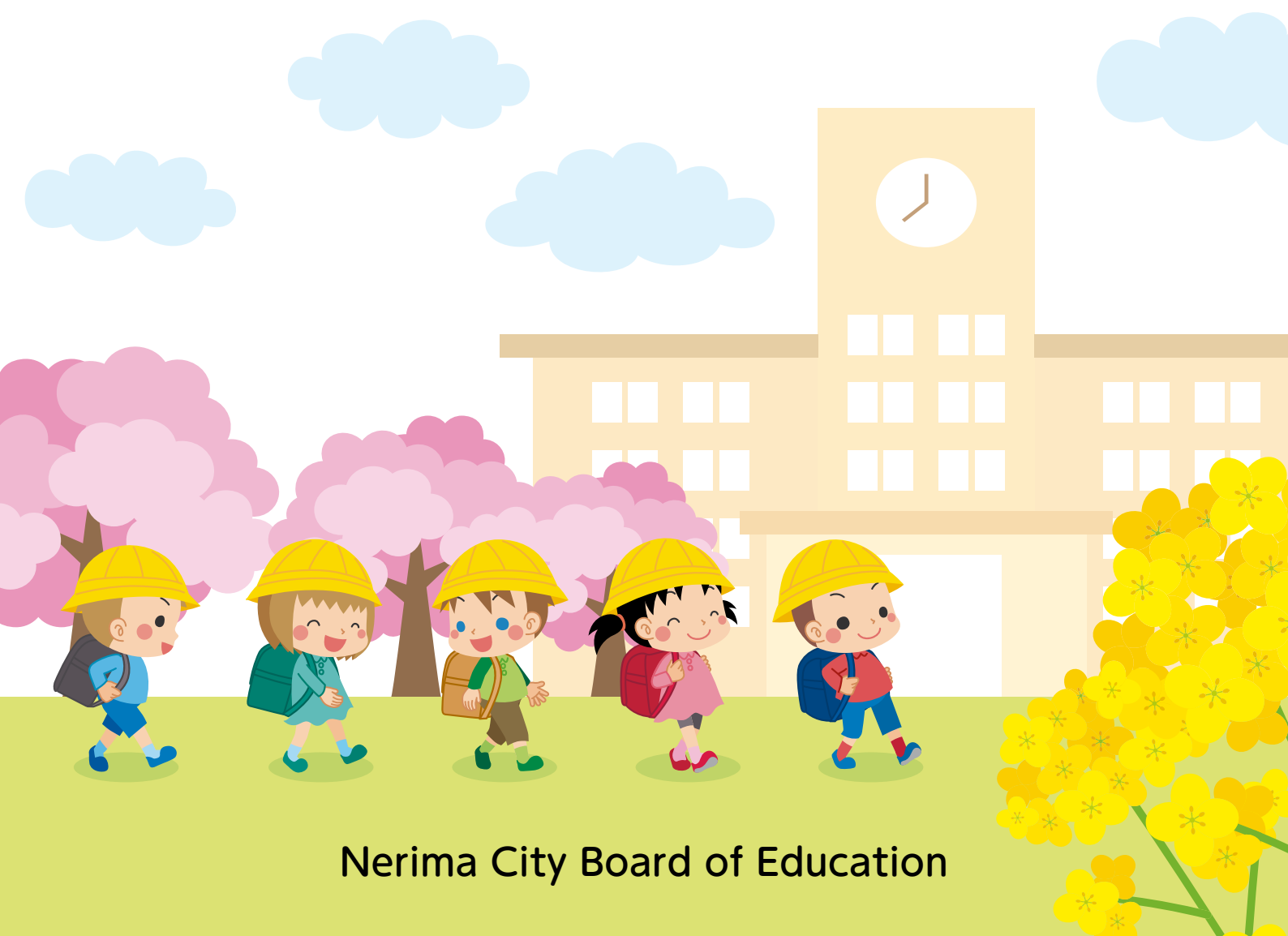


Enrollment Guidebook for International Families



Nerima City Board of Education

This pamphlet is for families with children entering elementary schools in the Nerima City. It is an easy-to-understand guide to school life at elementary schools in Nerima. We hope this pamphlet will help children start school with confidence.

***“Guardians” are fathers, mothers, or other adults taking care of a child.**



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1 The elementary school admission process



For enrollment from the entrance ceremony


Children who are six years old as of April 1

(Children six years old as of April 1, 2025 → Children whose birthdates are from April 2, 2018, to April 1, 2019)

August	School application (Procedures to take when enrolling in elementary school)	<ul style="list-style-type: none"> • The School Affairs Subsection of the School Educational Affairs Section will send an “enrollment application”—a key document for entering an elementary school—to your address. • If you plan to enroll your child in a Nerima municipal elementary school, you must submit the “enrollment application”. • If your child will not be enrolling in a Nerima municipal elementary school, contact the School Affairs Subsection of the School Educational Affairs Section. <p>Note: If you submit the “enrollment application” but later decide that your child will not enroll in a Nerima municipal elementary school, you must contact the School Affairs Subsection of the School Educational Affairs Section.</p>
October	Admission notices	<ul style="list-style-type: none"> • The School Affairs Subsection of the School Educational Affairs Section will deliver an “admission notice” to your place of residence. • The “admission notice” will list the name of the elementary school your child will enroll in, as well as the date, time and location of the required pre-enrollment medical check-up. • This “admission notice” is an important document that you will submit to your child’s school on the day of the entrance ceremony. Please open the document and confirm its contents when it is delivered.
October } November	Medical check-up	<ul style="list-style-type: none"> • Children will receive a medical check-up at the elementary school they are going to enroll in, at the day and time designated on your admission notice. • The height (cm), weight (kg), sight, hearing, oral health, etc. of all enrolling children will be examined at the medical check-up. • Please notify the elementary school if you are not able to take your child to the medical check-up.
January } February	Enrollment orientation for guardians of new first-graders	<ul style="list-style-type: none"> • There will be an enrollment orientation meeting at your child’s elementary school. Guardians must attend this meeting. • You will be notified of the date and time of the orientation meeting on the day of the pre-enrollment medical check-up. • If you are not sure of the date and time, ask your child’s elementary school. • The meeting will cover topics such as preparations necessary for entering elementary school, as well as what life is like at school.
March } April	Entrance ceremony	<ul style="list-style-type: none"> • New first-graders, their guardians, teachers, and local residents will participate. • The principal and other people invited to the ceremony will make speeches. Homeroom teachers will be introduced. • Teachers and new first-graders will take a commemorative photo together. • You will submit your “admission notice” to the school.

For enrollment after the entrance ceremony



<p>Advance notification (Please do this one to two months before the date of enrollment.)</p>	<ul style="list-style-type: none"> Once the date you will be moving to Nerima City is decided, please complete and send the “Nerima City acceptance consultation form for returning and foreign students”, or contact the School Affairs Subsection of the School Educational Affairs Section one to two months in advance. <p style="text-align: right;">▼ Consultation form</p> 
<p>Advance notification (Please do these at least two weeks before the date of enrollment.)</p>	<ul style="list-style-type: none"> Contact the vice principal of the elementary school that your child will be attending. You will receive an explanation of preparations needed before enrollment.
<p>Document procedures (Please complete these between your move-in date and the day before enrollment.)</p>	<ul style="list-style-type: none"> Complete procedures for moving in at the Resident Registration Office. Visit the School Affairs Subsection of the School Educational Affairs Section (Nerima City Office, 12F) with your child’s passport and complete the “Nerima City acceptance card for returning and foreign students”. The School Affairs Subsection of the School Educational Affairs Section will send you an “enrollment notice.” This notice will list the name of the elementary school that your child will be attending. Please submit the “enrollment notice” and “Nerima City acceptance card for returning and foreign students” to your child’s elementary school.

Ask for help if there is anything you do not understand or if you have any problems or concerns.

■ Admission notice/enrollment notice:

Please contact the School Affairs Subsection, School Educational Affairs Section of the Nerima City Board of Education. ☎03-5984-5659

■ Medical check-up: Please contact your child’s elementary school.

School Health Subsection, School Health/Lunch Section of the Nerima City Board of Education. ☎03-5984-5729

■ Orientation meeting for guardians of new first-graders: Please contact your child’s elementary school.

■ Entrance ceremony: Please contact your child’s elementary school.

2 A typical school year/events



The school year starts in April and ends in March. There are three semesters in one school year.

They are as follows:

The actual dates vary depending on the school year. Your child's school will notify you of the details.

First semester: 4/7 to 7/20, second semester: 9/1 to 12/25, third semester: 1/8 to 3/25

Summer vacation: 7/21 to 8/31, winter vacation: 12/26 to 1/7, spring vacation: 3/26 to 4/6

April to July	Entrance ceremony, first semester opening ceremony, parent/guardian-teacher conference, school excursion, medical check-up, emergency evacuation drill, sports day (some schools hold sports day in the fall), individual parent/guardian-teacher consultation, open school day, swimming lessons, first semester closing ceremony
August	Summer vacation
September to December	Second semester opening ceremony, emergency pick-up drill, open school day, swimming lessons, emergency evacuation drill, school arts festival, academic presentation, art exhibition, student art exhibition, music recital, parent/guardian-teacher conference, second semester closing ceremony, winter vacation
January to March	Third semester opening ceremony, emergency evacuation drill, open school day, graduation ceremony, end of school year ceremony, spring vacation

- **Entrance ceremony:** A ceremony to welcome new first-graders. Guardians of first grade students will participate.
- **Opening of semester ceremony:** Ceremonies to start the first, second, and third semesters.
- **Medical check-up:** The check-up will involve examining your child's development and health.
- **School excursions/field trips:** Students take box lunches on their excursions outside of school. Destinations include parks and other facilities, where they take part in various activities and observational tours.
- **Individual parent/guardian-teacher consultation:** Meetings between guardians and the homeroom teacher to talk about how their child is doing in their studies and day to day life at school.
- **Parent/guardian-teacher conference, class gatherings:** Homeroom teachers and guardians gather to talk as a group about their children's studies and day to day life at school.
- **Open school day:** Guardians are able to watch their children's classes.
- **Sports day/PE presentations:** Students compete in races and perform dances. Guardians are encouraged to come watch.
- **Swimming lessons:** Students have swimming lessons at the school's pool.
- **Emergency evacuation drills:** Students practice evacuation procedures in case of emergencies such as fires and earthquakes.
- **School arts festival/academic presentation:** Students stage a school play. Guardians are encouraged to come watch.
- **Music recital:** Students sing songs and perform musical instruments. Guardians are encouraged to come watch.
- **Art exhibition/Student art exhibition:** Art pieces made by students during their lessons are exhibited inside the school. Guardians are encouraged to come enjoy their children's work.
- **Closing of semester ceremony:** Ceremonies to close the first and second semesters.
- **End of school year ceremony:** A ceremony for the end of the third semester.
- **Graduation ceremony:** A ceremony to celebrate the graduating sixth graders. Guardians of sixth graders are invited to participate.

- There are classes on Saturdays several times a year. Please note that school lunch is often not provided for Saturday classes.

3 A typical school day (example)

Schedules differ between schools



8:00 ~	Students go to school. <ul style="list-style-type: none"> Students walk from home to school on designated routes (tsugakuro). Students must wear designated school hats. Guardians must notify the school before the start of first period if the student will be late or absent.
8:30 ~	Morning homeroom/school assemblies/health checks <ul style="list-style-type: none"> Morning greetings in the classroom are followed by a talk from the homeroom teacher. On certain days, the entire student body gathers for an assembly. The homeroom teacher does a health check to make sure no one is sick or unwell.
8:45 ~	Lessons (Learning)/long break <ul style="list-style-type: none"> There are four 45-minute lessons each morning. There is a break-time between each lesson. There is a slightly longer break between the second and third periods.
12:15 ~	School lunch (Students eat lunch) <ul style="list-style-type: none"> The school prepares each day's lunch. All students eat the same food.
13:00 ~	Cleaning, After-lunch recess <ul style="list-style-type: none"> Everyone works together to clean the school. Students can play both inside and outside the classroom (in the schoolyard).
13:40 ~	Lessons (Learning) <ul style="list-style-type: none"> Please note, lessons end at different times depending on grade level.
14:40 ~	Afternoon homeroom/Leaving school <ul style="list-style-type: none"> The homeroom teacher tells students the next day's schedule (jikanwari). Students walk home on designated routes (tsugakuro). Students must go straight home, without stopping along the way.

■ Confirm the jikanwari (it has the week's lesson schedule).

4 What children learn at school



- **Japanese:** Students learn Japanese by reading textbooks, writing, and doing other activities.
- **Math:** Students learn about numbers, calculations and shapes.
- **Life studies:** First- and second-graders learn about the areas in their neighborhood and the nature around them.
- **Social studies:** This subject starts in the third grade. Students learn about the town they live in and about Japan's land and history.
- **Science:** This subject starts in the third grade. Students learn about nature, animals, plants, etc.
- **Music:** Students learn about music through singing, playing instruments and listening to various songs and music from Japan and other countries.
- **Arts and crafts:** Students learn about art through drawing, crafting and appreciating art.
- **Home economics:** Fifth- and sixth-graders learn to sew, cook, etc.
- **Physical education:** Students learn about exercise and health through running, swimming, doing gymnastics, etc.
- **Foreign-language activities:** This subject starts in the third grade. Student learn English through listening and speaking.
- **Foreign language:** This subject starts in the fifth grade. Student learn English through listening, speaking, reading and writing.
- **Special subject—Moral education:** Students nurture their compassion for others and deepen their understanding of the importance of life.
- **Comprehensive learning:** This subject starts in the third grade. Students choose a topic of interest and learn more about it through research and hands-on experiences.
- **Class activities:** Students learn about school-life through various activities, such as voting on class rules.

5 Special needs education



- Special needs education is available for students who have a speaking disability, do not understand schoolwork, have a developmental disability, etc.
- The following types of special needs education is available in Nerima City elementary schools and junior high schools:
 - (1) Special education classes: These are classes for students with developmental disabilities. These classes are available in 16 elementary schools and 8 junior high schools in Nerima. Students can study at their own pace in small classes.
 - (2) Special education lessons: These lessons are for students who are not significantly behind in their development but have difficulty concentrating in class, have strong fixations and difficulty switching their focus, etc. Students go to a separate classroom in the same school to study one-on-one with a specialist teacher once or twice a week while still attending their regular classes.
 - (3) Kikoe-no-Kyoshitsu: These are classes for students who have hearing loss.
 - (4) Me-no-Kyoshitsu: These are classes for students who have a visual impairment.
 - (5) Kotoba-no-Kyoshitsu: These are classes for students who have a speech impairment, such as stuttering or difficulty pronouncing words.
- Children with physical disabilities or severe intellectual disabilities are eligible to attend Tokyo Metropolitan Schools for Special Needs Education.
- If you have any concerns regarding your child, please contact the relevant section or person below.

[Before enrollment] **Admission Consultation Subsection, School Educational Affairs
Section of the Nerima City Board of Education ☎03-5984-5664**

[After enrollment] Please contact your child's homeroom teacher or the school's special needs coordinator.



6 After school (hokago) information



● Children's Clubs

- There is after-school care for children who will be alone at home after school because their guardians are working.
- This is a paid service.
Applications must be made by mid-October of the previous year.
- You can get the application form at your school's Children's Club or at the Nerima City Child-Rearing Support Section. The form can also be downloaded from the Nerima City website. Online applications are also available.



After-school Measures Subsection No. 1, Child-Rearing Support Section, Nerima City Board of Education
☎03-5984-1519

● Hiroba Project

- The Hiroba Project is available for students who attend that school.
- Students will be able to play, study, or read in the schoolyard, library and Hiroba room.
- Guardians do not have to be working to use these services.
- Please register in advance. Ask your school about how to register for these services.



After-school Measures Subsection No. 1, Child-Rearing Support Section, Nerima City Board of Education
☎03-5984-1519

School Support/Open School Subsection ☎03-5984-1057

● Nerikko Club

- There is a "Nerikko Children's Club" and "Nerikko Plaza" at your child's school.
- Children can spend time after school, during summer vacation, etc. safely there.
- The "Nerikko Children's Club" is the same as the Children's Club.
- Nerikko Plaza is the same as the Hiroba Project.



After-school Measures Subsection No. 1, Child-Rearing Support Section, Nerima City Board of Education
☎03-5984-1519

7 School lunch



- Students receive school lunch from Monday to Friday.
- There is a different menu every day.
- The main dish is either rice, bread, or noodles. Side dishes feature meat, fish, eggs, and vegetables. Milk is provided as a drink, and dessert includes fruits and jelly dishes.
- Lunch menus are handed out each month.
- Lunch time is about 40 minutes, including preparation and cleanup.
- Students have lunch duties, like carrying food and serving lunch. (Kyushoku-toban)
- Students with lunch duties wear white aprons. These aprons are taken home each Friday to be washed and ironed.
- Students bring their aprons back to school the next Monday.
- Please talk to your child's homeroom teacher before starting the school lunch program if your child has any food allergies, or if there is any food item they cannot eat for religious reasons (see page 10).
- There is no school lunch fee.

*** Lunch is not provided for field trips and other special events. Guardians must prepare box lunches for their children.**

8 Student health and wellness



● If a student gets injured or sick at school

- There is a nurse in the nurse's office at each school.
- If a student becomes injured, gets a fever or feels unwell while at school, he/she will be sent to the nurse's office. The school nurse will conduct first aid.
- Guardians will be notified when a student needs to go to the hospital, or if the student needs to go home.
- The school nurse will not treat injuries received at home. If your child is dealing with a long-term injury or illness, please seek medical attention at a hospital.

● Japan Sports Promotion Center's Disaster Mutual Aid Program (Saigai Kyosai Kyufu Seido)



- This program covers treatment for injuries at school or on school routes (on the way to/going home from school).
- Premiums (fees to enroll in this program) are paid by the Nerima City.
- If there is anything you do not understand, please ask the school nurse.

● If a student contracts an infectious disease

COVID-19, influenza, the mumps, measles, rubella, chicken pox, infectious gastroenteritis (such as the norovirus), hand, foot and mouth disease, conjunctivitis, etc.

- These diseases can be spread to other people.
- Students should not go to school if they have an infectious disease.
- If a large number of students are absent from school, classes or the school may close temporarily (gakkyu-heisa/gakko-heisa).
- Students must stay home until they have recovered and received permission to return to school from a doctor. You must submit a "school attendance permit" when your child returns to school.
- The "School Attendance Permit" can be received at the school or downloaded from the school's webpage.

● Let's prevent infections at school

- Wash hands after coming inside, after using the bathroom, before and after eating lunch, etc.

● Allergies

- The school will ask whether your child has allergies, to ensure he/she is safe at school.
- Please talk to your child's homeroom teacher if your child needs special attention related to school lunches, such as allergies that may lead to anaphylactic shock (life-threatening symptoms).

● Vaccinations

- The purpose of vaccinations is to prevent infectious diseases and illnesses.
- Make sure your child receives the required vaccinations before entering elementary school.
- If you do not have the necessary documents (pre-vaccination questionnaire) to receive financial assistance from Nerima City, please contact the Immunization Subsection of the Public Health and Disease Prevention Section.



Immunization Subsection, Public Health and Disease Prevention Section ☎03-5984-2484

9 Preparation for elementary school (Preparing for independence)



- Please have your child go to bed early and wake early. We recommend they wake up around 6:00 a.m. and go to bed around 9:00 p.m. Make sure your child gets nine to ten hours of sleep.
- Make sure your child eats breakfast every day.
- Make sure your child is able to eat with chopsticks and a spoon.
- Make it a habit for your child to have a bowel movement every morning.
- Make sure your child washes their hands and gargles when coming in from outside and before meals.
- Make sure your child is able to put on and take off clothing without help.
- Make sure your child is able to distinguish between his or her belongings and other people's belongings.
- Make sure your child is able to clean up and put away anything he or she has used.
- Make sure your child is able to answer "hai" when his or her name is called.
- Make sure your child is able to say his or her name.
- Make sure your child is able to follow the traffic signals when he or she walks crossings.

10 The role of guardians



- **In the morning, before your child goes to school,**
 - Please check your child carefully to confirm they are feeling well.
(Check for paleness, inactiveness, lack of appetite, headaches, stomachaches, loose stools)
 - Allow your child to stay home from school when they are feeling unwell.
- **Studying at home**
 - Students will receive homework (work to be done at home). It is important to create a habit of studying at home, in addition to school.
 - Guardians should check to see if their child has homework, and whether their child has completed it.
- **Preparations for the next day**
 - Prepare the things your child will use at school the next day. Guardians should help their child with this.
- **Event participation**
 - Please participate in parent/guardian-teacher conference and individual parent/guardian-teacher consultation, as there will be important matters discussed.
 - Please participate in open school day (class visitation day) to see what your child is doing at school.
 - Please participate in sports day and other school events.
- **PTA (some schools may not have one)**
 - The parent/guardian-teacher organization. This organization does many things for the students.

11 School correspondence



- There will be notifications from school every day, such as things to bring to school the next day.
- There will be important announcements such as newsletters for each grade, school newsletters, and event notifications. There are numerous ways the school will contact you, such as hand-outs (paper), your child's correspondence notebook, the information dissemination service for guardians, etc. Guardians should check for correspondence every day.
- Please notify the school if you are not able to read the correspondence (tegami) from school.

[Information dissemination service for guardians]

- Once you register, you will be able to receive school correspondence on your smartphone or the like.
- You can also notify the school when your child will be absent, late, or leaving early via your smartphone or the like.
- Usage varies depending on your child's school.
- You will receive a notification regarding registration from your child's school.

[Emergency pick-up]

- Guardians will pick up their child from school when there is a major earthquake (seismic intensity of 5 lower, or higher) during school hours. Please wait until the tremors stop before picking up your child.
- Children will wait at school until their guardian arrives.

12 Contacting the school



- Always contact the school when your child is going to be absent (will not be going to school), tardy (be late for school), or will be leaving school early (going home earlier than usual).
- Ways of contacting the school (telephone, information dissemination service for guardians, etc.) will vary with each school.
- Guardians must come to their child's classroom to drop off/pick up their child when they are tardy or leaving early.
- Guardians must wear their name tags when going to school.
- Always contact the school when going back to your home country or changing addresses (changing where you live in Japan).

13 Items and actions not allowed at school



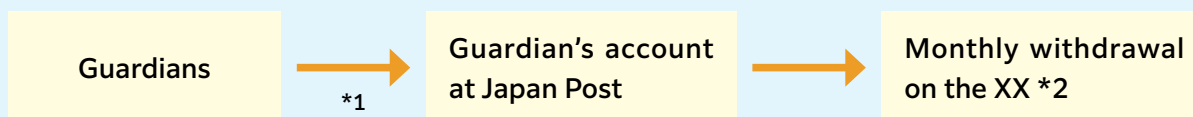
- Do not bring snacks, toys, games, comic books, accessories, smartphones, etc. to school.
- Do not bring money to school.
- Shopping is prohibited during recess and on the way home from school.
- Do not come to school on a bicycle.
- Do not stay home or go home early without notifying the school.

14 School payments (Monetary collection)



- You must pay an education fee to the school (for learning materials, events, etc.)
- The amount varies depending on the school and your child's grade. There are no fees for school lunch, lessons or textbooks.

Fees for learning materials are collected through Japan Post Bank accounts.



*1 Put money in this bank account.

*2 The withdrawal date differs with each school.
Withdrawal starts in May or June for new first-graders

Step (1)

◎Japan Post Bank

If you do not have a Japan Post Bank account, please create one—General account

- Name registered on the account—Guardian's name
- Necessary documents
 - Residence card, etc.
 - Name seal (Inkan)

Note: For more information about the documents and procedures necessary, please contact Japan Post Bank.



If you do not have a name seal, you can have a simple one made at a local seal shop. You will need it to open the Japan Post Bank account that will be used for school payments.

Step (2)

◎School

- Submit the "Automatic Payment Application Form" to your school.

15 Financial assistance



- The city offers financial support for families that are not able to pay the learning material fees. (Enrollment preparation, school supplies, school-commuting supplies, school event fees, etc.)
- The amount will vary according to your child's grade.
- Families with a higher income (money earned from working) are not eligible for this support. Assistance is offered only to families that meet the income criteria.
- Submit your application for financial assistance to the Management Subsection, School Educational Affairs Section of the Nerima City Board of Education.

Management Subsection, School Educational Affairs
Section of the Nerima City Board of Education ☎03-5984-5643

16 Japanese language support for students



[At school]

- Consult your child's homeroom teacher.
- Students from international families will study Japanese at school for an additional 80 hours.

[Outside of school]

● Children's Japanese Class (Kodomo Nihongo Kyoshitsu)

- Children study Japanese. Help with schoolwork will not be provided.
- No need to pay.
- Every Saturday from 10 a.m. to 12 p.m.
- Location: The Nerima city office
- Apply at the Program Promotion Subsection, Regional Promotion Section ☎03-5984-4333.

17 Volunteer interpreters



- Volunteer interpreters support parent/guardian-teacher conference and individual parent/guardian-teacher consultation, too.
- No need to pay.
- Consult with your child's homeroom teacher before the date you will need an interpreter.

18 Foreign language consultation



- Consult and get advice on any topics in multinational languages.
- Visit the ninth floor of the main building of the Nerima City Office to the Program Promotion Subsection, Regional Promotion Section. Telephone inquiries are welcome as well.
- Every Monday to Friday, 1 p.m. to 5 p.m.
- [English and Chinese] Monday to Friday [Korean] Friday [Tagalog] Monday

Program Promotion Subsection, Regional Promotion Section ☎03-5984-4333

19 Do not hesitate to ask for help



[At school] You can ask for advice at school.

- Your child's homeroom teacher
 - Ask about anything, such as your child's studies and school life.
- School counselors, Kokoro no Fureai counselors
 - You can consult specialists if you have concerns about your child's mental or physical health.
 - Ask someone for help at school if you need to consult.

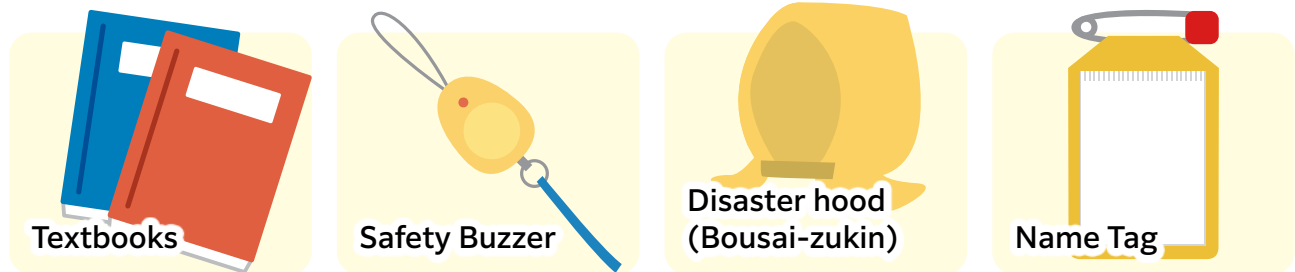
Consultations with organizations other than the school are also available. → Page 18

20 School supplies

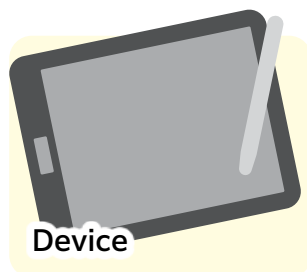


This will differ among schools. Please read the handouts from your school (such as handbooks on entering school) carefully.

[Supplies received from school → Free]

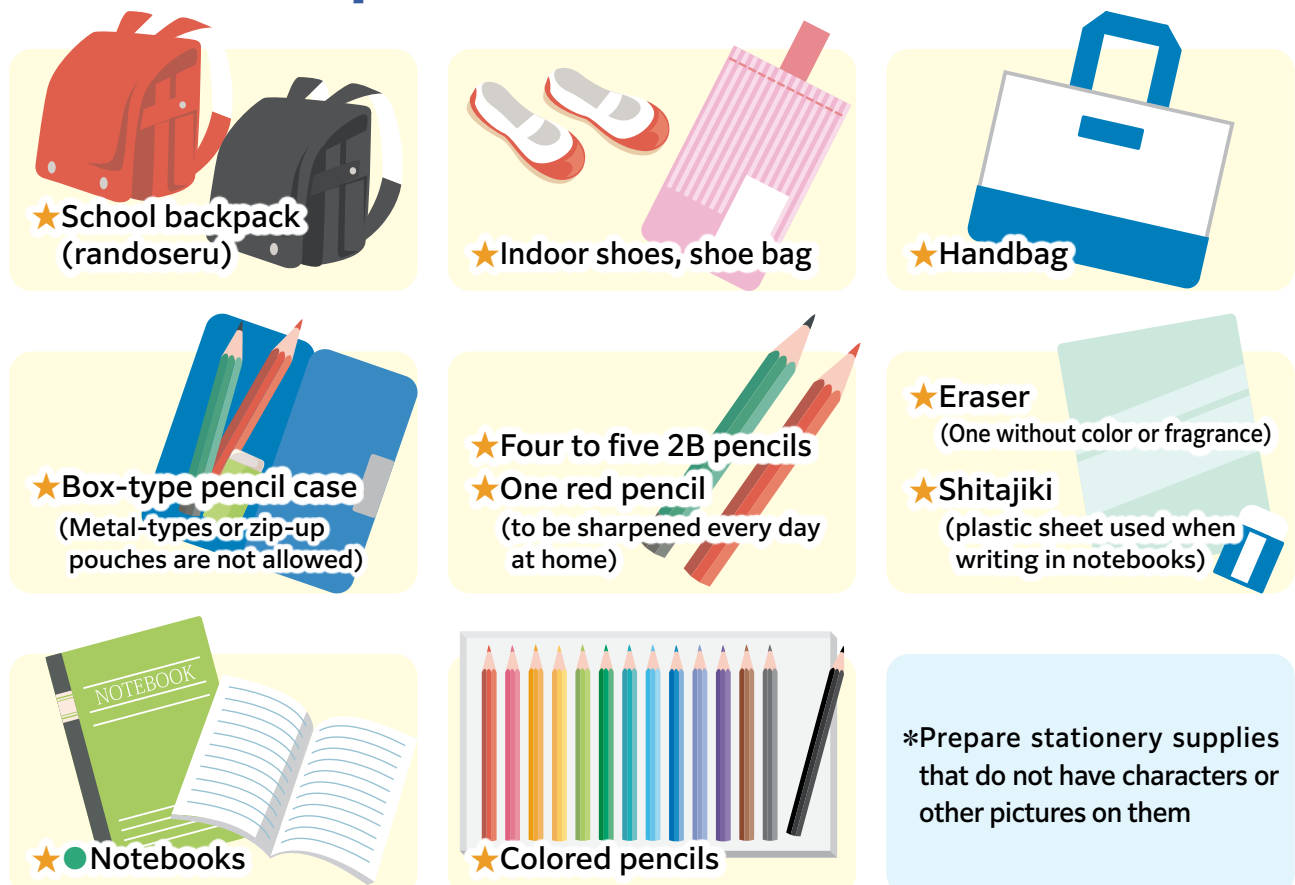


[Supplies borrowed from school] These items, including chargers and accessories, must be returned when your child graduates or transfers schools.

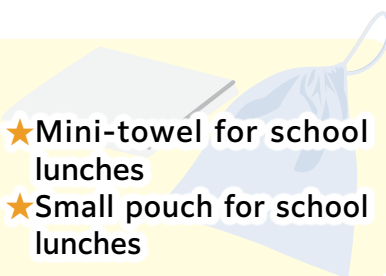
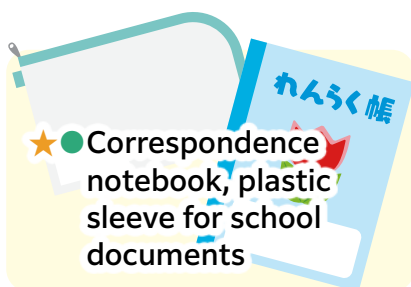
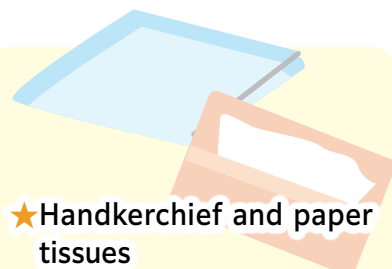
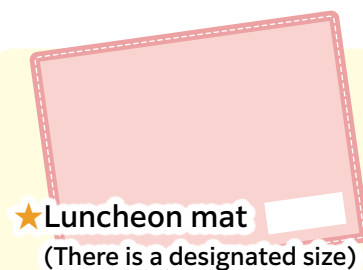
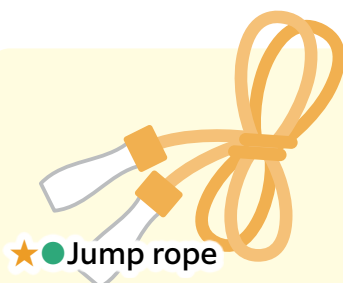
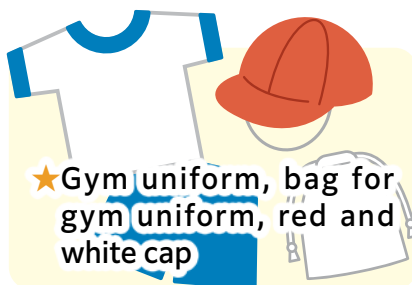
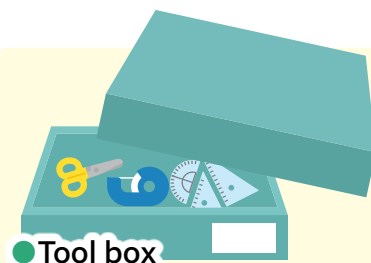
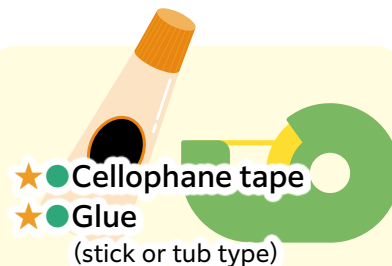
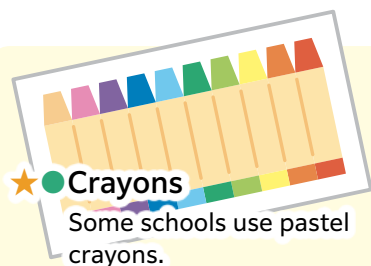


- This is an important learning tool.
- The school will explain how to use it.

[★What to prepare by yourself] and [●Items shared together at school → Fees will be collected later]



*Prepare stationery supplies that do not have characters or other pictures on them



*Your child may be required to bring items such as empty milk cartons, containers or cans from home for school projects.

*Write your child's name (in hiragana), class, and grade on all items.

*The location where names should be written differs with each school.

Please have children wear easy-to-move clothes



21 Q&A (frequently asked questions)



Q My family just arrived in Japan. Is my child eligible to enroll in elementary school?

A Yes. Please consult with the city office. They will provide information about the school your child is eligible for.

▶ P3 **1** The elementary school admission process

Q What do students do after school?

A While many students go home after school, there are also services such as Children's Clubs for those who have no one home at that time due to work or other reasons.

▶ P9 **6** After school (hokago) information

Q I am unable to pay for school expenses.

A There are financial aid programs for those who have difficulty paying school expenses. Please consult with the city office.

▶ P13 **15** Financial assistance

Q I am worried that my child will not be able to keep up with classes.

A Schools provide extra Japanese-language education. There are also other organizations that provide Japanese-language education.

▶ P14 **16** Japanese language support for students

Q I would like to consult with someone that understands my native language.

A The city office provides consultation services in foreign languages.

▶ P14 **18** Foreign language consultation

[Outside of school] There are people you can consult outside of school.

Note: If you need an interpreter, please call the relevant contact number listed below in advance.

School admission consultation	<p>Consultation is available for those whose children, due to disabilities or other reasons, may need special consideration at school. These consultations are tailored to each child's developmental needs.</p> <p>Admission Consultation Subsection, School Educational Affairs Section ☎03-5984-5664</p>
Education consultation	<p>Consultations are available about matters related to your child's school and daily life, including relationships with friends, truancy, and parent/guardian-child relationships.</p> <ul style="list-style-type: none"> ● School Education Support Center, Education Consultation Room (Hikarigaoka) ☎03-5998-0091 ● School Education Support Center Nerima ☎03-3991-3666 ● School Education Support Center Seki ☎03-3928-7200 ● School Education Support Center Oizumi ☎03-6385-4681
Consultation on child with developmental concerns	<p>Consultation is available for concerns about your child's development, such as not speaking, not picking up words, restlessness, inability to concentrate, as well as issues with motor skills.</p> <p>Child Development Support Center ☎03-3975-6251</p>
Child-rearing (family) consultation	<p>Nerima Child and Family Support Centers (Consultation for issues such as child abuse is also available)</p> <ul style="list-style-type: none"> *Those living in the 176 zip code area ☎03-3993-9170 *Those living in the 179 zip code area ☎03-3993-9172 *Those living in the 177, 178 zip code area ☎03-3995-1108 <p>Those who are finding child-rearing difficult, get overly angry with their child or who are struggling with mental health issues can consult a psychiatrist (reservations are needed). Please contact the health support center in your region.</p> <ul style="list-style-type: none"> ● Toyotama Health Support Center ☎03-3992-1188 ● Kita Health Support Center ☎03-3931-1347 ● Hikarigaoka Health Support Center ☎03-5997-7722 ● Shakujii Health Support Center ☎03-3996-0634 ● Oizumi Health Support Center ☎03-3921-0217 ● Seki Health Support Center ☎03-3929-5381 <p>Other consultation services</p> <ul style="list-style-type: none"> ◆ Nursery schools in Nerima City ◆ Kindergartens in Nerima City
Consultation for children's mental health	<p>Consultation for issues with your child's behavior and mental health is available.</p> <p>Tokyo Metropolitan Children's Medical Center ☎042-312-8119</p>
General consultation for childcare, disabilities, and child behavior	<p>Tokyo Metropolitan Nerima Child Guidance Office ☎03-6915-8253</p>
General consultations regarding children, such as childrearing concerns 4152 Phone Consultation	<p>Tokyo Metropolitan Child Guidance Center Phone Consultation ☎03-3366-4152</p> <p>(Fax-based consultation service for those with auditory or speech disability Fax: 03-3366-6036)</p>

<Sources>

- Ministry of Education, Culture, Sports, Science and Technology

Guide for foreign students to start school (Outline of the "Guidebook for Starting School")



"Videos for Foreign Children and Guardians"



- Tokyo Metropolitan Board of Education

Enrollment in Public Elementary and Junior High Schools



Japanese Language Textbook for Foreign Children and Students' Tanoshii Gakko



School Life in Tokyo: Tips to Enjoy Learning at Japanese Schools



*This pamphlet can be downloaded from the Nerima City webpage.

Top page → Childrearing/education → Education → School learning/facilities
→ Promotion of cooperation between kindergartens/nursery schools and elementary schools
→ Nerima City Kindergarten-Nursery School-Elementary School Cooperation Promotion Committee

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