

Words of the Month

Don't Lose Hopes Even When Busy

Sincero

Information from Sincero

The Japanese school year begins in April. During this period, accidents involving new kindergartens and new students increase. The statistics shows that traffic accidents often occur between 4 to 6 pm and many are caused by kids running out into streets. So, we have to be careful when driving especially after work.

The campaign of the National Traffic Safety Week will be held for 10 days from April 6 to 15. At this time, the police will be hiding in several places to catch the offenders, so everyone should drive carefully and follow the safety rules.



Spring Allergy

When our body is exposed to a certain antigen, our immune system tries to eliminate it. Spring allergy (or hay fever) occurs when our immune system views harmless pollen or other allergens as dangerous substances invading the body and overreacts. It causes inflammations in the mucosa of the eyes and nose, running nose, sneezing, tearing, itchy eyes and itchy throat.

Basic Prevention Measures

- Increase Immunity

With low immunity, we become very sensitive and the risk of allergic reaction increases. Let's have good sleep and a balanced diet so as not to decrease immunity.

- Avoid Pollen

Wear a mask and goggles when going out. Before entering the house, remove the pollen from your clothes in order not to carry the pollens into the house. Avoid hanging up the washing outside to dry. Hang them up inside or use a tumble dryer. Air the house in the early morning or at night when the amount of pollen is less.

It's really hard to deal with spring allergy because of all the symptoms. You might also feel foggy and irritated. Take the necessary preventive measures as soon as possible so that we can overcome the season.

Shin-Ei Hoikuen Graduation Ceremony

Shin-Ei Hoikuen Graduation Ceremony was held on March 9, 2019 (Sat). This year, 11 children graduated. At the elementary school, make many friends and enjoy studying and playing sports. Don't forget what you learned at Shin-Ei Hoikuen.



Bring Your Family to Japan

The number of people wanting to come to work in Japan is increasing, and we receive many questions about the documents needed to bring them to Japan. If you have any questions, please contact Shin-Ei.