

To the parents of school beginners in 2019.

Start school days safely and actively – with our safety campaign.

Dear parents

School has started and for you and your child an exciting, expectant time has begun. A new environment, new friends and new challenges await you.

Your child will quickly get used to the new everyday life. Already in the morning, you can help him to adjust well to the new day.

After a relaxed breakfast, your child is ready for the start of the school day. And what should not be missed under any circumstances? The break time snack, of course. Make sure that your child has a good and balanced diet at school, too. Since by promoting healthy eating habits, you also lay the foundation for a conscious diet in the future.

Since school beginners are not accustomed to sitting still for long periods of time, the way to school is an excellent opportunity to be outside for a while before classes begin. By the way, exercising in the fresh air is not only good for concentration. It also makes your child more adaptive and efficient in school and more careful in traffic.

A great way to provide for some exercise every day is the so-called "**walking bus**". Here, one or more adults walk a fixed route with their child/children and take other schoolchildren along the way at several "stations". In this way, everyone comes safely to school and back home – and at the same time learns how to behave in traffic and how to be considerate of each other. Are you interested? Then simply join forces with other parents from your area to establish a "walking bus". All information about the issue "walking bus" can be found on our website at stiftung.adac.de/sicherheitsaktion

As part of the safety campaign, we also support teachers with our Schul-Fit-Programm. Together we want to promote the safety, visibility and exercise of our youngest road users.

We are looking forward to your support and wish your child an exciting and enjoyable start of school.

Yours sincerely,



Dr.-Ing. Andrea David
Chairwoman of ADAC Stiftung

ADAC Stiftung

Stiftung bürgerlichen Rechts

Hansastraße 19
80686 München
T 089 76 76 41 00
F 089 76 76 20 30
info@stiftung.adac.de

stiftung.adac.de

USt-IdNr.: DE308345589

Bayerische Landesbank München
IBAN: DE83 7005 0000 0004 6490 94
BIC: BYLADEMMXXX

Vorstand:

Dr.-Ing. Andrea David

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