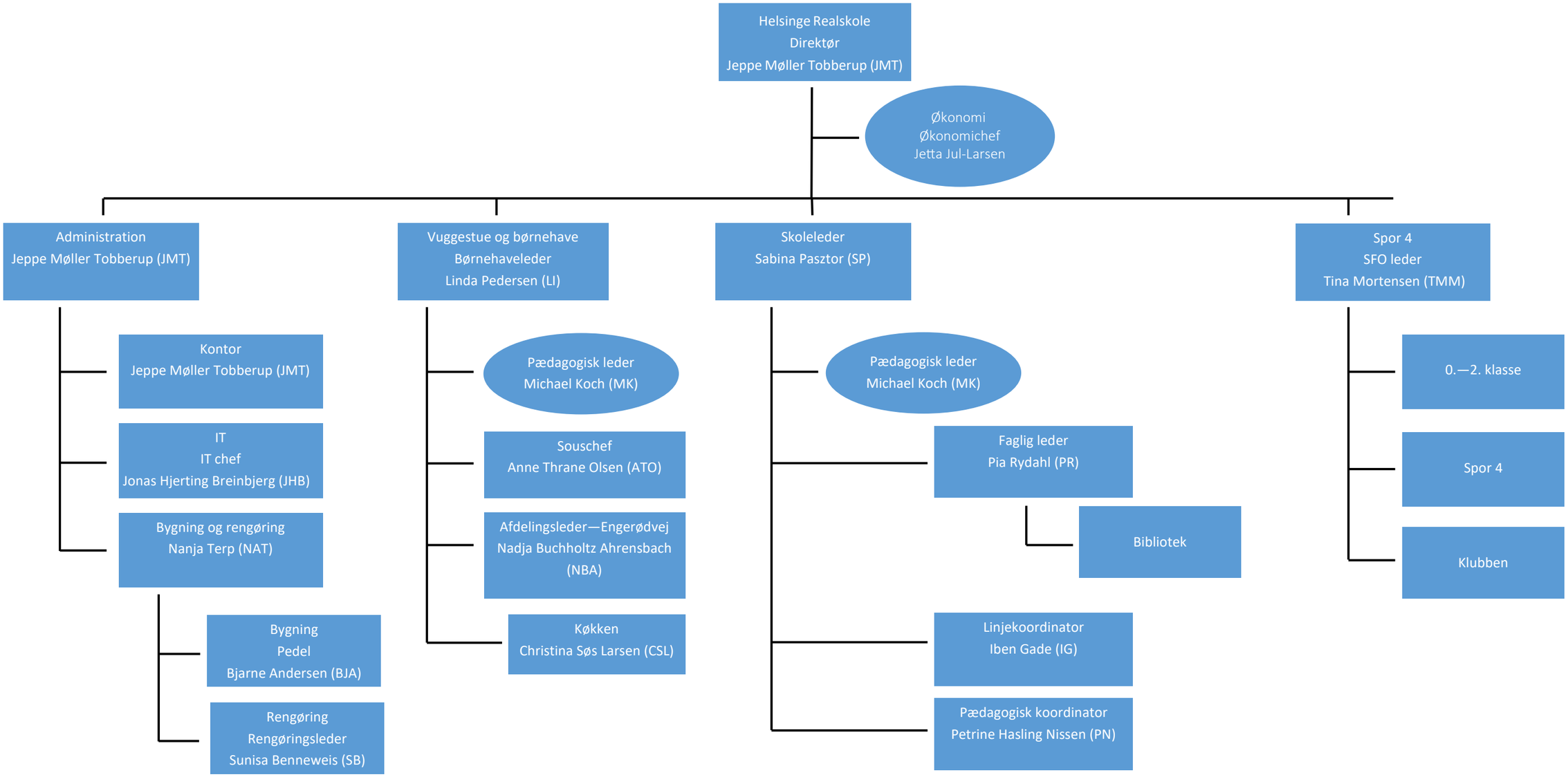HELSINGE REALSKOLE