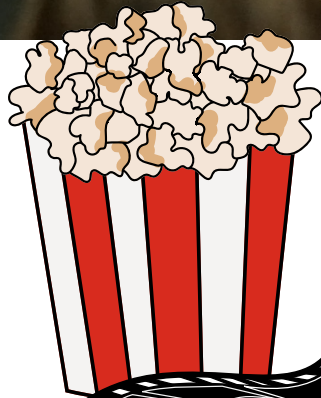


EIS WELLBEING



February!

It was a calmer month at EIS, nevertheless with some events and happenings! PTA has organised two free movie showings for our students! Thank you!



Wellness recess

Wellness recess happens every day from 12.00 to 12.30 at the small gym. You can meet Milja and Justina on the second floor at 12.00 and follow them to the gym. This time is for you to relax and calm down.



SUBSTANCE ABUSE



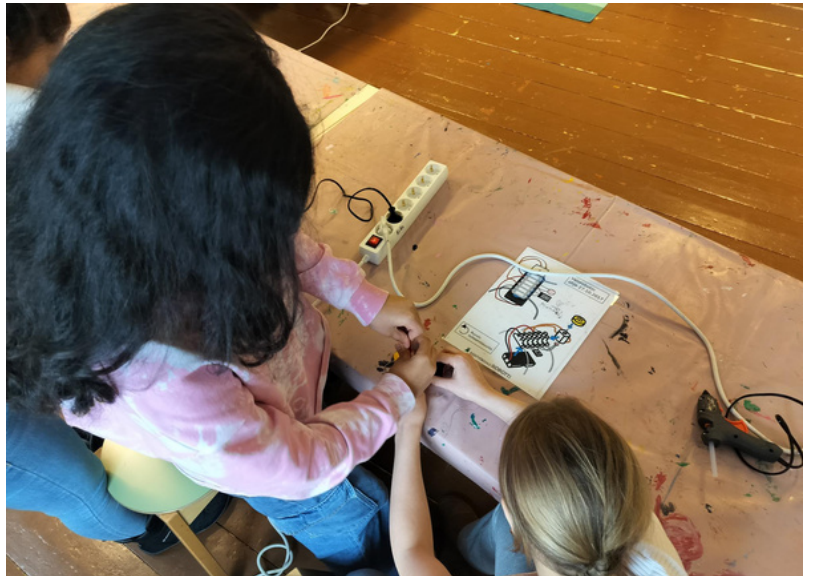
Last week of February, all of the 6th-grade students participated in the info hour led by Susanna Ahvalo about Substance abuse. The speaker introduced them to her own life story, what are the addictions, and how people can easily get addicted. Students could ask questions and were also challenged to check if they do not have an addiction to phones!



EIS TRIPS



7I and 7N had a visit to Aalto Junior lab and 4I made robots at Käsityökoulu Robotti



FRIENDSHIP DAY

At EIS we have also celebrated Friendship Day. PTA has beautifully decorated our school and offered some goodies to the teachers as well. Thank you! ❤️

Students also had a chance to hear school bands and see performances at the cafeteria!



WELLBEING

CYBERBULLYING CAMPAIGN



During autumn time Milja and Justina led cyberbullying classes for the 6th, 7th, 8th and 9th graders. After the lesson, students had to prepare a poster. Primary students came to vote for the best posters and the winners will be announced in the next bulletin!



WELLBEING

CYBERBULLYING CAMPAIGN

Did you know? Up to 50% of Finnish young people have experienced bullying on social media, yet only one in four young people tell an adult they trust about being harassed or bullied online?

School bullying no longer only happens in schools, but also on social media.

MLL, "Nuoret ja nettikiusaaminen" survey report from 2021 Microsoft YouGov survey in February 2019 & OAJ member survey in April 2019, www.empatiapakkaus.fi



someturva

SOMETURVA

- **Children and young people can anonymously and with a low threshold report unpleasant situations they encounter on social media, games, or other online platforms in an easy-to-use app.**

- **In the app, the pupil receives an assessment from Someturva's experts and advice to solve the situation. Someturva's aid includes a legal assessment, recommended action plan, advice on how to protect yourself online and psychosocial first aid.**

www.someturva.fi



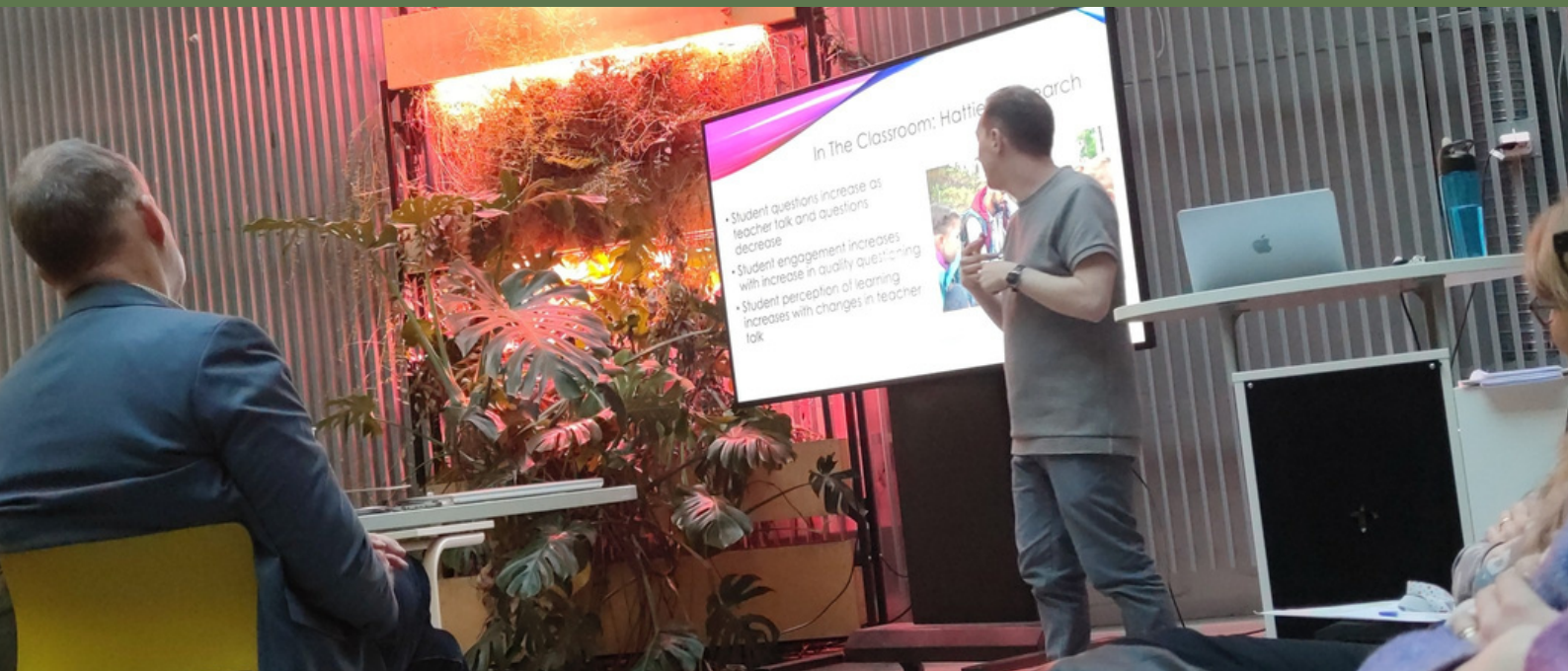
Sexual harassment is an everyday occurrence for children in today's world.

More than half of children have been contacted online by someone they knew or suspected to be an adult or at least five years older. 17% of children have received sexual messages on a weekly basis.

Pelastakaa Lapset ry: "Grooming lasten silmin -selvitys lasten ja nuorten kokemasta groomingista netissä"



STAFF TRAINING



Culture of Assessment

On the 6th of February EIS staff explored the theme of 'Culture of Assessment,' with the professional development session led by Cowan Greg. It was an insightful training, filled not only with theory but also with tools for the teachers to use at work!

