

**Dear parents of Lyngsberg School,**

Today you are receiving information about upcoming dates and projects in the next few weeks.

Review: “Learning Without Violence” Program:

The school project will be completed this week. All children at Lyngsberg School participated in the courses. The teaching staff and the after-school care (OGS) team completed joint training, and 21 fathers or mothers took part in the “Parent-Child Training.” This violence prevention program is funded by the City of Bonn.

Lent:

In the Christian religion, Lent begins on Ash Wednesday and lasts until Easter. During these weeks, we will refrain from sweets at school – only birthday cake is allowed.

At the same time, many Muslim families are observing fasting during Ramadan this year. We welcome the fact that children are being introduced to the rituals of their religion and take part in the Ramadan fasting ritual on weekends. However, please ensure that your child does not fast on school days, so that they can participate in lessons as usual with good concentration and sufficient food and fluids.

Parents’ Café:

On Friday, March 6, 2026, from 3:00 pm to 4:00 pm, another Parents’ Café will take place. Everyone is warmly invited.

Rugby Trial Session:

This year again, we can offer all classes a trial lesson in a special sport. Financially supported by the Citizens’ Foundation, the Bonn association “Bonn Rugby Union Club e.V.” will conduct a training session with qualified coaches under the supervision of our teachers.

Bicycle Training:

Under the direction of Chief Police Inspector Mc Bean, the fourth-grade classes will take place this month in bicycle traffic training in the area around the school in Lannesdorf. This is only possible with the active support of many parents. Thank you very much for that!

### Sponsored Run 2026:

You will soon receive information about the Lyngsberg School sponsored run. It will take place directly after the Easter holidays on Wednesday, April 15, 2026. As every year, the Lyngsberg children will “run” to collect donations for the school and for a good cause. This year, the money raised for the school will be used to finance our “Drumming Week” in July.

Warm regards,  
The Lyngsberg School Staff

### Summary of Key Information:

- **Christian Lent – please no sweets at school**
- **Ramadan – no fasting on school days for children**
- **Parents’ Café – March 6, 2026, 3:00 pm**
- **Rugby trial training**
- **Traffic and bicycle training for 4th grade**
- **Information sheet about the sponsored run (April 15, 2026)**