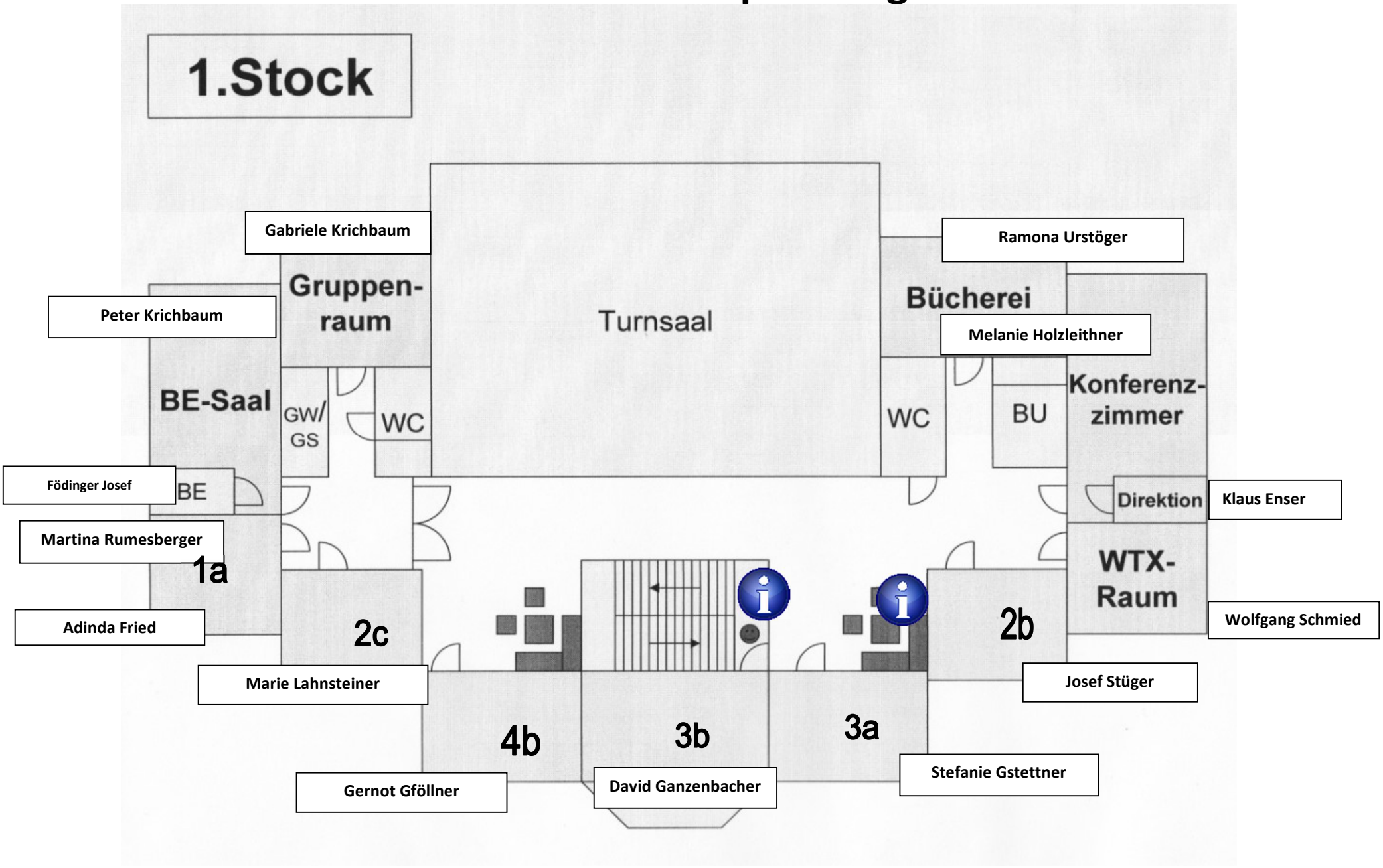Elternsprechtag