



ESPOO INTERNATIONAL SCHOOL

EIS WELLBEING



November at EIS

November was a bustling month at EIS, filled with engaging activities and events. Our 8th graders dove into the World Peace Games, exploring global problem-solving and cooperation. Parents participated in an insightful evening hosted by Someturva, fostering connections and awareness. The School's Action Day Assembly brought the community together, while a spirited basketball game saw 8th graders challenge the teachers in a thrilling match. The Leadership Team also dedicated time to a productive Planning and Development Day, driving forward our shared vision for the school. November truly showcased the energy and collaboration that define EIS!

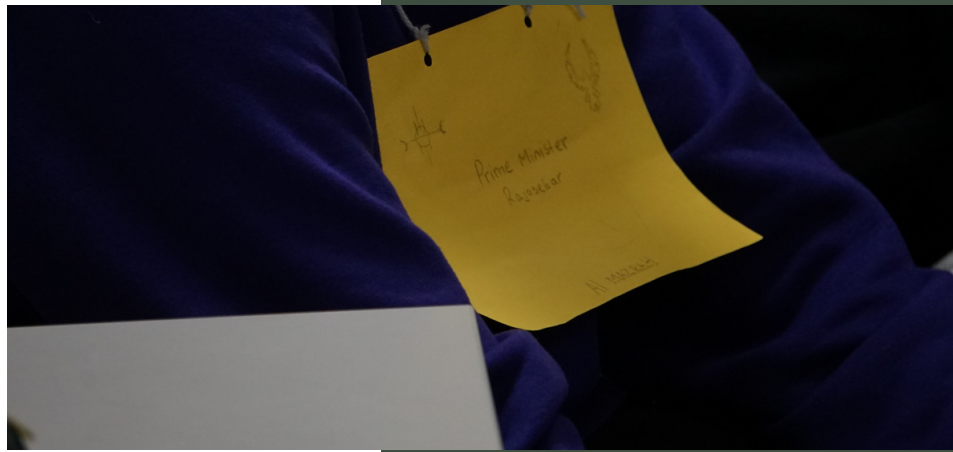


WORLD PEACE GAMES



World Peace Game at EIS In November

our 8th graders participated in the World Peace Game, an immersive experience designed to teach collaboration, critical thinking, and global problem-solving. The game places students in leadership roles within fictional nations, where they face complex challenges like environmental crises, economic disparity, and armed conflicts. Through negotiation, teamwork, and innovative thinking, students work to resolve these issues and achieve peace and prosperity for all. The game not only sharpens their strategic and diplomatic skills but also fosters a deep understanding of interconnectedness and the importance of empathy in decision-making. It was a transformative and enriching experience for all involved!



Parents evening by Someturva



🌐 Empowering Guardians in the Digital Age 🌐

On November 12th, Espoo International School hosted a compelling presentation led by Priska Kallio (os. Niemi-Sampan) (M.Soc.Sc.), social psychologist and expert from Someturva - SomeBuddy. Priska shared critical insights on navigating the risks young people face on social media and offered valuable guidance for parents and guardians. Here are some key takeaways:

◆ Social Media Risks for Youth

Priska highlighted alarming statistics: 90% of young people see online bullying as a major issue, with half reporting experiences of harassment on platforms like Snap Inc., WhatsApp, and TikTok. Risks include misinformation, privacy violations, sexual harassment, and even exposure to criminal activities.

◆ Tips for Guardians

Priska provided actionable advice to help guardians support safer social media experiences for their children:

Set safety settings together to establish privacy and usage guidelines.

Encourage open discussions about online experiences and trends.

Support responsible online behavior and teach children to say "no" when necessary.

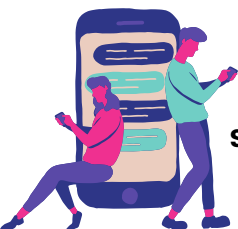
Foster empathy by reminding children there are real people behind the screen.

Build trust and offer guidance to help them navigate challenges.

◆ Someturva – A Resource for Online Safety

Someturva offers free, multilingual support (Finnish, Swedish, English) where youth can report cyberbullying and receive guidance from trained professionals, making it a vital tool for families.

At Espoo International School, we are committed to promoting a safe, supportive environment for our students. This session underscored the importance of empathy, respect, and responsible digital citizenship. We encourage families to continue conversations about online safety at home and to reach out to school staff for support when needed. Thank you to Priska Kallio (os. Niemi-Sampan) and to our dedicated community for working together to build a respectful, secure space for all students—both online and offline. 🌟





EVENTS



Teachers vs. 8th Graders Basketball Game at EIS

November brought one of the most anticipated events of the year at EIS —the thrilling basketball game between 8th graders and teachers! The match was intense, with both teams showing incredible determination and teamwork. The 8th graders gave it their all, refusing to back down, while the teachers demonstrated strong collaboration and strategy.

At EIS, we value an active lifestyle and believe events like this promote not only physical activity but also essential life skills like teamwork, leadership, and communication. This popular tradition unites our community in fun and friendly competition, and we're already looking forward to the next match!





CYBERBULLYING

6th Grade Cyberbullying Lesson at EIS

In November, all 6th graders participated in a lesson about cyberbullying. Together, we discussed what cyberbullying is, how to recognize it, and strategies for dealing with it. Students explored the harmful effects it has on those targeted, as well as the responsibility carried by bullies and bystanders.

At EIS, we stand firmly against all forms of bullying. Our staff works proactively to prevent it, and this year we introduced the EIS Crew—students available during recess to help address bullying situations or take reports. Sometimes, it's easier to talk to a peer than an adult.

If you experience bullying, we encourage you to speak up. You can report it to any trusted adult at EIS or through Someturva. Together, we strive to create a safe and supportive environment for everyone.



SENDING HURTFUL, ABUSIVE OR THREATENING MESSAGES, IMAGES OR VIDEOS VIA MESSAGING PLATFORMS



enjoy
every
moment.

Moments



MOMENTS



HAPPY FATHER'S DAY



A Big Thank You to Our Wonderful PTA

This November, our amazing PTA brought warmth and joy to our school community through their incredible efforts. They organized a beautiful Festival of Lights, creating a magical atmosphere that brought students, staff, and families together in celebration. Additionally, they hosted a delightful Fathers' Coffee, fostering meaningful connections among our community members. As the holiday season approached, the PTA went above and beyond by decorating the entire school and the teachers' lounge with stunning Christmas and winter-themed decor. Their hard work transformed our spaces into a festive wonderland, spreading cheer and excitement throughout EIS. We are so grateful to have such an active and motivated Parents Association. Your dedication, creativity, and enthusiasm make a huge difference in our school life. Thank you for everything you do!