



ESPOO INTERNATIONAL SCHOOL

EIS WELLBEING



September!

In September, several events focused on student well-being and activities took place. Mieli ry led a seminar for parents on supporting the well-being of young people. The 8th graders attended an Art Testers (Taidetestaajat) concert, while the 7th graders enjoyed a disco organized by mentors. The student council was selected, and 7th grade girls participated in a "Girls in Tech" event at Microsoft. The entire school also took part in Action Day, which everyone enjoyed.



ACTION DAY



Action Day at Espoo International School (EIS) took place on September 27th and was a highly anticipated event, focused on team building and fostering a sense of community. The day was organized into stations where students participated in various activities, with each station hosting up to three teams, comprising a maximum of 30 members per team. Every team had 10 minutes at each station to complete an activity.

The students were given instructions before each task and were awarded points based on their performance, teamwork, and attitude. The event provided an opportunity for students to interact with peers from other classes, build new friendships, and connect with their teachers.

Students thoroughly enjoyed the day, which highlighted the strong EIS community spirit and offered a fun, collaborative learning experience.



ACTION DAY



ACTION DAY



GIRLS IN TECH!

The "Girls in Tech Nordics" workshop, held at the Microsoft office on the 23rd of September, provided 7th-grade students from an opportunity to explore career possibilities in the technology industry. The event showcased various tech-related jobs, aimed at sparking the girls' interest and inspiring them to consider a future in the field. The participants learned about the diverse roles within the industry and were motivated by the potential opportunities available in technology. The workshop was designed to empower and encourage young girls to pursue tech careers, fostering early interest in a traditionally male-dominated sector.

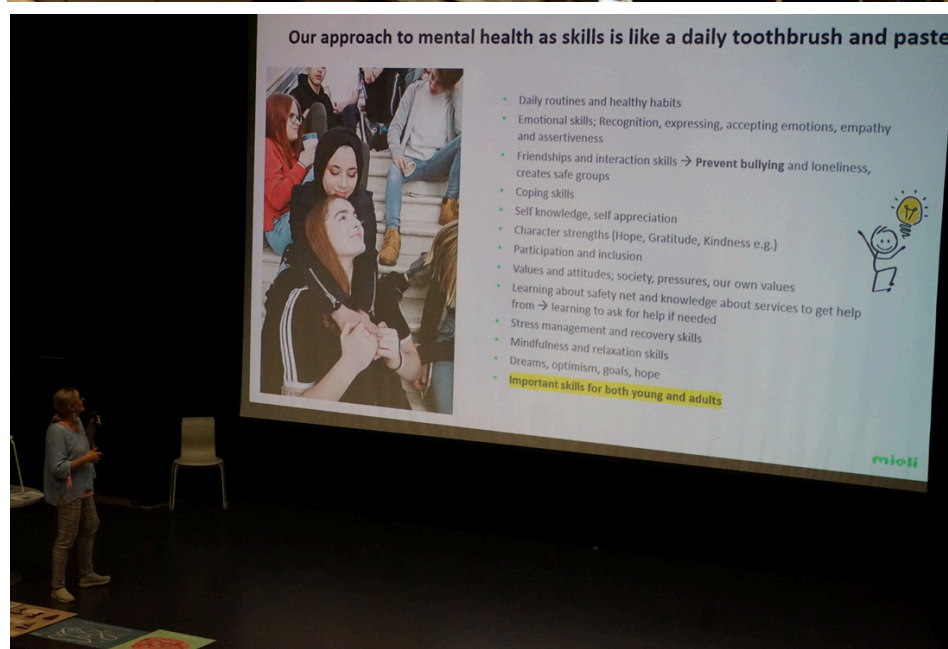


Supporting young people's wellbeing



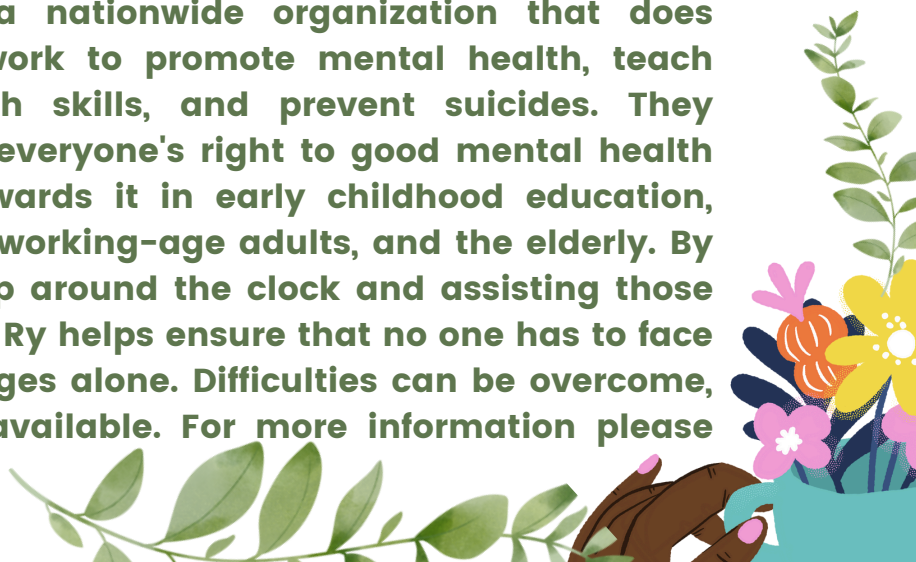
On September 17th, at Espoo International School we had a pleasure to host Elina Marjamäki from MIELI Suomen Mielenterveys ry – MIELI Mental Health Finland organisation. Elina Marjamäki gave a talk on supporting young people's mental well-being. She emphasized the importance of daily care for mental health.

Key strategies included fostering open communication between youth, parents, and society, understanding adolescence, and using positive reinforcement. Elina highlighted emotional needs, the cocoon metaphor for societal pressures, and adapting parenting techniques to better connect with teenagers. Parents should focus on emotional regulation, exploring underlying feelings, and maintaining a positive, supportive approach, while also caring for their own well-being.



Mieli Ry is a nationwide organization that does meaningful work to promote mental health, teach mental health skills, and prevent suicides. They advocate for everyone's right to good mental health and work towards it in early childhood education, schools, with working-age adults, and the elderly. By providing help around the clock and assisting those in crisis, Mieli Ry helps ensure that no one has to face these challenges alone. Difficulties can be overcome, and help is available. For more information please visit:

www.mieli.fi



WELLBEING



In September new student council has been selected:

Here are the leaders of the 2024-2025

Student Council leadership team:

Student Council President: Rudrakshi Wangoo

Student Council Vice President: Jonatan Hokka

Student Council Treasurer: John Place

Student Council Secretary: Jiya Anand

Espoo International School Board Representatives: Tymofii Khrulov and Suhaan Rais

Espoo International School Board Representative Alternates: Mansi Malik and Adwitiya Singh

Reflectors improve pedestrian visibility

The winters in Finland are dark and long. The lack of light means a sharp drop in visibility. For drivers this means slower speed and extra vigilance especially in residential areas. Pedestrians and cyclists can improve their visibility with reflectors and reflective vests. A reflector reflects the light from vehicle headlights and helps its wearer to be seen.

<https://www.liikenneturva.fi/>

