

EIS WELLBEING



December went in a blink!

December was a vibrant and eventful month at Espoo International School, filled with celebrations and meaningful gatherings. We began with the Independence Day Assembly, where students and staff came together to honor Finland's independence through speeches, performances, and a shared sense of national pride.

Mid-month, we celebrated the traditional Santa Lucia Assembly, a beautiful occasion marked by candlelight, music, and the symbolic procession led by Santa Lucia, spreading light and hope during the darkest time of the year.

As the holidays approached, some students attended Christmas Church Service, embracing the festive spirit with carols, reflections, and moments of togetherness. While some students were at the church, others paid attention to an important global topic with an Assembly on Ecology, where students spoke about environmental sustainability and issues inspiring the community to take an action for a greener future. Student Council organised door decoration competition and announced winners!

These events brought our school community closer and showcased the diversity, creativity, and shared values that define Espoo International School.



FINNISH INDEPENDENCE DAY CELEBRATION AT EIS

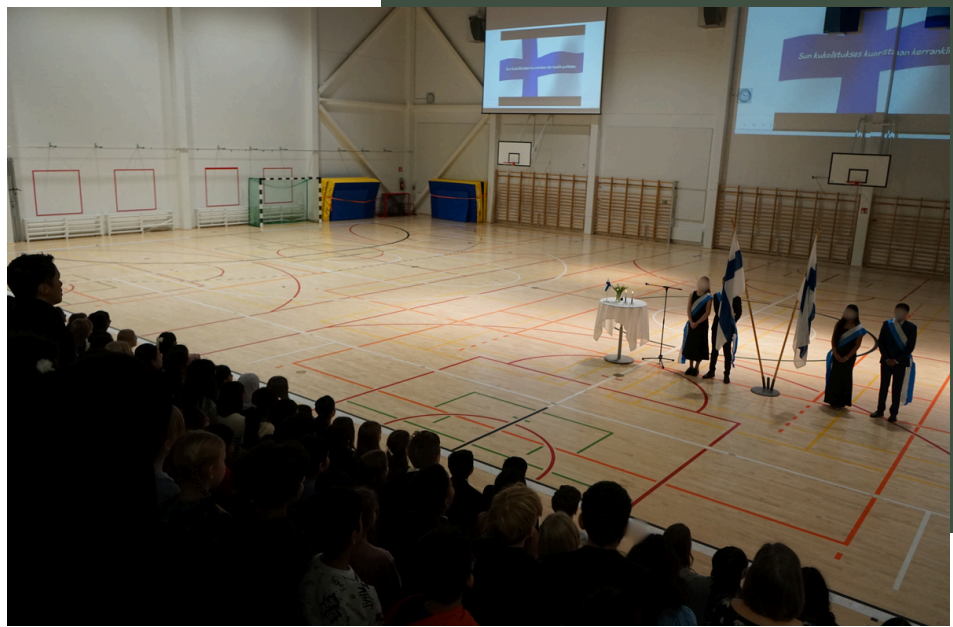


On December 5th, our school came together for a heartwarming Independence Day assembly. It was a day filled with reflection, gratitude, and pride for the country that unites us all—Finland.

Students shared touching stories about their connection to Finland, recounting childhood memories of forest walks, mushroom and berry picking, and the serenity of swimming in a lake after a sauna at the mökki. These heartfelt tales reminded us of the beauty of Finnish culture and nature.

Our talented 6th graders performed traditional dances, and together, we sang the Finnish hymn, creating a moment of unity and celebration.

This special assembly was a reminder of how fortunate we are to call Finland our home, a place that inspires, nurtures, and brings us together. 💙💚





Traffic safety

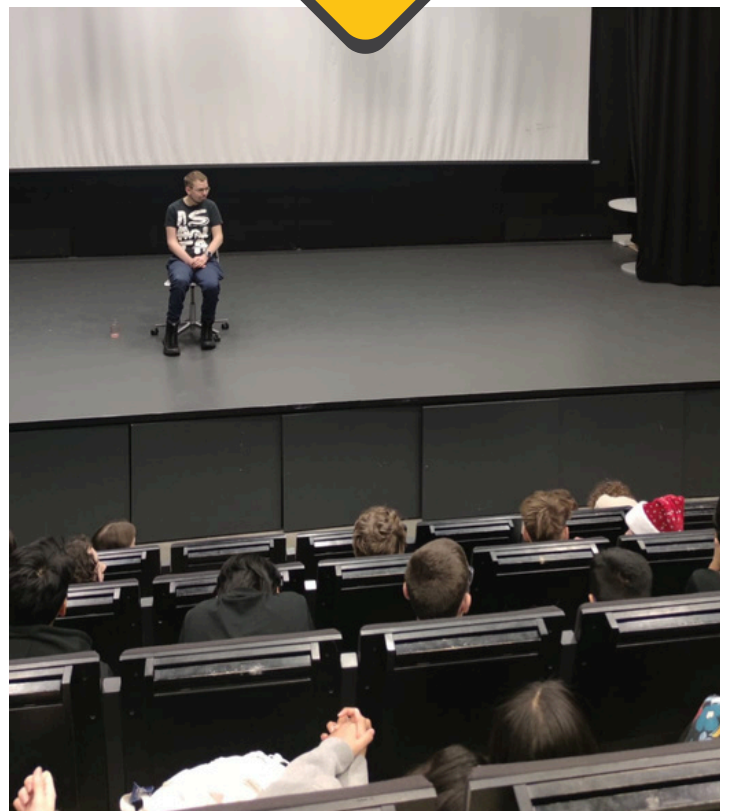


🚦 A Powerful Lesson in Traffic Safety 🚦

On 9th of December our 8th graders had the privilege of hearing from an incredible guest speaker, Jussi Vasama, who shared his inspiring story about the importance of traffic safety.

In 2011, at just 16 years old, Jussi was involved in a devastating moped accident that changed his life. After over 10 surgeries and years of rehabilitation, he had to relearn basic skills such as talking, moving, and eating. It was a long and challenging journey, but Jussi's resilience and positive outlook shine through. Today, Jussi visits schools across Espoo to share his story and remind young people to follow traffic safety rules, wear helmets, and always stay vigilant on the road. His message is one of hope, responsibility, and gratitude for life—a powerful reminder to value every day.

A huge thank you to Jussi for taking the time to visit us and inspire the next generation. Your courage and positivity make a lasting impact! 🌟



EVENTS



Summary of Events at Espoo International School
Espoo International School recently hosted a series of events that highlighted community engagement and festive spirit:

- **Independence Day Assembly**
- The school organized a commemorative assembly to honor Finland's Independence Day, fostering national pride and awareness among students.
- **8th Grade Guest Speaker on Traffic Safety**
A special session in the auditorium featured a guest speaker addressing traffic safety, educating students on responsible behavior and road awareness.
- **7th Grade Bake Sale**
The 7th-grade students held a bake sale, showcasing their culinary skills while raising funds for school activities or charitable causes.
- **Santa Lucia Assembly**
The traditional Santa Lucia Assembly brought light and joy, celebrating this cherished Nordic tradition with song and procession.
- **Christmas Church and In-School Programme**
Students attended a Christmas church service. Other's in-school program about ecology, Discussing important topic of sorting trash etc.
- **Sing-Along**
A lively sing-along session united students and staff in festive cheer, spreading joy and creating lasting memories.

These events collectively enriched the school environment, promoting learning, community participation, and holiday celebrations.



EVENTS

This December has been filled with warmth and joy as we celebrated together through various events. From the cozy Hot Chocolate Recess to the creative Decorated Door Contest, the festive spirit has been truly alive in our school. Our Sing-Along and Concert in the Cafeteria brought the community together in beautiful harmony, while our 6th Graders' Visit to a Nearby Elderly Home to share songs and cheer was a heartwarming reminder of the spirit of giving and connection.



Moments



Are you looking for a fun way to participate in musical group lessons? We currently have three free choirs open for continuous enrollment in Helsinki and Espoo (with no previous singing experience required!):

International Children's Choir (Espoo)

Where? Espoo International School (Lillhemintie 1, Espoo)

When? Tuesdays 15:30-16:30

For who? Children ages 8-12

<https://ismfinland.org/#choir>



WATER PLAN



Exploring the Future of Wastewater Treatment! 🌊

On Wednesday, our 7th graders had the incredible opportunity to visit the state-of-the-art Blominmäki wastewater treatment plant in Espoo. The day began with an engaging lecture detailing the plant's advanced treatment processes and its pivotal role in environmental protection. Students then descended 30 meters underground to witness firsthand how Helsinki Region Environmental Services Authority (HSY) treats wastewater for over 400,000 residents across Espoo, Kauniainen, Kirkkonummi, Siuntio, and Western Vantaa.

Project News

Our students were particularly impressed by the plant's efficiency and sustainability:

High Purification Rates: The facility removes over 96% of phosphorus and organic matter, and over 90% of nitrogen from incoming wastewater.

YIT

Energy Self-Sufficiency: Remarkably, the plant generates 100% of its own heating needs and 70% of its electricity consumption through biogas produced on-site.

Wikipedia

Significant Investment: With construction costs totaling €510 million, Blominmäki stands as HSY's largest investment to date, underscoring its commitment to cutting-edge environmental infrastructure.

Wikipedia

This immersive experience provided our students with a profound understanding of modern engineering and environmental stewardship. A heartfelt thank you to the team at Blominmäki and HSY for hosting us and inspiring the next generation of innovators!



Doors from the door decorating contest

