

Schule:

## Information for Parents: 1000 Treasures at our School

### Dear parents,

With the successful and practice proven programme „1000 Treasures“ we support your child to grow up healthily from the very first day at school. We address questions such as: How to treat each other with respect? Where are our talents and strengths and how can we enhance them? How can we successfully solve problems, and how can we study together, concentrated and focused?



In ten "1000 Treasures" lessons we work with group exercises, stories, songs, children's picture book cinema, imaginary journeys and coordination games. This way your child can playfully gain better knowledge about his or her strengths, emotions and wishes – and about those of the classmates. Concurrently, the class practices social interaction; all this is combined with lots of fun and physical activity.

We do not focus on problems but on abilities, because everybody has many strengths and talents.



Wir gehen freundlich miteinander um.

Songs, photos and picture cards make learning easier for the pupils. The songs on the CD „1000 Treasures inside me“ are about their own treasures, about respect and solidarity. The songs stimulate motion, attentiveness and concentration.

In the picture on the left two children introduce one of the class rules: We treat each other with kindness.

## You are the most important companion and supporter of your child!

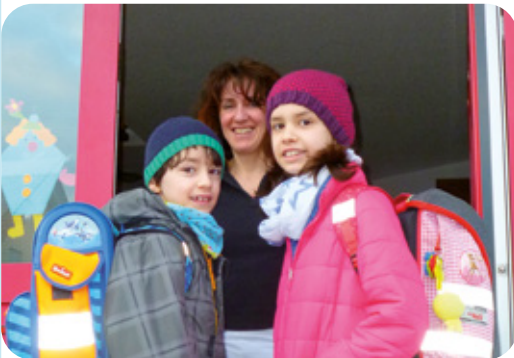


Important for health and wellbeing: one common family meal per day.

We look forward to cooperating with you.

- At a "1000 Treasures" parents meeting we talk to one another and you get to know the 1000 Treasures trainer of our school.
- Two "1000 Treasures" brochures inform you how to foster your child's healthy development and how to support a successful start at school.

We aim to keep you up to date on any important news regarding your child. Please help us to stay in contact (e. g. by advising your phone number). And please do not hesitate to ask if you have questions.



### Announcement: "1000 Treasures" parents meeting

#### Starting school successfully: How you can support your child

We are looking forward to meeting you.  
Please save the date!

.....  
Date of the parents meeting

.....  
Signature Class Teacher

.....  
Signature "1000 Treasures" Trainer

The "1000 Treasures" programme has been tested successfully in schools in Lower Saxony. The Niedersächsische Landesstelle für Suchtfragen coordinates the dissemination of the programme in cooperation with qualified "1000 Treasures" trainers, who are experienced prevention experts. The programme has been developed by Dr. Heidi Kuttler, Cooptima, and is supported by the Kaufmännische Krankenkasse.