

30. November 2018

Dear Parents!

Since last year, we are participating in the project **„fit 4 future – The program for healthy schools“**, sponsored by DAK, a major health insurance.

Last year, we have focused on the module „Movement“. In different activities and with the usage of our game barrel, we implemented this module into our everyday school life. Our goal was to improve the students' ability to concentrate, impart joy in exercising, prevent or combat obesity and physical inactivity as well as improving motor skills.

This school year, we will focus on the modules „Nutrition“ and „Brainfitness“.

The program „Nutrition“ ...

- encourages students to make health nutritional choices
- motivates parents to lead an active and healthy life style
- changes eating behavior sustainably
- provides interdisciplinary incorporation of the subject “Nutrition” into class instruction and daily school life
- provides tools to prevent obesity and/or physical inactivity

The program Brainfitness ...

- decreases and alleviates stress
- provides tools for students to avoid stress with the aid of relaxation techniques
- increases focusing abilities and thus also increases teacher health
- improves performance with application of brain training
- enables breaks to exercise and activity-based learning



We ask you to support this project by providing your child with a healthy snack. A suitable healthy snack may be finger-food such as vegetable sticks, apple slices, nuts, cheese, whole grain sandwiches or crackers. Sweet treats are not a replacement for a healthy meal. Thus, we kindly ask you to avoid providing your child with sweet treats or sweetened drinks in their lunch boxes!

Currently, we are working on purchasing and implementing a water dispenser for our school which then will provide fresh drinking water for our students. Additionally, we ask you to ensure that students have a healthy breakfast at home. According to multiple studies, a healthy breakfast increases the ability to focus. You may find brochures with additional information regarding the fit4future-project in the main hall of the school.

Respectfully,

Teresa Brey
Principal