

Dear parents,

For the second year now your child is participating in the Klasse2000 programme. This programme wants to advance your child's healthy development. The child shall learn what he or she is capable of doing himself or herself to feel well and stay healthy. This includes physical exercise and a healthy diet just as much as non-violent conflict resolution and saying no to tobacco and alcohol.

Of course, you - the parents – determine your child's healthy development more than anybody else. Your education and example are among the most decisive elements forming your child's behaviour. This is why your support is most important.

This letter to the parents will inform you about the topics we will deal with in the second grade: Nutrition, exercise and how to deal with emotions. We also offer suggestions on how to integrate these issues in your daily life at home.

Physical exercise was already stressed in the Klasse2000 programme in the first grade. Sufficient physical exercise is the basis for healthy physical development, for coping with stress and negative feelings as well as for the development of thinking and learning.

We recommend to include as much physical exercise in your daily life as possible: Walk with your child as much as possible, use the stairs instead of the escalator or lift. Provide opportunities for breaks during homework during which there is some physical exercise and for playing in the apartment. Try to give your child as much opportunity as possible to exercise in fresh air. Go on outings, play games and do sports outdoors. This will make both you and your child feel well.

Sincerely yours



Thomas Duprée
Manager

Klasse2000 subjects in second grade:

- **My feelings - your feelings**

The children learn how to recognize feelings, how to distinguish and express them. „KLARO's Magic Formula“ will help them to deal with unpleasant feelings in the right way. It is a very simple method that also children in the first grades can apply, if they are upset or scared.

... **Stop!** Before I respond I must first of all ...

... **calm down:** e.g. with the help of the breathing method taught by KLARO. Then I can

... **think calmly** about: What and how do I feel? What do I want? What can I do?

- **Each day engaging in physical activity**

Experiments and information about the spine, the bones, joints and muscles show the children how much their body can do and why exercises are so good for them.

- **The food pyramid for children**

The children learn playfully how the food moves through their body and which foodstuffs their body needs. To explain this we use the food pyramid for children issued by aid infodienst e.V. The pyramid explains which foodstuffs are favourable in which amounts. It includes small food cards and instructions for games with the pyramid. The children will also take the food pyramid home.

What you can do at home:

My feelings - your feelings:

Feelings often change quite suddenly and intensively - for adults and even more so for children. Often others cannot understand why somebody's mood suddenly changes and this causes conflict. Then there is an argument that nobody really wanted. You certainly know about this from daily life in the family. To prevent this the rule is: All feelings are permissible, but not every behaviour is permissible.

"KLARO's Magic Formula" gives the children the possibility to deal with unpleasant feelings they suddenly experience, such as anger or fear. The method does not work instantly nor does it work always. It must be practiced. The children must learn it from the adults.

- It would therefore be a good idea to have your child explain "KLARO's Magic Formula" to you and for you to apply it as well. For instance, if you are upset about your child or angry with him or her, first tell yourself:

... **Stop!** Before I respond I must first of all

... **calm down:** e.g. draw three deep breaths.

...**Then I can think calmly about:** What does my child need? What do I want? What possible solutions are there?

- Talk to your child about your feelings and help him or her to understand their own feelings.
- Practice the method with your child and praise him or her whenever it is successfully applied.

Nutrition

In class the children learn about the food pyramid and how good it is to eat lots of fruit and vegetables: five times a day. They also learn that drinking water is the most healthy way to quench your thirst.

You can build on that at home:

- Have your child explain the food pyramid to you and play the games that are suggested together.
- Go for variety! Use as many different foodstuffs as possible. Especially fruit and vegetables add variety and colour to all meals!
- The lunch box should contain fresh fruit or vegetables each day.
- Take your child for a „discovery tour“ to the greengrocer's. Try out various types of fruit and vegetables. Try to find out together what you and your child like and what not. Pay attention to the quality and origin of the foodstuffs.
- Against thirst it is best to drink water or mineral water. A tasty change are herbal or fruit teas or juice and water mixes (1/3 juice - 2/3 water).
- Try to avoid lemonade of any kind and very sweet beverages (e.g. ice tea). These should be considered to be sweets rather than drinks.
- Sweets are not altogether banned, but they should not always be around. To really savour one sweet per day is more enjoyable than to keep eating them all throughout the day indiscriminately.

If you enjoy healthy food yourself you are the best role model for your child.