

EIS WELLBEING



Espoo International School!

April was a vibrant and eventful month at EIS! We kicked things off with **Spirit Week**, where students and teachers embraced fun daily themes with creative outfits.

Our primary students made a splash during their swimming classes, enjoying time in the pool.

We also gathered for a joyful KIVA Koulu school assembly, featuring dancing and a special teacher dance video that brought smiles all around.

The 3rd grade bake sale was a sweet success, offering delicious treats for a good cause.

During **Eco Week**, we focused on environmental awareness with themed activities and an engaging ecology assembly.

The month wrapped up with a festive **Vappu** assembly, celebrating Finnish traditions with lots of cheer. It was truly a fun-filled and memorable month at EIS!





ESPOO INTERNATIONAL SCHOOL

EIS WELLBEING

Every year, EIS STUCO organizes Spirit Week—a fun-filled tradition where students and teachers dress up in different themed outfits each day. It's a week full of creativity, laughter, and school spirit for everyone!



KIVA ASSEMBLY

KIVA KOULU ASSEMBLY!

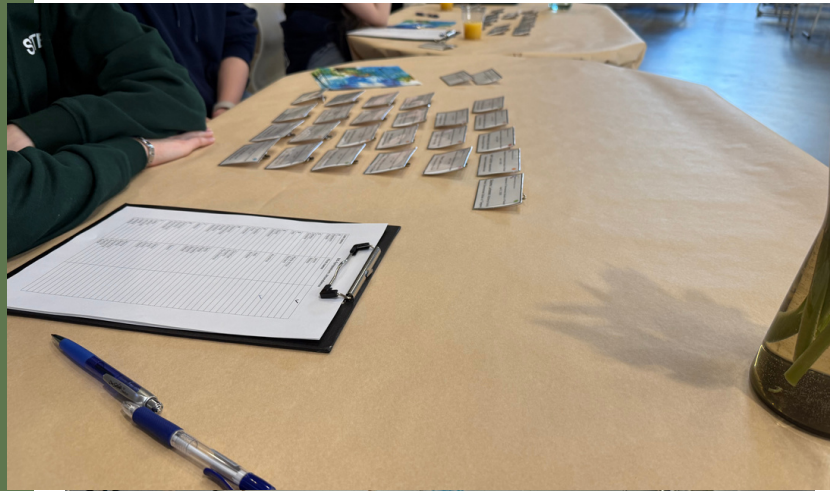
During our Kiva Koulu assembly, we explored the theme "Building Bridges." The focus was on the power of communication, empathy, and supporting one another. Through stories, activities, and shared reflections, we were reminded of how important it is to listen, understand, and stand by each other to create a kind and connected school community.



SYMPOSIUM



Espoo International School proudly hosted a symposium that brought together representatives from international schools across Finland. It was a day rich with knowledge-sharing, inspiring stories, and meaningful connections. Participants exchanged best practices, learned from one another, and left with new ideas and bright smiles.



ECO WEEK



Eco Week at EIS: Creativity, Community, and Caring for the Planet

This April, Espoo International School celebrated Eco Week with a variety of engaging and meaningful activities that brought the whole school community together in support of sustainability and environmental awareness.

The week kicked off with a special Eco Week Assembly on April 22nd—Earth Day—where students gathered in the gym to reflect on the importance of caring for our planet. One of the highlights of the assembly was the announcement of the Poster Competition winners. Students from all grade levels had submitted hand-drawn posters promoting recycling, and the winning entries were proudly displayed around the school. The creativity and thoughtfulness shown in the posters were truly inspiring!

Throughout the week, students participated in themed activities:

- **Tuesday, April 22: Eco Week Assembly and Poster Competition Awards**
- **Wednesday, April 23: Wear Blue & Green Day** – Students and staff wore earth-toned colors to show their support for the planet.
- **Thursday, April 24: Book & Stationery Swap Day** – A fun and sustainable way to give new life to gently used items, with swap stations set up for all grade levels.
- **Friday, April 25: Recycled Art Challenge** – Students showcased their creativity by crafting art pieces from recycled materials and sharing the stories behind their creations.

Throughout the week, students were also encouraged to be mindful of their waste and to use recycling bins effectively. Eco Week was a wonderful reminder of how small actions can make a big difference—and how, together, we can build a more sustainable future.



WELLBEING!

In April, our 1st and 2nd grade students participated in thoughtful and age-appropriate lessons focused on body boundaries and personal space. These sessions aimed to help young learners understand the importance of respecting their own space as well as the space of others.

Through hands-on activities and guided discussions, students explored how to recognize and express their comfort levels, how to communicate boundaries clearly, and how to respond when someone else sets a boundary. The interactive nature of the lessons allowed students to physically experience what personal space feels like, making the concept more relatable and meaningful. These foundational lessons play a key role in fostering empathy, respect, and healthy social interactions in our school community.



We ended April with a fun-filled Vappu Assembly! Each class took part in a cheerful game competition, bringing lots of laughter, energy, and school spirit to the celebration.

