

Dear parents,

Your child is participating in the Klasse2000 programme. This is a nationwide elementary school teaching programme to promote good health and make the children strong against violence and addiction. It is our experience that these are the issues parents and teachers are most concerned about. Everyone wants to see our children grow up healthy, without any violence and strong enough to withstand drugs when they grow up.

Research shows that preventive action can help children to master the major and minor tasks of their daily lives and to remain healthy. This is why in Klasse2000 your child will be learning what he or she can do to feel well. The child will learn to understand his or her body better and find out a lot about healthy nutrition, exercise and relaxation. How do I deal with my emotions, how can I solve problems, how can I end a dispute without resorting to violence – these are some of the other skills that will be trained in Klasse2000. Finally in fourth grade we will also talk about the dangers of tobacco and alcohol. The children will learn to see through the tricks used in advertising and how to say „No“ if others want to talk them e.g. into smoking. In short: Klasse2000 will make your children fit for life.

Of course, it is you, the parents, who are laying the most important basis for your child's healthy development. It is from you he or she will get love and affection. You permit your son or daughter room to choose his or her own path and at the same time show up the necessary limits. And above all you are the most influential role model. With and from you your child will learn to assume responsibility for his or her own life step by step. This is why we want to tell you about the curriculum of Klasse2000 in the first grade and include some useful hints for day to day family life.

Sincerely yours


Thomas Duprée
Managing Director

Klasse2000 subjects covered in first grade:

- That is who I am – that is what I can do already.
This is to build self-confidence.
- The right way to talk to others.
The children will learn simple rules for listening well and speaking clearly – a critical ability for dealing with others.

Rules for listening: looking at the other person, let him or her finish, ask back, if you did not understand something.
Rules for speaking: waiting till the other person is prepared to listen – looking at him or her – speak clearly.
- Breathing, exercise and relaxation.
The children learn how breathing works and about the interrelationships between breathing, exercise, and emotions.

They also learn about Klaro Breathing. This exercise requires the children to concentrate on their breathing in a particular way. It will help them to calm themselves when they are nervous or afraid. After the exercise it will be easier for them to concentrate again. In first grade your child will get to know KLARO, the symbol and mascot for the Klasse2000 programme.

Why don't you ask your child about KLARO and have him or her explain Klaro breathing to you? Then you can exercise it together.

This is what you can do at home:

Talking to one another in the right way

Arguments and tensions between parents and children could often be avoided, if they would just talk to each other in the right way. Why don't you try to apply the rules for listening and speaking as well. For instance by ...

- ... listen to what your child says as often as possible.
- ... listen to your child and concentrate on doing it. 15 minutes a day might be enough, but these 15 minutes you must concentrate on the child 100%, that makes it this time 'valuable'. If you don't have time to listen, say so honestly and agree on a later time. But you must really honour that agreement then!
- ... make sure that you do not just suddenly barge in when your child doing something in an intense and concentrated way. Announce the interruption and permit time so the child can end what he or she is doing or a conversation.
- ... encourage your child to ask questions, if he or she did not fully understand.

And never forget:

„Anything you do will have a much greater impact than anything you say!“

Exercise

„Exercise“ is a major aspect of Klasse2000 that is a priority in all grades. The children will learn how important exercise is for their well being. The whole topic comes into full swing by breaks for doing exercise in class, games and experiments and the children thoroughly enjoy it. Make use of this energy in your family life, by....

- ... give your child ample opportunity to do exercise outdoors, e.g. playing, bicycling, inline skating, skateboarding, climbing, jumping, balancing, ...
- ... try to make some exercise possible at home as well – e.g. with a small trampoline, foam rubber balls or a gymnastics ball.
- ... permit the child to go on foot whenever possible, to school or to visit friends.
- ... rather use the stairs than a lift or escalators.
- ... entrust the child with small chores and assignments. This will get the child moving around and at the same time make him or her proud to make a valuable contribution to family life.
- ... interrupt homework with some breaks to move around.
- ... do some more exercise yourself – then you will be in a better position to motivate your child.

Mind you: Exercise is not only good for the body – recent research has shown- that it is also tremendously important for the development of the brain!

Further information on the Klasse2000 programme is available at the school or from:
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