



ESPOO INTERNATIONAL SCHOOL

EIS WELLBEING



August!

Welcome back students to EIS and warm welcome to our new students who have joined our community!

Summer was beautiful and we hope you got to enjoy it to the fullest! Now we are full of energy and motivation to start the new school year!



We had back-to-school evenings, 7th grade team building day, back-to-school assembly, 7th grade MYP workshop and some trips too!

7th GRADE TEAMBUILDING



7th-grade students had a teambuilding day organised and led by our 9th-grade mentors!
Everyone had fun and took part in different activities!
Have a look at some of them!

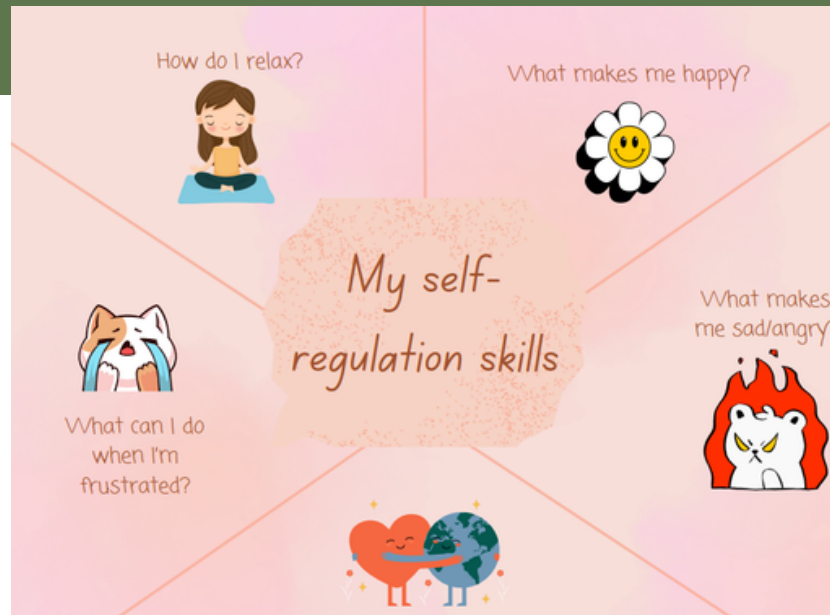


7th GRADE TEAMBUILDING



WELLBEING

This year we started with a lecture for the primary students about boundaries and coping strategies. We also discussed setting one's boundaries and respecting other people's boundaries. We have also talked about some of the feelings. Self-regulation is the ability to manage our thoughts, emotions, and behaviors when we have big feelings. Children who can self-regulate are more likely to experience success.



Some of the coping strategies:

- **Mental break** (e.g., book, music, coloring, creativity, hobbies, games, movies)
- **Physical break** (e.g., dance, sports, walk, stretch)
- **Spiritual break** (e.g., yoga, meditation, mantra)
- **Sensory experience** (e.g., sound, taste, touch, movement)
- **Grounding activity** (e.g., deep breathing, slow counting, visual imagery)
- **Positive self-talk** (e.g., affirmations)
- **Social support** (e.g., ask for help, connect with a friend/ parent)

WELLBEING

GOOD DEEDS CAMPAIGN!

We have started a good deeds campaign that the 6th and 7th grades have joined or will be joining soon. Students are divided into groups and have to do different good acts around the school for our COMMUNITY. Not only that, but students will also reflect on how the good act was received and what it made them feel as well.

We have already collected so many acts and will start sharing them with you soon!



Acts of kindness are small, yet powerful, gestures that have the ability to uplift individuals and transform communities. In a world often filled with challenges, stress, and division, simple acts of kindness—whether they are intentional or spontaneous—serve as reminders of our shared humanity and interconnectedness. These gestures, no matter how small, can have a profound impact on both the giver and the recipient, creating ripples of positivity that extend far beyond the immediate moment.



MENTORS

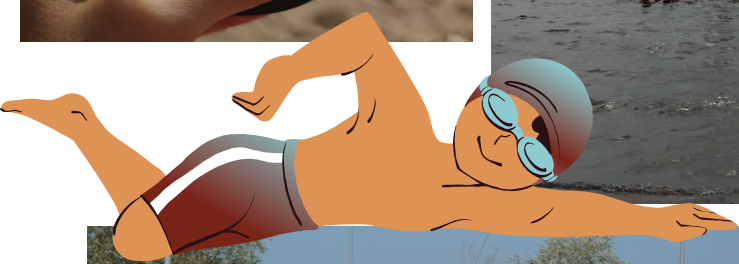
The mentor program at EIS is intended to help new 7th Graders make a successful transition into the middle school community. Not only that, but also mentors help and organise various events at EIS.



EIS Mentors brighten up our days at EIS- thank you!



WELLBEING



In August we all enjoyed lovely weather. Some classes had trips to the beach, forest, or nearby parks. Here are some moments from those sunny days! Keep the warmth within you, so that you will have strength during the autumn :)

