: Yamashiro Minami Health Care Center Planning and Coordinating Office TEL: 0774-72-4301

Dial #8000 if your Child Catches a Sudden Illness

Mukunoki Center

Date	Time	Details
11/8 (Sun.)	9:00 a.m. - 12:00 p.m.	Arena Open (Hohoemi Sports Hiroba)
11/11 (Wed.)	-	Closed
11/18 (Wed.)	3:00 p.m. - 5:00 p.m.	Arena Open (Table Tennis Day)
11/25 (Wed.)	-	Closed
12/2 (Wed.)	3:00 p.m. - 5:00 p.m.	Arena Open (Table Tennis Day)

Town/Sister City News

Norman's 9th Annual Music Festival "Porch Fest" Held

On October 3rd, the Miller Historic District's 9th annual "Porch Fest" music festival occurred. This festival featured 48 bands and 14 different porches.

Porch Fest started in 2007 in Ithaca, New York as a free local music festival that used porches of houses in the neighborhood as stages for the musicians. It soon became popular within different communities around the United States. The tradition came to Norman in 2016 and has been continuing annually. The event is a way to facilitate community within Norman while listening to local artist's performances. Attendees could relax on lawn chairs as they listened to music. It was a lively event to celebrate the end of summer and start of fall.



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 Coordinating 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!

Please apply here if you would like to receive future issues of Ichigo!

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

Parent-Child Soccer Classroom

A "Parent-Child Soccer Classroom" was held at Seikadai Elementary School. Roughly 30 groups of parents and children participated in the event.

A Kyoto Sanga FC school coach was invited as an instructor and enjoyed playing soccer together with the parents and children. One participant said, "It was fun! I'll do my best with the practice drills I was taught by the teacher even at home."

