

# Nishinomiya City News

## September 2022

18th Year, No. 251 (Since August 2006)

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*This newsletter is a partial translation from the August, 25th issue of 'Nishinomiya Municipal Bulletin.'*  
*We will be glad to help you seek further information about events or notices announced here.*



### MEDICAL CARE SYSTEM FOR OLDER SENIOR CITIZENS

The new health insurance card, which is valid between October 1, 2022, and July 31, 2023, will be sent to those of 75 years and older in early September. The currently

issued health insurance card expires at the end of September. If you have the eligibility certificate for ceiling-amount application for high medical expenses, you can use it until the end of July 2023.

[Inquiries] Medical Insurance for Senior Citizens Division (Tel: 0798-35-3192)

### Personally Borne Expenses for Receiving Treatment at Medical Institutions

From October 1, the percentage of personally borne expenses for receiving treatment at medical institutions is partially changed depending on your income. If your current borne percentage is 10% but your income is over a certain level, your borne percentage will be increased to 20%. Confirm your borne percentage on your new insurance card.

[Inquiries]

\*Ministry of Health, Labor, and Welfare Call Center (Tel: 0120-002-719)

Mon. - Sat. (excepting Holidays) 9:00am - 6:00pm

\*Hyogo Prefecture Latter-stage Elderly Medical Care Inter-regional Union Call Center (Tel: 078-326-2021)

Mon. - Fri. (excepting Holidays) 9:00am - 5:00pm



### MUNICIPAL APARTMENTS FOR RENT

The City will accept new resident applications for ordinary municipal apartments. For details (eligibility, etc.),

please review the application guide (\*) that will be distributed from Sept. 5. The next call for applications is scheduled for January of next year.

(\*) Application guides will be distributed at: Nishinomiya Municipal Housing Management Center (9-8 Rokutanji-cho), Municipal Housing Renting Service/Rent Management Division (City Hall South Building 3F), publication corner next to the General Information Center (City Hall Main Building 1F), City Hall branch offices, Civic Service Centers and suboffices, ACTA Nishinomiya Civic Service Station, and Wakatake Life and Culture Center.

Total of 45 ordinary municipal apartments (Priority slots available for the elderly, people with disabilities, etc.)

Nishinomiya-hama 4-chome (including one apartment for the elderly), Hinokuchi-cho 2-chome (one apartment for the elderly), Koshien 9-bancho, Shishigaguchi-cho, Rokken-cho, Higashimachi 1-chome and 2-chome, Imazukusugawa-cho, Imazutatsumi-cho, Higashinaruo-cho 1-chome, Takasu-cho 1-chome, Koshienguchi 6-chome, Uegahara 7-bancho and 10-bancho, Hinokuchi-cho 1-chome, Tajikino-cho, Nakadono-cho, Izumi-cho, and Kanbara

[How to apply]

Send the application form attached to the application guide (one per household) to the Nishinomiya Municipal Housing Management Center by postal mail (must be postmarked by Sept. 15 and arrive by Sept. 20). Duplicate applications are invalid.

[Inquiries] Contact the Nishinomiya Municipal Housing Management Center (0798-35-5028).



### RECRUITMENT OF KINDERGARTEN CHILDREN

Municipal kindergartens, Private kindergartens (including those shifted to the new system), Certified Center for Early Childhood Education and

Care (limited to use as a kindergarten) will accept the applications for admission in April next year (2023).

#### Municipal Kindergartens

[Eligibility] Born on April 2, 2017, to April 1, 2019, who are registered as residents in the city

[Application] 2:00pm-4:00pm on Oct. 3 to Oct. 6, at the kindergarten that you apply for. Drawing of names if necessary.

The screening status will be posted in each kindergarten  
 Distribution of the application forms: from September 1, Monday to Friday except holidays between 2:00pm and 4:00pm in each kindergarten

Nursery fees: Due to free charge system of preschool education and child-care, no charge for the parents, however, the education materials and side dish (snack, milk etc.) are not free.

| Kindergarten   | Phone number | Capacity(※1)(※3) |             |
|----------------|--------------|------------------|-------------|
|                |              | 4-year-olds      | 5-year-olds |
| Hamawaki       | 33-0835      | 30               | 70          |
| Syukugawa      | 72-2951      | 30               | 70          |
| Koshikiwa      | 72-4499      | 30               | 70          |
| Taisha         | 74-4051      | 30(※2)           | 70          |
| Fuzoku Aozora  | 35-8086      | 30               | 70          |
| Uegahara       | 51-2700      | 30               | 70          |
| Mondo          | 52-5447      | 30               | 70          |
| Takagi         | 65-0055      | 30               | 70          |
| Harukaze       | 26-6152      | 30               | 70          |
| Minami-koshien | 46-1608      | 30               | 70          |
| Naruo-higashi  | 41-4542      | 30               | 70          |
| Yamaguchi      | 078-904-3707 | 30               | 70          |
| Namaze         | 0797-84-9464 | 30               | 35          |

Notes

- 1) The capacity for 5-year-old class includes the number of the 4-year-old class of this academic year.
- 2) Taisha may adjust the number of the children depending on the application status of 4-year-old children to meet the diverse educational needs.
- 3) Municipal kindergartens (Shukugawa, Koshikiwa, Takagi) in areas with many in the waiting lists for nursery schools have begun accepting children graduated from small scale nursery schools, in addition to the quota for 4-year-old class mentioned above.

**Private Kindergartens and Certified Centers for Early Childhood Education and Care that have shifted to the new system**

[Application] Accept from Sep.30 Apply to the City if you want to use the Certified Center for Early Childhood Education and Care as a nursery school.  
[Nursery fees] See the city web site(HP 72094974)

|              | Kindergarten                 | Phone number |                        | Certified Child Center   | Phone number |
|--------------|------------------------------|--------------|------------------------|--------------------------|--------------|
| Kindergarten | Kurumi                       | 51-0638      | Certified Child Center | Iruka                    | 32-1089      |
|              | Koshienguchi                 | 67-4666      |                        | Kamikoshien              | 67-1733      |
|              | Koshien-higashi              | 41-1735      |                        | Koto                     | 53-6740      |
|              | Koshien futaba               | 41-0278      |                        | Sachi                    | 078-903-1551 |
|              | Suzuran                      | 65-1166      |                        | Koroen                   | 22-8522      |
|              | Nigawa                       | 51-0751      |                        | Mukogawa                 | 67-3002      |
|              | Nishinomiya Church kohitsuji | 23-1950      |                        | Shukugawa Gakuin soreiyu | 74-6455      |
|              | Hirota                       | 72-2952      |                        | Yasui                    | 34-0607      |
|              | Misora                       | 72-1388      |                        |                          |              |

**Private Kindergartens that have not shifted to the new system**

Nursery fees: Due to the free of charge system of preschool education and childcare, up to ¥25,700 /month is free. However, educational materials, commuting bus fees, etc. are not included. For details, see the city website (HP 87805753)

|                              |         |                          |              |
|------------------------------|---------|--------------------------|--------------|
| Ichiriyama                   | 51-0616 | Nigawagakuin Marianosono | 51-2454      |
| Kanseigakuin                 | 53-3950 | Nishinomiya koku         | 67-2017      |
| Koshiengakuin                | 62-7272 | Hankyu                   | 66-2015      |
| Kobekaiseijoshi-Gakuin Maria | 73-4418 | Hamakoshien Kenko        | 41-1759      |
| Koyo                         | 74-4610 | Higashiyama              | 0797-61-3603 |
| Kobato                       | 22-2101 | Hikari                   | 41-1585      |
| Seiko                        | 47-1737 | Matsuho                  | 36-3560      |
| Matsukaze                    | 47-2289 | Mukogawa Joshidaifuzoku  | 45-3537      |
| Danjo                        | 51-3509 | Mushumi                  | 49-0581      |
| Tsubomi                      | 22-4405 | Wako                     | 71-6895      |

Please contact each kindergarten about their efforts to support those who are raising children (e.g., opening the playgrounds) including the status.



**HEALTH PROMOTION COLUMN**

**Are you getting enough decent quality sleep?**

Lack of sleep and poor sleep quality affect variety of your physical and mental condition.

To get enough decent quality sleep, we recommend that you get up at a regular time and bask in the morning sun. You can reset your biological clock, facilitate the secretion of melatonin, a hormone substance which has sleep-promoting properties, and fall asleep easier by basking in the sun.

The release of melatonin is reduced when you are exposed to light at night. It is important that you sleep with the room darkened at night and refrain with using your smartphone and so on before going to bed. Required sleep time depends on the person. Try to get decent quality sleep.

[Inquiries] Health Promotion Division (0798-26-3160)



**NISHINOMIYA-HIGASHI HIGHSCHOOL 'THURSDAY COURSE'**

“Thursday Course’ starting in Sep. at Naruo Cultural Hall is held by Nishinomiya-higashi Highschool. No application is needed. Free of

charge

For inquiries, contact the school. (0798-47-6013)

| Date  | Contents of the Course  |
|-------|---|
| 9/8   | The energy policy of our country – Aiming at realizing carbon neutralization in 2050                            |
| 9/15  | Shotokutaishi and Buddhism – The 1400th anniversary of his death  |
| 9/22  | Lecture & concert: ‘Traditional songs of Japanese heart ~Songs and melodies of Japanese and Western instruments |
| 9/29  | Naruo and sports – Naruo was the sports mecca from the Taisho through the Showa era.                            |
| 10/13 | The war in Ukraine and the world from now on  |
| 10/27 | Does Xinjian Uyghur Autonomous Region have true autonomy? The fact of persecution seen by Xinjian people        |
| 11/10 | The fascination and wonders of Sumo wrestling   |
| 11/17 | Sen no Rikyu’s innovation in the tea ceremony – Rikyu and Nobunaga  |

※Each course starts at 2:00 pm on Thursday.

**SUPPORT SYSTEM FOR TRUANT STUDENTS**

Asunaro Classroom supports truant students . Feel free to visit !

Asunaro Classroom is a project for supporting school children with absenteeism under compulsory education, helping them to go back to school community.

School truancy happens to any student. Understanding their situations first and finding out the best way to help them is necessary. The staff, care givers and school counselors take care of them.

Another program, Kodomo Mirai Center (meaning the center for children’s future) (Tel:0798-65-1881) also provides consultation service for school kids.

The booklet made by Nishinomiya City named The Guideline for supporting children with absenteeism, backed up by private sectors introduces prefectural or private facilities. Nishinomiya H.P provide the information. H.P.# 48156223

**EVENTS AT NISHINOMIYA SPORTS CENTER**

|  |
|--|
| <b>Indoor Baseball</b>   |
| [Date Venue] 9:00am on Sep.25(Sun) at Shiose Gym 1:15pm on Oct.2(Sun) at Central Gym annex [Target] 1 <sup>st</sup> to 4 <sup>th</sup> graders [Fee] ¥500 [Capacity] 30people each first-come-first-served [Application] From 9:00am on Aug.29 on the website of Sports Center [Inquiries] (0798-73-7581)      |
| <b>Memorable Sports Event</b>  |
| [Date] 1:15pm on Sep.25(Sun) [Venue] Yamaguchi-cho all-purpose ground [Contents] Dodgeball, Succor [Target] Elementary school student and older [Fee] ¥300 [Capacity] 30 people First-come-first-served [Application] From 9:00am on Aug.29 at on the web site of the Sports Center [Inquiries] (0798-73-7581) |
| <b>Run, Jump, Throw, Hit, let’s try with parents and children</b>  |
| [Date]3:00pm on Saturdays of Oct.1 to 22, 4 times [Venue] Kitashukugawa Gym [Target] 1 <sup>st</sup> and 2 <sup>nd</sup> graders and parents [Capacity] 25 families drawing of names if necessary [Application] From Aug.29 to Sep.4 on the web site of the center [Inquiries] (0798-73-7581)                  |
| <b>Wellness Sports (Fri.)</b>  |
| [Date] Fridays Oct.7-Jan.20 7:00pm 15times [Venue] Kitashukugawa Gym [Contents] Rhythmic exercises, Ball games [Target] 18years old and over [Capacity] 25people first-come-first-served [Application] From 9:00am on Aug.29 on the web site of the center [Inquiries] Kitashukugawa Gym (0798-70-2222)        |