



ESPOO INTERNATIONAL SCHOOL

EIS WELLBEING



☀ February Highlights at Espoo International School ☀

February was a vibrant month at Espoo International School, filled with creativity, collaboration, and community spirit!

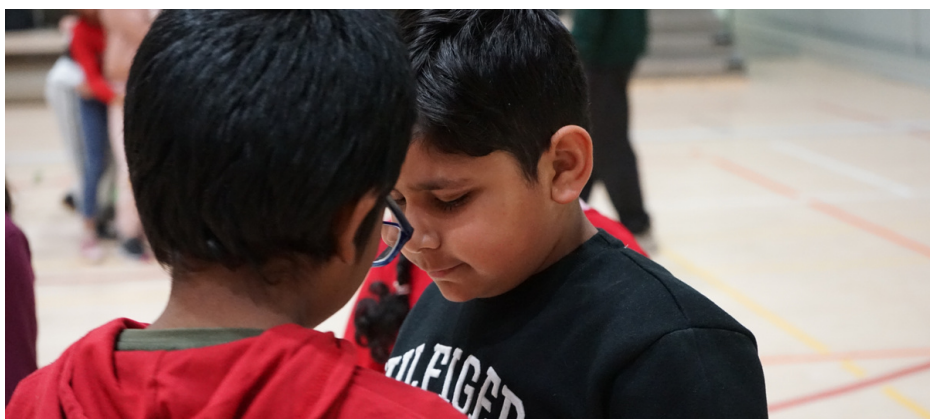
The month kicked off with the **World Peace Game**. Students tackled global challenges through imaginative diplomacy and teamwork.

Taidetestaajat brought artistic exploration to life, classes participating in cultural experiences throughout the month.

Fifth-grade bake sale added a sweet touch to the week.

After a refreshing Winter Holiday students and teachers returned ready to continue working and learning!

From diplomacy to creativity, February was a month of growth and connection at EIS!





DEBATE!



Debate in Action: 6th Graders at Espoo International School!

On Monday, February 3rd, our 6th I students took the stage for an exciting debate as part of this term's English segment, which was also featured in our parent workshop.

The students tackled thought-provoking topics, including:

- ◆ Gun ownership
- ◆ Juvenile criminal trials
- ◆ Meat eating vs. veganism
- ◆ Electric vs. gasoline vehicles

It was inspiring to see them present well-researched arguments, engage in respectful discourse, and develop critical thinking skills in a real-world context.

A huge thank you to our students, class teacher, and parents for supporting this event! 🙌 Looking forward to more engaging discussions in the future.



Debating builds confidence, sharpens critical thinking, and improves communication skills.

It encourages empathy, teamwork, and helps students become informed, persuasive, and respectful speakers—skills valuable in school and beyond.

Friendship Day!



🎉 Friendship Day at Espoo International School! 🎉

Today, our school was filled with music, joy, and vibrant colors as we celebrated Friendship Day! ❤️ From an inspiring art competition to an energetic concert, our students embraced the spirit of friendship with creativity and enthusiasm.

Of course, the day wouldn't be complete without a special visit from Dr. Love and Madame L'Amour—spreading fun, laughter, and positive vibes! 🌸

We extend our heartfelt thanks to our dear friends, the amazing PTA, for thinking of us on this special Day. Moments like these remind us of the importance of kindness, connection, and community. ❤️



EIS CREW



👉 EIS Crew Meets Second Graders for Team Building Fun!

In February, the EIS Crew and our enthusiastic second graders came together in the gym for a lively team-building and get-to-know-you session. The space was buzzing with energy as students were divided into mixed-age groups, creating a wonderful opportunity for connection and collaboration.

Through a series of fun and active games, the older students helped guide and support the younger ones, building trust and teamwork in a playful setting. Laughter echoed through the gym as everyone participated with enthusiasm, showing great sportsmanship and school spirit. It was a fantastic way to strengthen our school community and foster friendships across grade levels. We're already looking forward to the next session!



Taking Care of Mental Well-Being During the Dark Season



As the days grow shorter and darker in Finland, it's natural for energy levels and moods to shift—especially for young people. At Espoo International School, we recognize how important it is to support mental well-being during this time of year.

Here are a few gentle reminders and tips for students and families:

- **Get Outside Daily:** Even a short walk during daylight hours can boost mood and energy.
- **Stay Active:** Movement—whether it's sports, dancing, or just stretching—helps release feel-good chemicals in the brain.
- **Keep a Routine:** Regular sleep, meals, and study habits provide structure and stability.
- **Talk About It:** Encourage open conversations about feelings. It's okay to not feel okay, and support is always available.
- **Light and Color:** Use bright lighting indoors and surround yourself with color and creativity to lift your spirits.
- **Connect with Others:** Spending time with friends, family, or participating in school activities can help reduce feelings of isolation.

Let's look out for one another and remember: small steps can make a big difference. If you or someone you know needs support, our school counselors and staff are here to help.