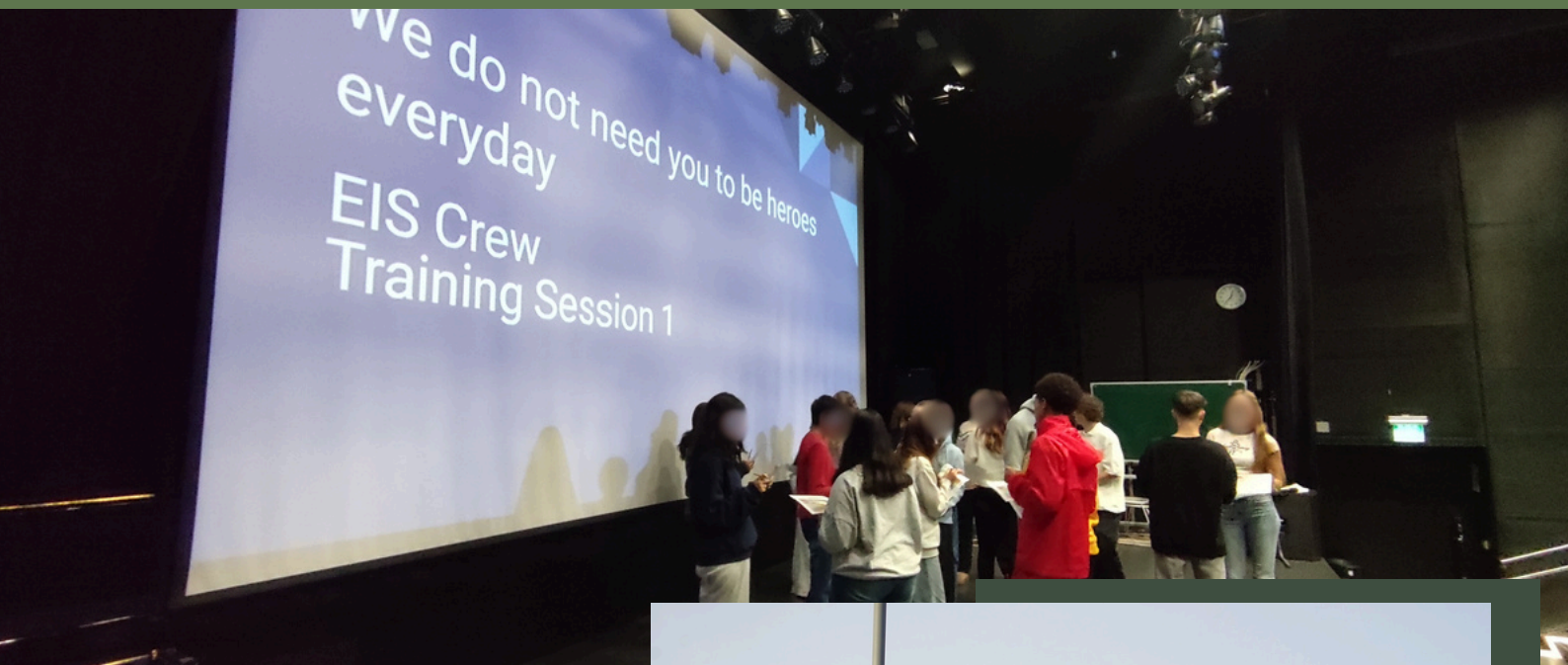




ESPOO INTERNATIONAL SCHOOL

EIS WELLBEING



October!

October flew by in the blink of an eye! We were blessed with beautiful autumn weather.

At EIS, it was a month full of activities and highlights. We hosted an interactive session with visitors from the United Kingdom and welcomed a guest speaker from Poikien Talo in Helsinki. We also celebrated Girls' Day with an inspiring lecture.

In addition, we hosted a Brady Rymer concert, celebrated Halloween, and held the EIS concert Pidä Huolta for all Espoo 7th graders. The month also marked the start of the World Peace Game with class 8E!

We enjoyed a holiday break and had some fun during recesses—like dancing!



INTERACTIVE THEATER



On the 3rd of October- 6th, 7th, 8th, and 9th graders from EIS had a wonderful time participating in an interactive theater event. Organized by [hashtag#InterActingTheatreCompany](#), the show was engaging, funny, and highly entertaining for both students and teachers. Known for its unique blend of storytelling, audience participation, and humor, the performance brought everyone together, offering a dynamic learning experience. Students took part in the narrative, helping shape the performance while having fun. It was a day full of laughter and creativity, showing how theater can bring language learning and imagination to life.



What to do during recess?



During recess, students head outside to enjoy fresh air, play games, and spend time with friends. You can also see students do puzzles or other fun activities. There are also exciting recess clubs that everyone is welcome to join!



PIDÄ HUOLTA CONCERT!



The Western Uusimaa Police prepared to meet thousands of youth from Espoo during their concert tour. The *Pidä huolta!* concert, organized for young people, featured performances by the Helsinki Police Band. A total of four concerts took place on Tuesday, October 22, and Wednesday, October 23.

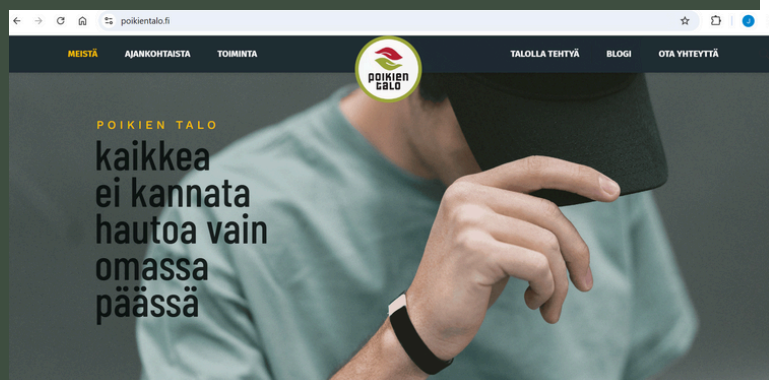
According to the press release, the events reached 3,800 young attendees. The large audience enjoyed the wind orchestra's skillful arrangements of familiar songs.

In connection with the concerts, the Western Uusimaa Police presented information sessions in Finnish and Swedish, addressing topics relevant to young people, such as bullying and violence.



TIME FOR BOYS!

On the 10th of October, we had the pleasure of hosting a special visitor from Poikien Talo, an organization dedicated to supporting boys. Kimmo Saastamoinen, a representative from Poikien Talo, came to speak with our boys about important topics such as boyhood, role models, masculinity, and the challenges of growing up. He also shared valuable insights into the organization's mission, explaining the kind of work they do and the various activities and programs they offer to boys. The visit provided an enriching experience for our students, encouraging them to reflect on their development and the positive influence of mentors and supportive communities.



POIKIEN TALO: A SAFE SPACE www.poikientalo.fi

Poikien Talo is a safe space offering support and activities tailored to the needs and circumstances of boys, young men, and youth exploring their identity as boys, aged 10–28. Poikien Talo's programs often benefit young people seeking positive role models for personal growth, new friendships, support with life's challenges, and meaningful activities in a secure environment.



TIME FOR GIRLS!

On the 10th of October, when 6th 7th 8th, and 9th-grade boys spent time with a representative from Poikien Talo, a powerful seminar focused on self-empowerment, body image, support, and the power of kind words was led to same-grade girls. The event created a safe and uplifting space where the girls shared the experience, learned to embrace their unique beauty, and got to know how societal pressures affect their self-esteem. With interactive workshops and activities, they explored the importance of building each other up, practicing self-love, and using positive language to empower themselves and others. By the end of the seminar, they left with a renewed sense of confidence and unity.



****Welcome to Espoo Girls' House!****

Our activities are open to all girls and young women aged 10–28. If you're exploring what it means to be a girl or a woman, this is the right place for you. We aim to support the unique growth of girls as they become confident and self-assured women!

Espoo Girls' House is a safe and welcoming space where you can be yourself, no matter your life situation. We value ensuring that everyone feels welcome. Here, you can relax in a respectful atmosphere—whether sitting on the couch enjoying some peace or exchanging thoughts with other girls and women, playing games, crafting, joining various groups, or having confidential conversations with an adult.

Our activities are free of charge and are not affiliated with any political or religious organizations.



Tervetuloa Espoon Tyttöjen Talolle!

Toimintaamme ovat tervetulleita kaikki 10-28-vuotiaat tytöt ja nuoret naiset. Jos tyttöys tai naiseus pohdituttaa, tämä on oikea paikka sinulle. Haluamme tukea tyttöjen ainutlaatuista kasvua omannäköisiksi naisiksi! Espoon Tyttöjen Talo on turvallinen ja viihtyisa paikka, jonne voi tulla omana itsenään erilaisissa elämäntilanteissa. Meille on tärkeää, että jokaisella on tervetullut olo. Talolla voit oleskella kunnioittavassa ilmapiirissä vaikkapa sohvalta istuen joko omassa rauhassa tai monenlaisten tyttöjen ja naisten kanssa ajatuksia vaihtaen, pelaillen, askarrellen, osallistumalla erilaisiin ryhmiin tai keskustelemalla

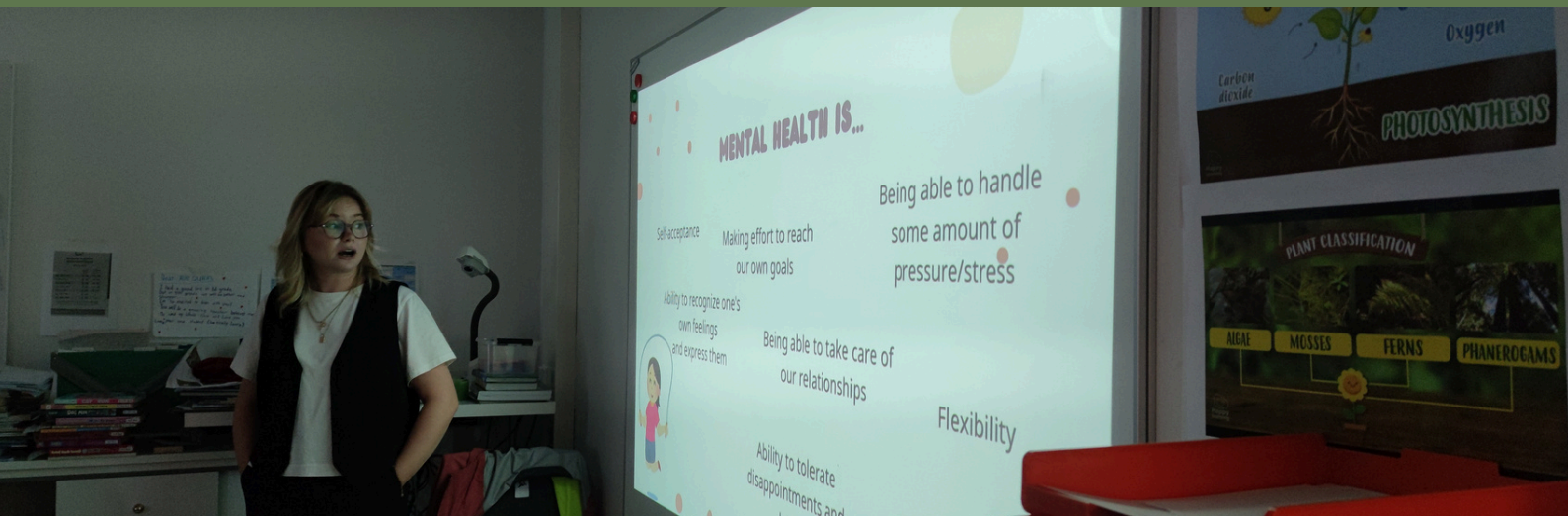


HALLOWEEN



Every year, the EIS Student Council organizes a Halloween assembly featuring various nominations, with winners selected for each category. During lunchtime, school bands and singers put on exciting performances to entertain everyone!

MENTAL HEALTH



This autumn term, our students participated in important lessons tailored to their age groups to foster emotional well-being and personal growth:

- 1st, 2nd, and 3rd graders explored topics related to self-regulation, learning strategies to manage their emotions and behaviors effectively.
- 4th, 5th, and 6th graders engaged in lessons about mental health, gaining insights into recognizing and caring for their emotional well-being.
- 9th graders focused on resilience and coping skills, equipping them with tools to navigate challenges and bounce back from setbacks.

We believe that mental health is crucial for everyone, and we are committed to encouraging open and meaningful conversations about it, both at school and at home. If there's any way we can further support you- let us know!



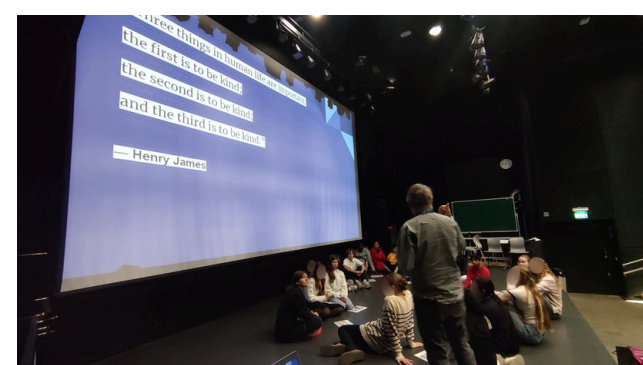
EIS CREW



Adding to the already existing anti-bullying measures, in the 2024/25 school year, Espoo International School initiated a new anti-bullying program aimed at primary school students (grades 1-6). The program is called EIS Crew.



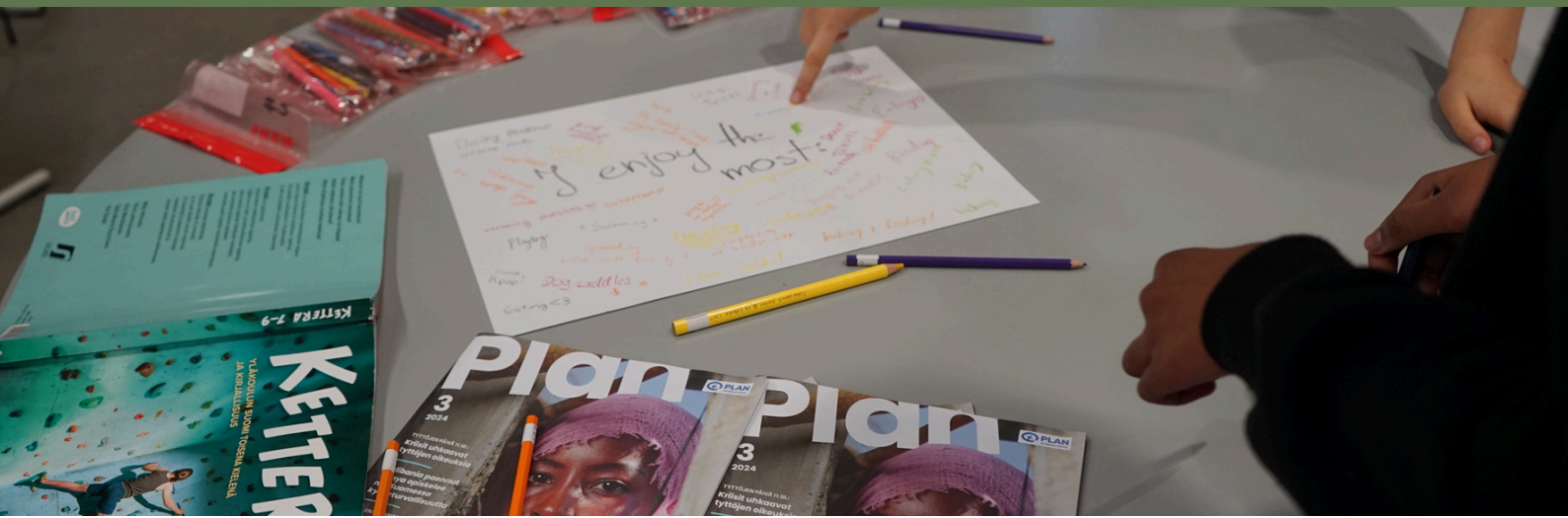
EIS crew will benefit the whole school community. The primary goal of this program is to prevent bullying. Moreover, the cooperation between primary and middle school is strengthened. Since this is an initiative from students for students, a further goal is to foster student agency in anti-bullying matters. Overall, with the EIS Crew school wide anti-bullying work gains more visibility, contributing to improving school culture.



The EIS Crew consists of a team of selected 8th and 9th grade students. The program is student-led, and teacher supervised. EIS Crew members are tasked to be on duty, intermingling with primary school students in the yard during morning recess (9.50-10.10). EIS Crew members will be easily recognizable by the school community e.g. by wearing hoodies or hats.



PLAN



On October 10th, we celebrated International Girls' Day, a wonderful opportunity to honor and empower young girls in our school community. Thanks to the generous sponsorship of the Plan organization, students received colorful stickers, balloons, and informative brochures to mark the occasion.

As part of the celebration, students engaged in an inspiring activity where they wrote down their sources of inspiration, their favorite activities, and their dreams for the future. These reflections sparked meaningful and uplifting discussions, allowing students to share their aspirations and learn from one another's perspectives. It was a day filled with creativity, motivation, and a sense of unity, reminding everyone of the importance of supporting and uplifting one another to reach their fullest potential.



www.plan.fi



MOMENTS



October was a truly delightful month, blessed with wonderful weather and filled with a variety of exciting events that brought our school community together. We would like to extend a heartfelt thank you to our amazing PTA for their tireless efforts and unwavering dedication. From creatively decorating our school with seasonal charm to organizing memorable events that foster connection and joy, their contributions have made a significant impact.

We are also deeply grateful for their support in bringing our ideas to life, helping us continuously grow and strengthen our school community. It's through such collaboration and commitment that we create an environment where everyone feels welcomed and inspired. Thank you for all that you do!