Vorwort
## Index

**Introduction**  P. 4  
**Greeting Letter from the Mayor of Göttingen**  P. 5  
**Greeting from the School Principals**  P. 6  

## Important Details  P. 7  

### Important Information Regarding the School System  P. 8
- Lower Saxony's School System  P. 8
- Primary Schools, Hauptschule, Realschule,  P. 9
- Gymnasium, Oberschule  
- Gesamtschule, “Verlässliche Grundschule“,  P. 10
- Betreuung  
- Ganztagsschule, Hort, Schulkindergarten  P. 11
- Reports and Grades, Speech and Language Assistance  P. 12-14

### Parents and School  P. 15
- Right to Education, Compulsory School Attendance  P. 15
- Arranging School Appointments, Parents’ Folder  P. 16
- Parents’ Evening, Parents’ Representation,  P. 17
- Parents’ Day  
- School Enrolment, Homework, School Bag  P. 18
- The Way to School, Sickness Notification  P. 19+20
- Nutrition, Play Lunch  P. 21
- Public Holidays, Sports and Swimming Lessons  P. 22
- Sex Education, School Outings  P. 23

### Special Features of the Schools  P. 24
- Ganztagsschule, RIK, Schulkindergarten  P. 24
- Reading, Pre-School Language Support,  P. 25
- Remedial Help  
- School Social Work LiSA, KiSS  P. 26

### Leisure Time Tips for Parents  P. 27
- Playing and Learning, Television and Computer  P. 27
- Family Outings, Birthday Parties  P. 28

### Check-List for Parents  P. 29+30

### Imprint  P. 31
Introduction

This handbook, “Wegbegleiter“, as its name suggests, is a guide for english speaking parents of primary school children in Göttingen. It is designed to provide parents with useful information and keep them involved in their child´s school community. The handbook offers general information and advice regarding Lower Saxony´s school system, programs specific to children´s schooling and important contact information as well as suggestions for leisure activities available to children. It is hoped that it will offer guidance and provide answers to questions that may arise in connection with children´s schooling.

The handbook is designed to orientate English speaking parents of children from the Brüder-Grimm-Schule, the Egelsbergschule and the Hagenbergschule. Other schools in and around Göttingen are also welcome to use the handbook as a benchmark for new ideas. The duplication of the text, even in mentioning, is welcomed, and the naming of the source is wished.

Many individuals have contributed to the completion of the handbook and we would like to thank all those involved, particularly the City of Göttingen´s Bureau for Integration. Our heartfelt gratitude is also extended to “Deutsch für Alle” in Northeim whose own “Wegbereiter” formed the template for the “Wegbegleiter” in Göttingen.

Efforts have been made to provide the handbook in other languages in order to assist parents of different linguistic backgrounds. Requests for obtaining the handbook in a different language should be directed to your child´s school.

We wish you interesting reading.

Team “Wegbegleiter“
Dear Parents,
Ladies and Gentlemen,

Education is of fundamental importance in promoting participation and equality of opportunity in our society. Supporting education can therefore be regarded as one of the most important goals of our municipal integration concept.

A matter especially important to me is enabling all children in the city of Göttingen to have equal access to educational facilities and their diverse offers. Existing obstacles and barriers must be removed in order to facilitate equal access to educational programs for children and parents alike.

The parents predominantly influence the educational and integrative opportunities of their children. This booklet is aimed to inform and support parents and is a guide to facilitate access to schools while encouraging cooperative interaction between parents and school.

This guide contains important information about the school system and specific details concerning three primary schools. The functions of these schools and the opportunities they offer are outlined. Whereupon the important role parents play in their children’s education and learning is highlighted.

This guide for children and parents is a new initiative designed for the city of Göttingen.

I thank all those involved in the production of this booklet and hope it will be received with great interest by you, the parents.

Wolfgang Meyer
Mayor of Göttingen
Dear Parents,

we, as school principals of the Brüder-Grimm-Schule, the Egelsberg-schule and the Hagenbergschule, warmly welcome you and your child to primary school.

Our schools are cross-cultural and integrative primary schools in Göttingen. We embrace the diversity of pupils and parents at our schools as an opportunity to learn from one another.

We aim to fully support your child in its personal development and to create optimal educational opportunities for him or her. Furthermore, we would like your child to feel at ease at our schools.

If you have any questions that cannot be answered by the class teacher, please contact our school secretary. We are also available for assistance where necessary.

We look forward to seeing you and your child at our school.

Ines Bodemeyer, Brüder-Grimm-Schule
Ulrike Amos, Egelsbergschule
Christine Wardius, Hagenbergschule
Important Details

School address: ___________________________________________
________________________________________________________

Our son/daughter is in grade: _______________________________

Class teacher´s name: _____________________________________

Teacher´s telephone number: _______________________________

Names of parents´ representatives:

1. Parents´ representative: ____________ tel. number: __________
2. Parents´ representative: ____________ tel. number: __________

School´s telephone number: __________________________________

School´s email address: _____________________________________

Principal´s name: __________________________________________

School secretary´s name: ___________________________________

School office opening hours: _________________________________

School lessons are from: ________________ to: _________________

Caretaker´s name: _________________________________________

School´s web page: ________________________________________

Further important contacts:

________________________________________________________________
________________________________________________________________
Important Information Regarding the School System

Lower Saxony’s school system

**Grundschule**
Alle Kinder besuchen sie 4 Schuljahre lang

**Schulkindergarten**

**Beruf**

Studium an der Universität (Voraussetzung: Hochschulreife) oder Fachhochschule (Voraussetzung: Fachoberschulreife)

Berufsausbildung – Berufsschule (BBS)

Hauptschulabschluss
Realschulabschluss
Allgemeine Hochschulreife
verschiedene Abschlüsse möglich

Hauptschule
Klasse 5-9 oder 10

Realschule
Klasse 5-10

Gymnasium
Klasse 5-12

Oberschule
Klasse 5-10 mit Gymnasialzweig bis 12

Gesamtschule
Klasse 5-10 oder bis 12

Wahl der weiterführenden Schule

**Beruf**

- Hauptschulabschluss
- Realschulabschluss
- Allgemeine Hochschulreife
- verschiedene Abschlüsse möglich

- Hauptschule Klasse 5-9 oder 10
- Realschule Klasse 5-10
- Gymnasium Klasse 5-12
- Oberschule Klasse 5-10 mit Gymnasialzweig bis 12
- Gesamtschule Klasse 5-10 oder bis 12
Primary School
All children attend a primary school for the first four years. In the fourth year the school will advise the parents over their options for the next school level. During this discussion the teacher will be able to recommend at which level your child should further his or her schooling. The town of Göttingen holds an event where they introduce all of the secondary schools available. Each school offers an Open Day where the parents and the children are able to inspect their school of choice. The parents then decide the level of schooling their child will attend.

The secondary school options are:

Hauptschule
The Hauptschule goes up to the 9th or 10th grade. After achieving the school leaver’s certificate, the child can apply for an apprenticeship of his or her choice. The Hauptschulen in Göttingen have strict zoning, which means the school a child attends is dependant on the street in which it lives.

Realschule
The Realschule ends after the 10th grade. With the school leaver’s certificate the child can apply for either an apprenticeship or a Fachoberschule.

Gymnasium
The Gymnasium goes up to the 12th grade, at the end of which the student can matriculate, thus reaching the highest school leaver’s qualification. These students have a more diverse choice of career options e.g. attending a university or other tertiary levels of education.

Oberschule
The Oberschule is a relatively new school form. It is a combination of Hauptschule and Realschule. Some also offer a Gymnasium level which allows the students to reach 12th grade matriculation.
Gesamtschule
Gesamtschulen are a combination of Hauptschule, Realschule and Gymnasium. Here all possible school qualifications can be achieved. In a cooperative Gesamtschule (KGS) all three school forms coexist together.
An integrated comprehensive school (IGS) consists of students from all three school forms working side by side in a class.

Important!
The system allows for movement between school levels. A change from Hauptschule to Realschule, or from Realschule to Gymnasium is always possible as long as the students grades are adequate. Other possibilities exist in Germany to achieve a final certificate. Foerderschulen are offered for children requiring extra school assistance and support.

What is Reliable Schooling? (“Verlässliche Grundschule”)
Reliable schooling means that children stay at school for set school times from Monday to Friday, e.g. from 7.50am to 12.50pm. In the event of a teacher or teachers becoming ill, the school provides relief teachers. Parents can be assured that no child will be sent home as a result.

What is Supervised Time? (“Betreuung”)
In the 1st and 2nd grade there is a certain time of day which is used for playing and art and handicraft work. These hours are always fully supervised and take place before and after school hours. For the exact times please ask at your school as they vary occasionally from school to school. This is a free service, however a small fee may apply for the art and craft material. You must enrol your child so he or she can attend the supervised classes.
**Ganztagsschule (All-Day School)**

At a Ganztagsschule supervision is offered beyond the regular school hours. The children receive a lunch and can do their homework. The children can participate in special activities and work groups in sport, music, art and much more. The school collaborates with sport clubs, music schools and other organizations. Participation in the “Offene Ganztagsschule” is voluntary and free. Parents must enrol their child.

**Hort**

Most schools have a few after school day care centres (“Hort”) close by. The children receive lunch there and can do their homework with the help of dependable staff. They also do other activities such as art and craft, painting or playing.

For the holidays most Horts are open for certain hours. A Hort is usually subsidized by the town and sponsored by social clubs, known as “Träger”.

If parents would like their child to attend a Hort they must enrol them and pay a fee. It is not uncommon to be put on a waiting list because of high demand.

Contact persons can be found on the school’s website.

**Schulkindergarten**

Schulkindergarten is offered to children of school age who are unable to cope with a first grade lesson. Important for this decision is the result of a pre-school assessment by a doctor.

In addition to the pre-school doctor’s examination, the observations made by the school during the child’s introductory visit as well as discussions with the parents determine if the child is ready for schooling or requires a year in the pre-school Schulkindergarten.
**Report Cards and Grades**

In the first two years of primary school the child receives a descriptive report which outlines the child’s progress. From the 3rd class on grades are given from 1 to 6, a 1 is the highest grade a child can achieve meaning “sehr gut” – excellent. Children will receive a grade for each written test and for their oral participation and cooperative work in class. Children receive two report cards, at the middle and end of the school year. Further valuable information concerning the child’s behaviour can be found in the report card such as how he or she gets along with other children, absenteeism and if homework was completed. Reports must be signed by the parents.

**Speech/Language Assistance**

Approximately a year before beginning school each child will participate in a compulsory German language test. If necessary further support will be given by experienced staff from the primary school. Parents will be notified as to where this will take place.

It is essential for children to attend a kindergarten because it is there that they will interact with German speaking staff members and children of their age. Research has shown that language learning at this phase of development is easier than later. Parents should not worry that their native language will be compromised.
The Niedersächsische Sozialministerin, Frau Özkan said in June 2011,

“I appeal to all migrant parents to send their children as early as possible to KiTa. Early acquirement of the German language is essential for a prosperous future in our country.”

Many parents are unsure if they should speak their native language or German at home. The Niedersächsische Kultusministerium responds to this by saying:

“Speak to your child in the language you know best, this is usually your native language. The more fluent a child is in it’s native language, the easier it is to learn a foreign language.”

Ask yourselves as parents what could you do to learn the language? The answer is simple:

- sing and play with your child.
- read picture books with your child.
- talk about it and allow your child to name things he or she sees in the book.
- read to your child or tell your child stories, let your child tell you stories too.
Language Assistance:
As a parent do you encounter problems with the German language? Maybe you should try to improve your language skills by seeking help at one of the many German courses offered e.g. integration courses for parents. Learning in a group setting with other adults can be fun and will help you to overcome language barriers. Daily situations will suddenly become easier to accomplish, for instance;

- attending a meeting at school
- shopping
- career training
- dealing with government offices and authorities

Important organisations which offer language and integration courses in Göttingen are:

- the Volkshochschule Göttingen
- the Migrationszentrum für Stadt und Landkreis Göttingen / Evangelische Erwachsenenbildung
- the Zukunftswerkstatt Göttingen

Contact information for the afore mentioned organisations and further helpful information can be found on the school’s website.

For children with a native language other that German, classes are offered in some of their native languages. Information is always available at your child’s school as to if and where these classes are held. Children must be enrolled for these classes.
Parents and School

The school is not the only place children learn, many other occasions and places can be used for learning. Parents play a huge roll in their child’s learning progress. Good communication between parents and school is the foundation for successful learning.

“Your Child Needs Your Support”

Therefore:

1. Ask your child how its day at school was, by doing this you show your child the importance of school and he/she will soon begin to exchange school information freely with you.

1. All children in Germany have the right to an education, and have an obligation to regularly attend school lessons. It is compulsory for children to attend school for at least nine years (“Schulpflicht”). Children must arrive punctually at all lessons. In case a child can not attend school e.g. due to illness, the parents need to report to the school within three days.

1. Parents must be contactable in the case if illness or emergencies involving their child.

1. The teachers and adults of the school are obliged to supervise the children within school hours, this is referred to as “Aufsichtspflicht” (Obligatory Supervision).

1. Your child’s teacher is your most important contact person at the school. You always have the right to request a meeting if you have any questions regarding homework or any other school issues, you needn’t wait till the next parental meeting. Teachers welcome talks with the parents and are willing to help. Simply make an appointment with your child’s teacher for a suitable time. Approaching the teacher with any problems just before school starts can disrupt the lessons.
Here’s an example how to ask for a meeting:

„Hallo Frau / Herr ............
hier ist Frau / Herr ...........
Ich möchte mit Ihnen über mein Kind ...... sprechen.
Es geht um .......... (z.B. Deutsch / die Klassenfahrt, ...)
Wann haben Sie Zeit?
Wann kann ich zu Ihnen kommen?

Vielen Dank.
Auf Wiederhören.“

Children always have a parents´ folder, this folder is used by the teacher to transfer important notices and information for the parents ("Elternmappe"). Please check the folder on a regular basis.

Aside from school obligations parents also have many rights. **Schools welcome parental interest and interaction in school matters.** Opportunities for school involvement are covered in the upcoming pages.

On page **29** of this booklet we have a check-list for your convenience, you can tear out. It is designed for parents to use as a guide for the important things you need to do for your child.
Parents´ Evening and Parents´ Representatives
Parents´ evenings are held twice a year. During this evening the teacher will discuss important topics with the parents, so it is important for parents to participate. During the first parents´ evening the parents´ representatives will be elected. They represent the parents, if you have any questions or problems you can always approach them. The group of parents´ representatives elected in each class is the “Schulelternrat“. They give you support and answer your questions.

Important: If there are more than ten foreign children attending the school and none of these children´s parents are a member of the Schulelternrat, they may elect an extra member amongst them to join (§ 90, 2 Nds. Schulgesetz). The Schulelternrat then elect the parents who attend the Schulvorstand, and then have the duty to see what can be improved at the school. Parents and teachers including the school directors are all equally represented. The Schulvorstand makes important decisions such as the dispersement of school money and may propose ideas towards the school programme.

Parents´ days (“Elternsprechtag“)
At least once a year the parents´ days are held, you can use this day to hold talks with your child´s teachers. In your child´s parent folder you will find an information leaflet informing you how to apply. You will then receive an appointment taking 10 to 15 minutes, it would be a good idea to consider beforehand any questions or points you may like to discuss with the teacher.

Examples:

If you can not keep your appointment please be sure to cancel it.
Enrolment Day ("Einschulung")
Children and their families are welcomed to the first year with a “first day at school” celebration. The children meet their teacher for the first time. For the parents there is coffee and cake after the opening ceremony. It is customary in Germany to buy a special cardboard cone for the child ("Schultüte") to celebrate this day with. It is normally filled with pencils and other things needed for school, also with sweets and small presents.

Homework
When doing their homework, children repeat what they’ve learnt during their lessons by putting it into practice. Many classes have a special homework book where it is noted what has to be done. Your child needs a quiet place to do it’s homework, the television or computer should be off.
Some children need help to complete their homework and others can work independently. It is important: To allow your child to work as independently as possible, when needed, help your child and keeping to a set time may be helpful.
Many schools e.g. all-day schools, keep set times for children to complete their homework and the children get help when necessary. For more information please refer to “Special Features of the Schools”.

School Bag
Your child’s class teacher will give you a list of school materials that your child will need e.g. pencils, erasers, a ruler and a parents´ folder. A lunch box and a drinking flask also belong in the school bag. Important: Make sure you buy a school bag that can be carried on the back, by doing this you help to safeguard your child’s posture.
The Way to School (“Schulweg”)
Practise walking the safest route to school with your child, as you notice the child builds up confidence allow your child to take the route alone or with other school children, this helps to build up your child’s self esteem.
Operation “Little Feet” has been created to help the children by marking certain paths to schools with yellow foot prints which lead the children safely down a road or across a street. The way to school is secured by this path.
If you will be bringing or picking your child up by car, make sure its secured in a child seat or is wearing a seat belt. Even during short distances safety comes first. Pay attention to parking and standing zones near the school, this is also in the interest of your child. If the way to school is longer than 2,5 kilometres you may be eligible for a Göttingen school bus ticket. Please check with the schools secretary for more information.

Sickness Notification
If your child is ill it should not go to school, the child should stay home to avoid passing on its illness and to recover. You can call the school or write a note, give your child’s name, class and teachers name. In the case your child has a contagious illness e.g. chicken pox or measles you must advise the school.
In the case of your child becoming ill during school hours or having an accident, the school will promptly inform you, it is essential that the school has your contact numbers including mobile and place of work, any changes to these numbers should be notified.
Please refer to the check-list on page 29!
An example showing how to call your child in sick:

„Guten Morgen.
Mein Name ist .......... .
Ich bin die Mutter / der Vater von ............... .
Mein Sohn / meine Tochter geht in die Klasse .......... .
Mein Kind kann heute nicht zur Schule kommen.
Er / Sie ist leider krank.

Vielen Dank.
Auf Wiederhören.“

An example of a written sickness notification:

Göttingen, den ______

Sehr geehrte Frau / Herr ____________________

mein Sohn / meine Tochter ____________________
konnte am ______ nicht zur Schule kommen,
weil er / sie krank war.

Bitte entschuldigen Sie sein / ihr Fehlen.

Mit freundlichen Grüßen

Unterschrift
Food and Play Lunch
An old english proverb:

“Healthy body healthy mind.”

This proverb also exists in other languages:

> Sağlam Kafa sağlam vücutta bulunur (türkisch)
> U zdravom telje zdrav duh. (serbisch)
> В здоровом теле здоровый дух (russisch)
> العقل السليم في الجسم السليم (arabisch)

What does this proverb mean? A well balanced diet and lots of activity can help to keep children healthy.

- A school child should eat lots of fruit and vegetables and less sweets and fats e.g. chips
- It should have plenty to drink and avoid caffeine (Cola) and sugary drinks.
- The child should be getting enough sleep, at least ten hours per night.
- It should get lots of exercise, to strengthen muscles and bones.
- Give your child a healthy lunch to school, e.g. a sandwich some fruit and something to drink.

Please refer to the check-list on page 29!
Public Holidays
There are public holiday days in Germany when the children have no school; New Year´s Day (1. January), Good Friday, Easter Monday, Labour Day (1. May), Ascension Day, Whitsun, Germany´s Reunification Day (3. October), Christmas, (Christmas Eve, Christmas Day, Boxing Day 24.-26. December) and New Year´s Eve (31. December).

Children from other religious beliefs can be excused from school, e.g. Feast of Sacrifice.
You can discuss this with your child´s teacher.

The office for Integration in the town of Göttingen has put together a calender marking each religious holiday from other beliefs, and is published yearly.
It is available as a booklet or you can go to their homepage online.

Sports and Swimming Lessons
Children enjoy the physical activity of school sport. In this process they further a healthy bodily development and during swim lessons they additionally learn life saving functions.
The sport and swim lessons are a compulsory component of the school curriculum. The correct sportswear is essential.
Many schools offer further possibilities that encourage play and movement alongside the sports lessons.
**Sex Education**
This topic familiarizes the pupils with questions related to sexuality in an age appropriate manner. The emphasis is on partnership, particularly marriage and family, as well as reinforcing a sense of responsibility. Additionally, we discuss the importance of moral values and address the topic of feelings and emotions. The child´s personal rights are safeguarded at all times and respect, honesty and tolerance are observed in the approach to different moral values. Participation in the sex education lessons is compulsory.

**School Outings**
School outings are events that occur outside the school. Included are hiking days, overnight class trips or the participation in competitions such as sport tournaments. These outings can provide the children with unique experiences, e.g. the opportunity to experience bees close up in an environmental educational centre. The children have fun together and get to know each other and the teachers better. School outings are a compulsory part of school. The teachers take on full responsibility for the supervision. Various agencies and offices exist that offer financial assistance for those in need.

Should you have any questions or reservations concerning any particular topics or aspects of the lessons, do not hesitate to contact the class teacher for a talk.
Special Features of the Schools

On the following pages the special features of the three primary schools are introduced. More detailed and up to date information can be found on the school’s websites:

Brüder-Grimm-Schule: www.bgs-goettingen.de
Egelsbergschule: www.egelsbergschule.de
Hagenbergsschule: www.hagenbergschule.de

An important feature of the three schools is that they all offer supervision beyond the normal school hours (Ganztagsschulen, all-day school). Parents can enrol their children for after school care, a service which is free of charge. Lunch is provided for a fee, the children eat together then complete their homework under supervision. Assistance is offered where necessary. Following that they can either participate in work groups or play freely with their friends attending to their own needs.

If needed, you can enrol your child at a Hort (after school care) for a fee. The Hort runs parallel to the supervisory care offered by the primary school.

Furthermore, all three primary schools are RIK-schools (RIK-Schulen). The Brüder-Grimm-Schule from summer 2013 onwards. RIK is an abbreviation for “Regionales Integrationskonzept” (regional integrative concept). This means that special teachers are available at these schools ensuring that the special educational requirements of children in need can be met. Problem prevention and integration is the aim of this support. Children are offered early help where necessary and the opportunity to work in small groups. Shared lessons and teaching take place for those with and without special needs.

The three schools have a school kindergarten (Schulkindergarten) where children of school age who are unable to cope with a first grade lesson are offered assistance and support so that schooling can be achieved. The emphasis is on nurturing, supporting and training the basic skills and senses required for school attendance.
**Reading**
The ability to read is fundamental for finding your way in today’s world. Which is why children need books! Reading to children at home, for example as a ritual before bedtime, is very important for learning to read.

At primary school we attach great importance to reading. Through the school library and various other reading projects we aim to encourage an interest and awaken enthusiasm for reading in children. Many interesting and exciting books can be found in the Göttingen town library (Stadtbibliothek) in Gotmarstraße 8 (see photo) and in the peripheral library in Grone, Mehrzweckhalle (temporarily), Backhausstr. 14, (entrance Astrid-Lindgren-Schule). A library card is free to children.

**Pre-School Language Support**
Our schools work closely together with kindergartens. Children that require help with the German language receive age appropriate German lessons from teachers at our schools. These lessons take place either at kindergarten or at school. Participation is compulsory for the child.

**Remedial Help (“Förderunterricht”)**
Some children require more assistance than others, which is why we offer remedial lessons, where necessary, in the important subjects mathematics and German. Children with limited knowledge of the German language are aided in learning German as a foreign language. In addition, the Brüder-Grimm-Schule and the Egelsbergschule provide a language learning class (“Sprachlernklasse”). Children with speech developmental problems can attend the speech support classes (“Sprachförderklassen”) at the Brüder-Grimm-Schule.

The three primary schools have many special offers, for example in the fields of music and sport. Further details can be found in the listed internet websites. Here you can also find an address list with after school child care facilities (“Betreuungseinrichtungen”), advice centres for families, integration and social services, educational and cultural facilities in and around Göttingen and many other useful internet websites.
Special Features of the Schools

**School Social Work**

**LiSA – Lernen in Schule und Alltag**
(-learning in school and daily life)

A school social work service is offered to all children and parents at your school. The workers at LiSA offer support for worries and problems that arise in connection with school. Moreover, they are a trustworthy contact person if you are in need of help or have any questions concerning your child in such matters as child raising, health, available support services, etc. With your involvement, the workers from LiSA organize the necessary assistance you require and support you in your dealings with local authorities and institutions.

LiSA also initiates and organizes activities, events and projects at school and in the local surrounding area promoting culture, recreational activities, available support services, health and exercise. The workers are open for ideas or suggestions.

Your contact partner at school and the contact hours can be found on the following website: [www.jugendhilfe-goettingen.de](http://www.jugendhilfe-goettingen.de) using the link from LiSA or by enquiring directly at your school.

LiSA is financed by the City of Göttingen and supported by Jugendhilfe Göttingen e.V.

**KiSS – Kinder in Schule und Sozialraum**
(Kids in School and Social Area)

KiSS is a pilot project of Jugendhilfe Göttingen e.V. and is supported by the federal programme: “TOLERANZ FÖRDEN – KOMPETENZ STÄRKEN” (Encourage Tolerance – Strengthen Competence). This project supports and compliments the work of LiSA at three Göttingen primary schools; Brüder-Grimm-Schule, Egelsbergschule and Hagenbergschule.

The KiSS team plans and organizes activities and projects for children, parents and teachers such as holiday activities, afternoon activities at the school and in the local area, continuing education for teachers and integrational projects for parents.

KiSS encourages the involvement of other local organizations and institutions with the aim of strengthening co-operation and working relationships.
Leisure Time Tips for Parents

Playing and Learning
... belong together! Playing is fun and children can learn while doing so.

For example: the dice game “Mensch ärgere dich nicht!”

- The child learns the numbers 1 to 6 by throwing the dice.
- It learns to count the squares when it moves it´s game piece.
- The child learns rules: Each child must wait its turn. Cheating is not allowed.
- The child learns to concentrate on one thing for a period of time.

Experts have found: Many children don´t move enough. This is not good for their bones and muscles. Movement is also important for learning e.g. cycling and skate-boarding improve a child´s sense of balance. Through school sports and recreational sports a child strengthens and trains it´s muscles and senses.

Your child can experience something special by participating in the holiday sport and recreational programme offered by the city of Göttingen. Or through the Kinder-Uni events where researchers and academics hold interesting lectures for the children, e.g. over marine biology, or perform exciting experiments.

Television and Computer
Some parents think that children learn to speak if they are allowed to watch a lot of programmes on television. This is wrong. Language is learnt through active speaking. While watching television, however, a child doesn´t speak.

Experts advise parents:
Monitor how much television your child watches. Set a time limit e.g. half an hour a day or a particular programme. Check which programmes your child is watching. Some programmes are only suitable for older children or adults and may frighten young children. Watch the programmes together with your child. The television should not be in the child´s bedroom, as this way you can not control what your child is watching. These rules can also be applied to the use of a computer or electronic gaming devices such as X-Box and Playstation.
**Family Outings**

Göttingen offers many possibilities for enjoyable trips and outings. An outing with the whole family is fun for all. Children are grateful when their parents undertake something together with them.

Great locations for children are the Kiessee, the Schillerwiese, the Leineauen, the Levinsche Park with a lot of place for fun and movement, or the Göttingen outdoor pools and the indoor pools at the “Badeparadies Eiswiese”.

Some outings cost something, e.g. the entrance fee to the swimming pools.

Holders of a Göttingen city SozialCard recieve a discount for many of the activities, occasionally entrance is even free. The people at LiSA are the best contact person for questions concerning this matter. A leaflet on the SozialCard is available in four languages and can be found on the Göttingen city homepage.

**Birthday Parties**

In Germany a child’s birthday is celebrated in a special way. Usually the parents invite the child’s friends around for the afternoon. The birthday child receives small presents from the friends. Cake is served for all and party games are played together. The children are then collected in the evening by their parents.
Check-List for Parents

**Important Details**
School Telephone Number: _____________________________

Class Teacher
Name: ____________________________________________

Telephone Number: _________________________________

**You should check this frequently!**

- Does my child have something to drink in it´s school bag?
- Does my child have it´s lunch in it´s school bag?
- Is there important information in my child´s parent folder from the school?
- Have I checked the homework book?
- Is my child´s pencil case complete? (pencils, eraser, ruler...)
- Are all writing books and school-books to each subject there?
- Do we have an up to date timetable?
- Is the sport bag complete?
- Does the school have our current telephone number?
- Does my child have slippers at school that fit properly?
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JUGENDHILFE GÖTTINGEN e.V.

Kinder in Schule + Sozialraum