

# Laura's start at the Dr. Moritz Schreber School

This is so mean from my parents again; I've been standing here in the corner for at least 15 minutes now and have to press my face against the wall. I cannot sit or kneel down. I guess my parents think this new punishment is great, but I just wanted to finish one level on the console before I was going to do my kitchen duty. There is nothing wrong with that. But now I have to stand here and my hands are secured with leather cuffs to the back of my harness. The harness is tied to an eyelet on the wall with an extremely short leash so I can't move. This is almost as bad as in the new school I recently was sent to. There I am also tied with the harness for punishment, but there you have to hold the position exactly or the punishment timer starts all over again.

But maybe I should start a little bit further back. My name is Laura and I am 14 years old. At the end of the last school year I was suspended from my old school because I hit another girl and was caught smoking several times. But they totally overdramatized the whole thing, everybody tries a cigarette, and that stupid Melanie totally deserved the beating.

Anyway, I was hoping that the summer holiday would be the end of the story. Instead I got caught when I stole a pack of cigarettes at the gas station. As a result, the stupid cow from the youth welfare office suggested the "Dr. Moritz Schreber School" to my parents, which they accepted and now I have to go there since the end of the holiday. But that's not a school, that's a prison, I tell you. And then my parents also introduced some methods from there here at home. But of course only for me, not for my brother. He can always get away with anything.

In the new school there is an obligated school uniform, so I always have to wear blue culotte overalls to school. Since I'm in the 9th grade, this is blue for me. In winter I will have to wear blue overalls. In the summer the culotte overalls are supposed to make us look more girlish. But this thing is totally stupid. The upper part with the straps and the bib fits very tight to the body. The straps have to be adjusted so short that the crotch part is pulled tight into the crotch. The two single legs are then cut very loose and wide like a skirt. The reason why it is not a skirt is that we get to wear a harness on top which also has a crotch strap. This would not work with a skirt. The first to fourth grades have a harness without crotch belt, and the girls wear bib skirts. Which looks quite cute on the little kids, if they didn't all have to be red.

I have included the school rules at the end so that you can imagine what all the students look like.

We even have to wear the school uniform for homework. And my parents even think it is a good idea that I wear the harness for homework, while that is not required by the school. We have an extremely "safe" harness in the 9th grade. It consists of steel cords covered with a thick rubber. You cannot cut this. The buckles are all equipped with very secure locks.

These things really stink. There are straps going over the shoulders, around the chest, around the waist and through the crotch. The educators or the teachers decide how tight they want to pull the straps. A complaint usually only leads to even tighter straps. The harness is constantly pressing somewhere and is totally annoying.

You are probably wondering what this is good for. Well, at school it is called discipline harness. You're tied to something for almost the entire time at school. During normal lessons you are tied to your chair with it. We have individual tables that form a unit with the chair. There are short lines with hooks all over the table which are then connected to our harnesses. If you are not being punished, then you cannot stand up and bend your upper body only a little bit forward. But if you have been "naughty", it can happen that you can hardly move on the chair. At the wrists and ankles

we always have to wear cuffs, which are made of the same material as the harness. These cuffs are then also attached to the chair or table. This is not a punishment, only a "disciplinary aid". For a punishment one is fastened with the harness in a rack. Two belts prevent that one can leave the rack. In front of your face is a small monitor where you can see a picture of yourself and a figure. You have to take the same position as the figure and then the penalty time starts. Usually it is 10 minutes. But if you deviate from the position by more than 5 cm, the timer starts again. This is super mean and difficult. Especially when you have to stretch your arms to the sides or hold them behind your head. On top of that you have to keep following the lesson and the teacher asks you questions about the lesson. I have never seen anyone who did it in the first attempt. Most of them are standing there until the end of the lesson, which is really mean and extremely exhausting.

There is actually only one time when we are not held somewhere with the harness. That is during the breaks. But here you have to have some luck. If you have to go to the toilet, it usually takes the whole break. But I will explain that to you later. If you have done something wrong, there is no "freedom" in the break. Either you are tied together with others or leashed somewhere. Then there is the walking track on the playground, which is also totally mean. If a teacher is of the opinion that a pupil does not get enough exercise, e.g. by punishment or additional shackles on the chair, then it can happen that you have to go on the walking track for the whole break. This is a 50 meter long gravel track at the edge of the schoolyard, where a steel cable is stretched around two large rollers, similar to a ski lift. This cable moves permanently during the break. From the steel cable short lines hang down to about one meter above the ground at 5 meter intervals. These lines can be hooked into our harnesses. Then you are forced to walk the whole break with the line. The speed can be adjusted. It is always faster than walking comfortably. If there are no children in red uniforms, i.e. none from the 1-4 class, then it is done so fast that you have to run to keep up. You will certainly be hot after the break.

On the first day of school I thought I would not get through it. My parents had only told me on the last day of vacation that I would change schools. Then the following morning I got the real surprise. I had to put on the new school uniform under the supervision of my mother and my father had put the harness on me at home. At first I thought it was a joke, but I had to realize that it was not. Even my little brother, the snake, was initiated and got a big part in my humiliation. He was allowed to take me to school every morning. Yes, exactly, I am led to school by my little brother on a leash. I can tell you this is a new humiliation and degradation every morning. In order for him to be able to keep me under control at all, my wrists are buckled to the back of the hip belt of my harness and between my ankle cuffs I get a belt that is only 30 cm long. With this I can only take small steps and have to fully concentrate on walking to avoid falling down.

So my brother can easily pull me on the leash to where he wants and I have to obey him. Of course he takes full advantage of this and always orders me around. But of course my parents don't notice that and they don't believe me. That is all so mean.

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At this point I would like to break in and clarify a few things. My name is Thomas and I am Laura's younger brother. I am 12 years old and go to the Werner von Siemens Gymnasium.

My sister tries to present herself as a victim here again. But that is not the case. She herself is to blame for everything, she made all the mistakes herself and now she has to answer for them.

Actually, it is me who had to make sacrifices here and still do. But I like to do this for my sister and also for my parents. It is my free time that I have to sacrifice to bring Laura to school and pick her up again. If I could ride my bike to school, it would be much faster. But this way I have to walk with her which takes a long time because of her shackles.

Laura's new school was originally against me bringing her to school as a younger brother. Rather, they would have been happy if I myself had gone to school there, because they don't want to have

only problem children like Laura. But our parents do not have the opportunity to take Laura and me there and pick us up every day.

So the school has insisted that I have to go there myself for a week during the vacations to find out how Laura is educated there. I can tell you, the week was no fun. They are really very strict there. I had to take "vacation classes" in the mornings with other kids my age and in the afternoons I was taught how to lead Laura. Only after an exam did the school allow me to lead Laura.

So it is not that I do not know how she is doing and what she can expect at school when I tie her up there in the morning. Exactly, when we reach the school, I attach her leash to a guide rod in the entrance area, just like many parents or grandparents do with their children there. It is a kind of queue, from there the fit of her harness is checked and corrected before she is brought to class, because mom often does not tighten the straps enough. But I leave it like that, even though I know better. Because of course I am not a monster and I leave Laura the 20 minutes on the road the extra freedom. And it is not as if she could get out of the harness.

During my week at the "Dr. Moritz Schreber School" I also had to get acquainted with the punishment rack, and yes it is punishment and very exhausting. But I still managed to complete the punishment once without repeating it. So it is not as impossible as Laura claims.

In my case, mom took a week off from work so that she could take me there and also pick me up, as required by the school rules. I also had to put on my school uniform at home in the morning, which Laura hadn't noticed because she had always slept until 10 a.m. during the vacations. I had to wear frog green short overalls with a white t-shirt. The overalls were actually too tight for me, but the teachers thought that was just right. I don't have the most athletic figure and the pants stretched all over my body. But it was not too uncomfortable and all the other children looked the same. But it only became uncomfortable after mom "dropped me off" there. The other children and most of the teachers and educators didn't know why I was there that week. Only the teachers in the afternoon classes knew.

Since Mom always brought me to school without the harness, she couldn't fasten me to the queue like Laura and took me directly to a teacher. He immediately put the harness for the 7th grade on me. I have to admit this is a bit uncomfortable and I was very happy when the week was over. The straps around the upper body are very tight when the teachers tighten them properly and they are always tightened properly. You should feel the harness all day long and always be reminded that you are under the full control of the teachers. This is certainly not a nice feeling but it is part of the methods there. With the crotch straps fully tightened, even the most dimwitted person understands that it is better to obey the teachers and do what you are told. Because a pull on the lead line is then felt all over the body.

I also got acquainted with the walking track; I actually had the feeling they always looked for an excuse so that I had to experience everything at least once during the week. I was given every punishment and was also allowed to "try out" many "devices" once. So also the walking track. Some of the older boys saw the track as a welcome training opportunity. In the break between the last morning class and lunch, I was tied to the track with a group of blue boys and had to run for 30 minutes at a pace I was definitely not used to. As I said, I am not the sports type. But that was probably the reason why the teacher had chosen me for it. I was totally exhausted afterwards and my uniform was soaking wet. But the most uncomfortable part of the whole thing was definitely the harness.

I even had to eat in the wet clothes. I got a clean uniform only after mealtime. During the meal all students are of course tied to the table or bench with their harnesses.

Looking back, I have to say that it was a good experience that I had there. Even though I have to admit that the control exercised on the students there is really very strong. But maybe this is exactly what Laura needs to come to her senses. Of course I don't want to go back there voluntarily. But I think that Laura is responsible for that herself. I sacrificed my free time for her during the week,

only to give her this chance I took all this upon myself. Because I think like my parents, that this school is the last chance for Laura to escape from prison, because she is now already 14.

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My brother can make it sound OK, but he was able to leave after a week while I might stay there until I graduate. And it doesn't get any easier in the upper classes. I've already seen that from the students in the white uniforms. They are not treated any better than we are in the blue uniforms. Besides, my brother forgot to tell me what he will do with me when he picks me up from school. Then he pulls me home on a leash again and does not take into account that the teachers have tied my hands much tighter to the harness for the way back. "To make it easier for my brother," they say. Once home, I have to sit down on my chair at my desk and there he ties me up, almost exactly like the teachers at school. Only when everything is tight he unties my hands so that I can do my homework. Only when Mom comes home from work my homework is checked and then she unties me. But she still does not take the stupid harness off me. I have to do my household chores first and if I don't do it immediately, I am punished with corner time. I have never seen my brother standing in the corner. But I know that his harness from his time at Dr. Moritz Schreber School is still at home here...

END

## **School regulations Dr. Moritz Schreber School**

### **§1 Introduction**

The Dr. Moritz Schreber School sees itself as an educational institution of traditional values. We always look at the whole person in the education of the children. The emphasis is on obedience, discipline and posture. The language of instruction is English and therefore the school is open to children from all over the world. Conversations between students, if allowed, are also conducted in English.

### **§2 Compulsory Education**

All students are obliged to participate in all classes and other school events. Eating and drinking is only allowed during the breaks and at the places designated for this purpose.

### **§3 Private Technical Devices**

Students are not allowed to carry electronic equipment (e.g. cell phones, music players). Exceptions can be agreed upon between parents and the school management for equipment that is used exclusively for monitoring and/or disciplining the child. Such equipment must be firmly attached to the child's body (e.g. collar) and must not be removable by the student. A key or tool for removal must be deposited with the school management.

### **§4 Smoking and Drugs**

Smoking and any kind of drugs is forbidden for students, teachers and support staff.

### **§5 School Uniforms**

All persons involved in school operations must wear the uniform provided by the school during all activities related to the school. For the students this means explicitly that the school uniform must also be worn for homework, study groups and private tutoring.

The students' uniforms are divided into four colors according to grades:

The students in grades 1-4 have red uniforms (6-10 years)

The students in grades 5-8 have green uniforms (11-14 years)

The students in grades 9-12 have blue uniforms (15-18 years)

The students of class 13 have white uniforms (19 years)

The shape of the uniforms varies according to the season and the gender of the students.

In summer, the boys wear short overalls with a white t-shirt and white socks.

In winter the boys wear long overalls with a white polo shirt. With particularly low temperatures a sweatshirt is worn under the bib and tights are worn with it.

In summer, girls in grades 1-4 wear a bib skirt and all others wear culotte overalls that goes down to the knees. Knee socks and a blouse in white are worn underneath

In winter the girls wear overalls with wide legs. Under them pantyhose and sweaters.

The bib may not be covered by another garment in any of the uniforms. The official school logo on the bib with reflection function should always be visible. All uniforms are equipped with reflective stripes in silver and bright yellow around the legs, waist and on the straps in the back. In winter, when temperatures are low, a personal jacket may be worn on the way to school, provided it has sufficient safety features in the form of reflectors.

For physical education, all students receive a cotton jumpsuit in the colors of the respective grades. The overall is closed and secured with a zipper in the back.

Staff and teachers always wear a jumpsuit with the school logo on the right chest. The coveralls have different colors depending on the function of the staff:

The teachers wear a grey jumpsuit.

The staff for break supervision, toilet supervision and other supervisory staff wears a yellow jumpsuit.

The laundry and janitorial staff wear an orange jumpsuit.

The kitchen staff wears a black jumpsuit.

## **§6 Discipline and Education**

Students must always wear a personal discipline harness during their stay on the school premises, with the exception of sports lessons. Parents are strongly advised to use them for the way to and from school. Should the children reach the school grounds without harnesses on and secured, please note that these children must reach the school at least 15 minutes before the start of the lesson, as the harnesses must then be put on by the educational staff.

The type of harness varies from one class to another:

Levels 1-4 will receive a leather harness with a chest plate, a hip belt and crossed straps at the back.

The school logo is placed on the breastplate, as it covers the logo on the uniform.

For grades 5-8 the harnesses are nylon webbing and have a hip belt and a chest belt with a central buckle at the back, as well as a central crotch belt for the girls and two crotch belts for the boys.

For safety reasons the harnesses for grades 9-13 are made of strong rubber band, which is reinforced with two embedded steel wires. The harnesses have a central point at the front and also at the back where the straps meet. This way the school logo remains visible on the bib of the overalls.

The straps run over the shoulder, around the chest (very high) and along the sides through the legs.

In the crotch, there are connecting pieces between the crotch straps that are adapted to the gender.

All harnesses are locked and secured and cannot be opened by any student. The straps must be tightened so that a maximum of only two fingers fit between the harness and the child's body. The harnesses also include wrist and ankle cuffs, made of the appropriate material (level 1-4 leather, level 5-8 nylon, level 9-13 rubber with steel). These must always be worn, even when not in use.

When the students reach the school in the morning and are equipped with the harness, and after the end of the break, they have to go to the classes and their assigned places on their own. There they have to fasten their seatbelts themselves with the belts provided. In each classroom there is always someone from the educational staff present and will supervise and check this process.

As a rule, the students should be restrained during the lessons. The teacher or the educational staff decide how much a student should be restricted in his or her movement.

During the breaks the students should be given the opportunity to move physically. How much this is possible depends on the child's behavior and the decision of the teachers. The children can be tied together in groups and left in the yard, or they can be secured in the yard on roller lines. Children with a high need for movement can also be kept moving under force on an automatic pull line during breaks.

### **§7 Social Behavior and Respect**

All students must be respectful and polite to the teachers and other staff. Questions are always to be indicated with a hand signal and only to be voiced when asked, even outside of class. Every adult's question must be answered by the child clearly and distinctly. Instructions are to be clearly confirmed and carried out without objection by the student.

Outside the breaks and in the toilet areas no conversations between students is tolerated.

Conversations among the children during breaks are only allowed at an appropriate volume in the designated areas.

Physical contact between students is strictly prohibited. Exceptions must be explicitly ordered by teachers or educators, e.g. in the sports class or during work assignments.

### **§8 Toilet Regulations**

It is not allowed to use the toilets during the lessons. The toilets are only open during breaks and are staffed by the appropriate personnel. The children cannot visit the toilet on their own due to the uniform and the discipline harness. A visit to the toilets must always be requested from the teacher or the educator at the end of a lesson. The students are then tied in a row in front of the toilets and taken one by one to the toilet by the toilet staff.

If a child is unable to hold during the time between breaks, it can be agreed with the parents that the child will wear diapers and these will be checked accordingly by the teachers and changed by the toilet staff. This may be the case for small children in grades 1-4, or a temporary illness may lead to this. The parents then decide how long the child must wear and use the diaper.

Should a child have an accident without a known illness or arrangement with the parents, one such accident per school year has no consequences. If a second accident occurs, the child must wear and use diapers until the end of the school year.

### **§9 Special Tasks**

All students must perform tasks in addition to classes and events such as performances. This can be done during cancelled lessons or according to the planned schedule. The work services are planned by the educators and can also be used for educational purposes in the type and scope of work.

There are services in the kitchen, with the janitor, gardening and cleaning the buildings. Basically, the children have to be restrained or guarded at work.

### **§10 Leaving the School Grounds**

Students are obligated to wear the school uniforms on the way to and from school.

Students may leave the school premises only after the lessons on the day have ended.

In classes 1 to 8 this is only allowed when accompanied by a previously determined supervisor.

In grades 9 to 13, parents can make an individual agreement with the school management on the conditions under which the student may leave the school premises on his or her own to make the journey home.

Electronic surveillance systems can be used here. Control measures offered by public transport can also be initiated by the school. The bus stop connected to the school is monitored by our educational staff at the beginning and end of school and the children are controlled and disciplined accordingly.