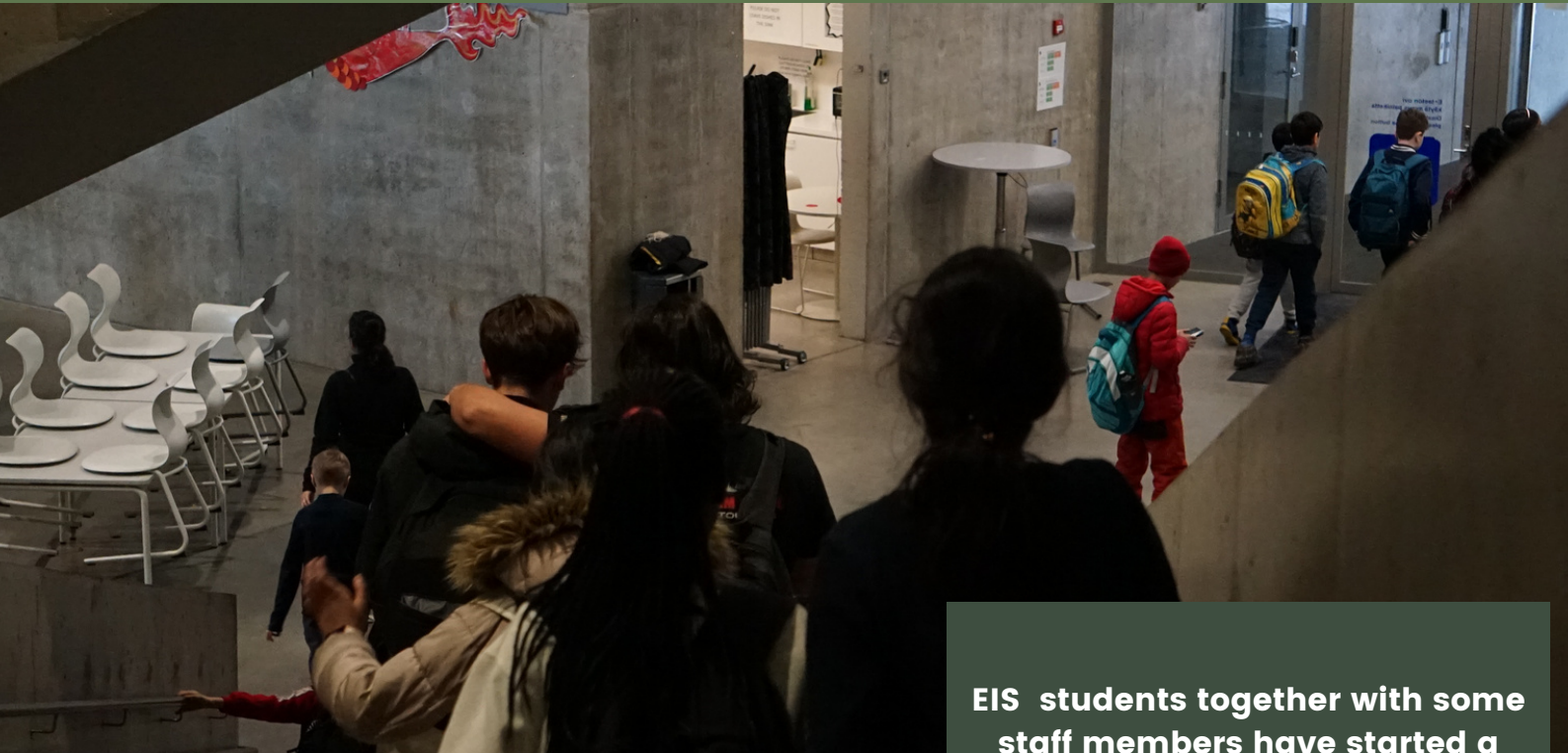


EIS WELLBEING



EIS students together with some staff members have started a discussion club to discuss different topics.

It will be a safe space for open discussions about equality, diversity, inclusion, discrimination etc. Basically discussing about universal issues.

We are excited to invite you to join us and share your thoughts. The first topic for our next meeting is "Prejudices in sports". It will happen on 13.02.2024 at 15.10 (45min) at the cafeteria!

See you there!

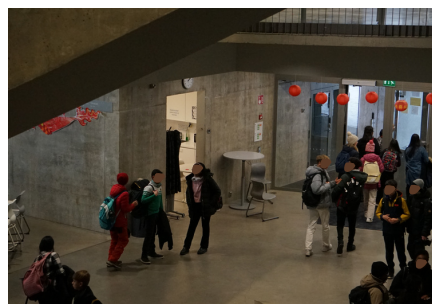
**With peace,
"Discussion for justice" team!**



January!

January month went through so quickly! Slowly but surely students got back into school rhythm.

Student-led recess clubs started on Tuesday 23.1 during the 9:50 break.



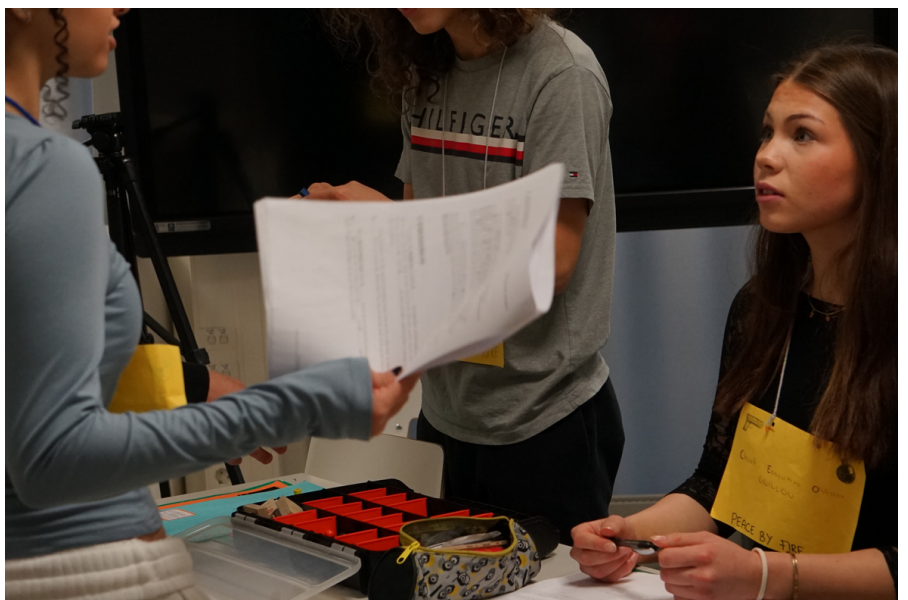
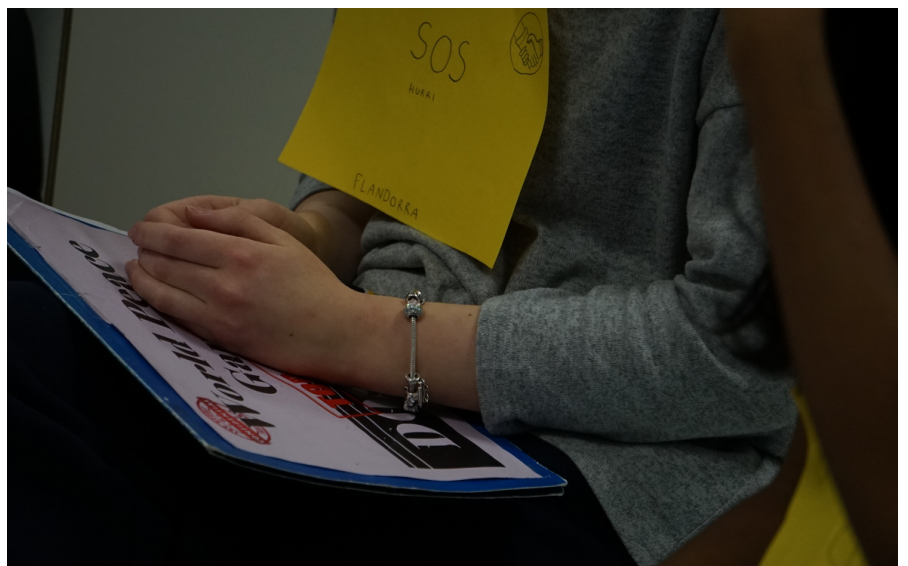
These clubs are held twice a week on Tuesdays and Thursdays and will always take place on the 3rd floor.

WORLD PEACE GAME



8I and 8S students had a chance to participate in the world peace game. Students had a great time solving issues and simulating real-life situations to achieve peace in the world!

It is a role-play game that helps students to take the role of different organisation members and create a new character. It is a fun and powerful method to learn!



EIS COMMUNITY



Wellness recess

You are very welcome to Wellness recess every if you are a 7th 8th or 9th grader! We gather in a small, quiet gym. This time is to take a moment to relax our body and mind.

We do different activities, sometimes we dance, meditate, relax or just talk! Feel free to come and see if it is something for you!



HAMLET

by William Shakespeare

CAST:

Fiona Tong,
Emma Nihill,
Rhys Anderson,
Jackson
Pentland,
Rian
Wunderlin, Ian
Fletcher,
Reginald
Edwards



EIS 9th grade students had a possibility to enjoy TNT's award winning production of HAMLET. This HAMLET has thrilled audiences and critics from East Asia to Central America, and from the Middle East to the British Isles. The production skillfully blends the radically different quarto and folio versions and aims to illuminate the world's most fascinating theatre text rather than impose some superficial interpretation.

Director Paul Stebbings emphasizes and explores the theatricality, using life size puppets as well as highly theatrical ghosts and comedy interwoven with tragedy, as Shakespeare intended. This is not a play about inaction, but of a constant search for truth and justice. The production is complimented by Thomas Johnson's powerful music, sung and played by the actors and interwoven with the text in the manner of a film score. This revival tours to Finland, Germany, China offering audiences a unique opportunity to get to grips with the greatest story ever told.



EIS TRIPS



7I and 7S trip to Aalto University Juniors lab!

Aalto University Junior offers art, science, technology and entrepreneurship for children, young people and teachers.

Aalto University Junior bridges the gap between school life and academia by inspiring and promoting learning and teaching in business, arts, technology and natural sciences. Its activities take the form of action-oriented study visits, camps, events, courses, and competitions aimed at children, young adults, teachers, school pupils and families.

This time 7I and 7S students had a chance to dig deeper into physics. The theme of the workshop was "Use of light and colour in physics." Students really enjoyed and were thankful to Aalto University students who have lead the workshops!



PHYSICS



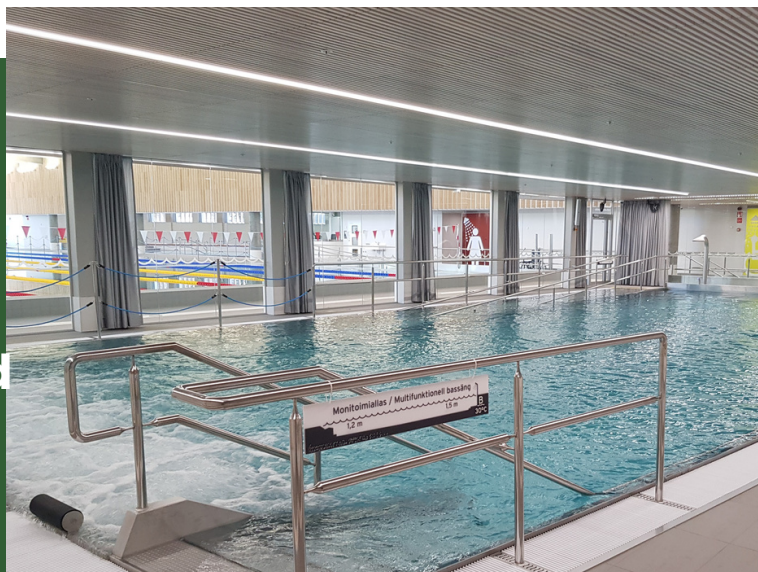
EIS TRIPS

Primary students of EIS went to the swimming pool and had a great time there!

It is also a good way to spend your leisure time, relax and be active!

Some benefits:

- keeps your heart rate up but takes some of the impact stress off your body
- builds endurance, muscle strength and cardiovascular fitness
- helps you maintain a healthy weight, healthy heart and lungs
- tones muscles and builds strength
- provides an all-over body workout, as nearly all of your muscles are used during swimming.
- It can also be being a relaxing and peaceful form of exercise



Swimming pools in Espoo:

- Espoonlahti swimming hall
- Keski-Espoo swimming hall
- Leppävaara swimming hall
- Matinkylä swimming hall
- Olari swimming hall



WELLBEING



If you are having a bad period in your life, feeling anxious, depressed, maybe even lost. Do not hold it to yourself!

At EIS you can always talk to any staff member, as well as, social welfare workers at school!

If you do not feel comfortable talking to anyone at school, you can write an anonymous note in the red box, which is placed in the welfare corridor, very close to the nurse's office.



**In Espoo, you can also go to the Girl's house! It is located in Leppävaara, the address is Lintuvaarantie 2, 4th floor 02650 Espoo
info@espoontyttojentalo.fi**

**At the Girl's house, they do different activities, it is a cozy environment to talk to professionals about any kind of issues, to also have fun and do some activities together!
Girls from 10y to 28y are welcome!**

BOYS



In Helsinki you can visit Boy's house! The address is Hämeentie 13 A 3rd floor 00530 Helsinki.

At the Boy's house you can talk to professionals working there about different topics, they organise different activities, have a look at their calendars and join them! :)

During the spring time, we will take groups of students to Girl's and Boy's houses, if you would like to come let your CT, Milja or Justina know:)