



ESPOO INTERNATIONAL SCHOOL

EIS WELLBEING



March was a vibrant and enriching month at Espoo International School, dedicated to promoting wellbeing across all grade levels. The school community engaged in a variety of activities designed to support mental, physical, and emotional health:

Primary School Highlights:

Students participated in **guided meditation sessions**, learning about the benefits of mindfulness, breathing techniques, and focus.

Yoga classes were introduced to 1st graders, led by the school's social welfare officer and community counselor.

Creative expression was encouraged through a special **art session** tailored for primary students.

Younger students also enjoyed **dance recesses**, adding movement and joy to their day.



EIS WELLBEING



Younger students also enjoyed **dance recesses**, adding movement and joy to their day.

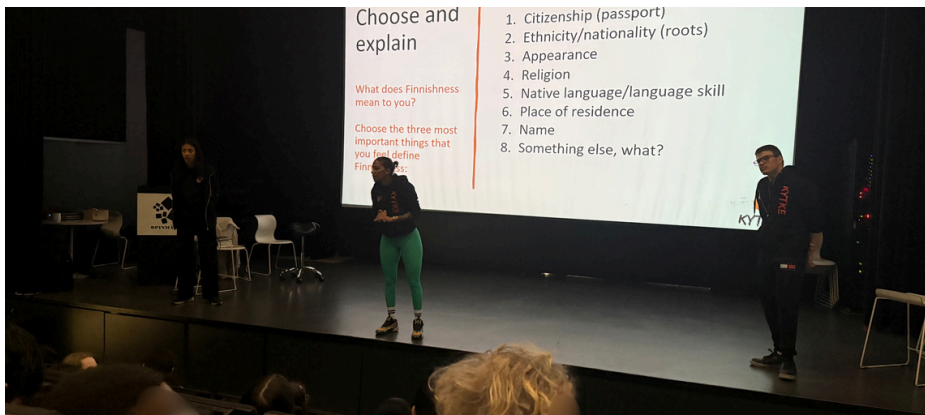
Whole School Activities:

A **smoothie recess** was held for all students, promoting healthy eating in a fun and social way.

Middle School Focus:

Students explored important topics through sessions on **sexual education, discrimination awareness, and empowerment**. They also took part in workshops on **goal setting and dream-chasing**, encouraging personal growth and ambition.

This month-long celebration of wellbeing brought the school community together through meaningful, age-appropriate activities that nurtured both body and mind. It was a joyful and impactful experience for all Espoo International students!





MEDITATION

Meditation Sessions for Primary Students

This March, our primary students had the wonderful opportunity to participate in meditation sessions led by a guest facilitator. During these calming sessions, students learned about the benefits of meditation, including how it can help with focus, relaxation, and emotional wellbeing. They also got to try out simple breathing and mindfulness exercises, making it a fun and peaceful experience for all!



MINDFULNESS AND YOGA



🧘♀️ Mindful Moments Across Grades

This March, wellbeing activities brought calm and connection to students across Espoo International School.

1st graders had a joyful yoga class led by the community counselor and welfare officer. They explored animal-themed yoga poses and ended the session with a soothing visualization meditation—an hour of fun, focus, and relaxation.

Middle school students also embraced mindfulness through yoga recesses, offering them a refreshing break to stretch, breathe, and reset during the school day.

These activities helped students of all ages connect with their bodies and minds in a calm, supportive environment.





EQUALITY



🌟 Celebrating Gender Equality Day at Espoo International School! 🌟

On the 19th of March, our school community came together to celebrate Equality/Gender Equality Day with an inspiring all-school assembly during morning recess.

We were honored to welcome guests from the parliament: Pihla Keto-Huovinen (Kokoomus), Mia Petra Kumpula-Natri (Sosialidemokraatti), and Saara Hyrkkö (Vihreät), along with representatives from Plan International Finland - Jonas Biström, Maiju Tuomainen, Ronja Karkinen, Linda Massa.

Our students and guests shared their thoughts on the importance of gender equality, sparking meaningful conversations and reflections.

Following the assembly, our 9th graders engaged in a dynamic panel discussion with the parliamentarians, asking insightful questions about how young people can drive change and seize opportunities for promoting equality,

The day continued with an empowering presentation by Plan International Finland, highlighting ways to make a positive impact in our local community and beyond. Students enthusiastically shared their ideas and collaborated on initiatives, leaving us all filled with optimism and the belief that change is just an action away!

Together, we are committed to fostering an inclusive and equitable environment for all. 💪🌟



WELLBEING!

🎨 Art is Funtastic! 🎨

Our 3rd graders had an amazing experience during the Art is Funtastic workshop, guided by talented facilitators from Portugal! ✨

Through a virtual journey, students explored an artist's studio in Portugal, discovering different art styles—from ancient cave drawings to modern graffiti.

Inspired by what they saw, they brought their creativity to life on paper, experimenting with colors, shapes, and techniques.

The excitement doesn't stop here! Our young artists will continue their masterpieces at home, bringing their own unique touch to their artwork. A big thank you to our facilitators for making art truly funtastic! 🎭🎨

☀️ Exciting Visit from KYTKE (Monikulttuurisuuden edistämisyhdistys Walter ry) Project! ☀️

On the 20th of March, we had the pleasure of welcoming the KYTKE project to our school. They conducted inspiring workshops for our 6th and 7th graders, focusing on the crucial topics of discrimination, racism, and their meanings.

The workshops provided our students with valuable insights on how to cope with these issues. Both students and facilitators shared their experiences and ideas on how we can work together to solve these challenges.

A big thank you to the KYTKE project for their impactful visit and for empowering our students with knowledge and empathy. Together, we can make a difference! 💪



WELLBEING!



☀ March Highlights at EIS ☀

March was filled with exciting learning experiences at Espoo International School!

- **Dancing Through Diversity:** Our Grades 1–4 students enjoyed a lively recess with African and Indian dances, led by student parents. It was a joyful celebration of culture and community.
- **Gender Stereotypes Workshop:** 7th graders took part in an engaging session with Plan International, exploring and challenging gender stereotypes in media and society.
- **7 Habits Leadership Workshop:** Selected 9th graders participated in a dynamic workshop led by our guests based on The 7 Habits of Highly Effective People, gaining valuable life and leadership skills. Thank you to all our guests and partners for inspiring our students!