

FOS NEWS

Finland Oman School Newsletter

Issue No 6, October 2020



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Principal's Message

Dear FOS Parents and Students,

As the sixth full week of our school year comes to a close, I am grateful for the opportunity to have our students learning once again. Thank you to our students and all of our teachers for the very positive first weeks of learning at FOS.

In visiting some online classes throughout various grades this week, I have noted exceptionally positive interactions, a high level of motivation and, in particular, the smiles and happiness on our students faces. This made me miss hearing the laughter and the students' footsteps in the school corridors. I hope that when writing my next Principal's Greetings in November, this is already a reality.

We returned to FOS this year knowing that this will be another exceptional year. So now, in a situation, where students are faced with a completely new way of being educated, students' wellbeing has been named as one of our top priorities. Our job is to work together to make this exceptional year exceptionally good to our students. At FOS we believe that student wellbeing is the main element to student success. Social interaction, plays a big part in emotional wellbeing. When learning happens in an online environment and normal social interaction between students and teachers is not possible, our teachers are working even harder to be more creative to make lessons and school days inspiring, fun and interactive.

At FOS we start every morning with a homeroom time. The purpose of this session is to work as a stimulating and motivational start to the day. It is an important moment to set a positive tone for the school day. Students can talk about what they did the night before, what their plans for the day are, and discuss any problems or concerns they may have within the classroom. By starting the day with this routine, we want our students to feel relaxed, calm, and ready to listen and learn, and also to encourage close student-teacher relationships.

During homeroom time FOS Challenges are also activated. These challenges are connected to our FOS Focuses and implemented through PE and Art.

At this very stressful time, education can be a joy and a diversion/break. However, understandably, virtual learning can become a source of stress itself. In order to understand how our students are experiencing the start of the school year, we asked them to provide us feedback via a survey. This survey was conducted by our Student Council teacher members. We are currently analyzing the results and reading the students' responds. Our students' opinion is important for us!

As a sneak peek, I can also tell that elections will be coming soon and the new members of our Student Council will be elected. Stay tuned!



Terhi Merensky





إنني كمدير أكاديمي للقسم العربي بمواد (التربية الإسلامية، واللغة العربية، والدراسات الاجتماعية)، أفخر بوجودي ضمن عائلة المدرسة الفنلندية العمانية، - كواد، وأولياء أمور، وطلبة- ، كما أسعدني كثيرا كل ما شاركتمونا به من تغذية راجعة حول سير العملية التعليمية طوال الفترة الماضية من التعلم عن بعد.

إننا كقسم في المدرسة الفنلندية العمانية نستشعر أن حرصنا واعتزازنا بمنهج الإسلام، ولغتنا العربية، وتراثنا العماني والعربي، يلقي على عاتقنا مسؤولية عظيمة، تتطلب منا جميعا أن نجمع بين المحافظة على التراث الأصيل، والقيم الثابتة، وبين متطلبات التقدم التكنولوجي، وتعليم المواد العربية بأفضل الممارسات التعليمية الفنلندية في بيئة دولية آمنة جاذبة، ورغم أن التعلم عن بعد شكل تحديا كبيرا، إلا أنه قد أتاح لنا جميعا بوجه عام، ولأبنائنا الطلبة على وجه الخصوص فرصة ثمينة لذلك، فكان له أثر كبير في تطوير المهارات الفردية التي نحتاجها لمواكبة كم التسارع الهائل في التقدم التكنولوجي، كما هيأ لأبنائنا محكات تربوية ومواقف عملية تتطلب منهم الاعتماد على الذات، والقدرة على حل المشكلات، وغير ذلك من الاستراتيجيات التي تدعم التعلم الذاتي، وتعددهم لمواجهة تحديات المستقبل.

أتمنى منكم جميعا أن تبقوا على تواصل دائم ومباشر معي بشأن كل ما يخص المواد العربية، فتغذيتكم الراجعة عامل من عوامل نجاحنا.

mahmoud.qashlan@fos.edu.com

Induction program:

FOS welcomes students & parents

An '**Induction Program**' was organized on the 13th, 14th and 15th of September 2020 for the parents of Primary to Secondary school at Finland Oman School. The aim was to familiarize parents as our partners in progress with the curriculum, rules and regulations of the school, teaching methodologies and the learning platforms incorporated particularly during the virtual learning period.

The first day of the program commenced with greetings from the Finnish Academic team followed by a virtual tour featuring the school facilities and ergonomic environment along with welcome messages from the Finnish principal Ms Terhi Merensky and the Arabic principal Ms Sahra AlSabti. This was followed by an introduction presentation in which parents and students were introduced to their respective subject teachers for the new Academic year. The session concluded addressing parents' inquiries.

The second day was dedicated to E-learning: FOS

instructors gave technical demonstrations on how to use online platforms by sharing presentations and constructive videos.

The third day of the program started with some ice-breaker sessions. The students spent the whole school day interacting with each other and getting to know teachers in a fun-filled environment. The session was managed by the Finnish Academic team in cooperation with the English and Arabic subjects teachers.

"A parent is a teacher at home, a teacher is a parent at school and the child is the centre of our universe." We wish to express our appreciation for your interest in attending the three days of orientation. Your regular valuable feedback has helped the school build strong channels of communication, which will inevitably have a positive impact on our children's learning and progress.

“ A parent is a teacher at home, a teacher is a parent at school and the child is the centre of our universe. ”



GREETINGS from Student Council!

At **FOS**, we implement best practices from Finland and this includes having a Student Council to make sure our students' voices are heard. The Student Council is a group of students and teachers along with the Principal, who meet on a regular basis to discuss topics and organize activities related to the school. Our first important activity was to conduct a survey to find out how our students feel about virtual learning. Results will be shared soon! Next, we will organize

elections for students to join the Student Council. The Head of the Student Council will also join the Parent Teacher Association (PTA). In planning future activities, students will take a leading role. If you would like a chance to represent your school in the Student Council, join us and make a difference. It can also provide good experience for your higher studies. So stay tuned and start planning your election posters and campaign videos!



GREETINGS from “School on the MOVE” Team!

School on the Move is a research-based program from Finland that aims to establish a physically active culture in Finland Oman School. Our goal is to decrease sedentary time and to increase physical activity by making the school culture more active in various ways. During the virtual learning period, this includes P.E.

challenges for the whole school, brain breaks and activating the students during online lessons, as well as tips and ideas from teachers on how to stay active after the school day. Our overall goal is to improve not only the health and wellbeing of our students but also their learning outcomes and school enjoyment.

GREETINGS from Go Green Team!

A new academic year has started with promising ideas and fresh Go Green plans!

While schools are operating virtually, the Go Green team at FOS aims to protect children's welfare through environmental Stewardship, especially at home. Every month, a new Go Green challenge is shared via our online platforms. Each initiative concentrates on various GREEN matters such as recycling, compost-

ing, domestic waste, etc. It relates well to ARTS since students are asked to design their work creatively using some art materials given in FOS Go Green packs. The FOS Go Green team strives to prepare the future for our children. What it all needs is some artistic skills and a Go Green spirit to keep up with our challenges! Stay connected and follow up on Go Green plans through SEESAW and TEAMS."



GREETINGS from KiVa Team!

KiVa is an evidence-based anti-bullying program developed in Finland. In KiVa lessons we practice transversal competence areas like well-being competence and interaction skills that helps us to become more tolerant and empathic citizens. For example, in one lesson, we can practice friendship skills and recognizing emotions by using emotion cards in small groups of students. During virtual learning KiVa is integrated

in arts. Students have been drawing their own feelings, creating a comic story about a difficult situation and how it can be solved. These KiVa –challenges are shared with all FOS students monthly. Recognizing and understanding your emotions helps you to recognize those of other people, which is an integral part of how we interact with others.

WELFARE

At FOS

Students welfare takes priority at FOS. It includes both promoting welfare as well as handling situations in which welfare is at risk.

The Welfare team organize support needed together with individual students, parents, teachers, and other professionals depending on the need.

As a special education teacher, she's part of the FOS welfare team and KIVA team, working alongside students and teachers and following every step of the supporting program; as a consultant and a teacher.

Terhikki



Students Welfare At FOS

Welfare Team

Support needed in learning, concentrating or behaviour in class .

- Three-step support program.
- Pedagogical meetings with teachers.

Kiva Team

Antibullying Program

- Lessons in classes.
- Handling, reporting and following up the reported bullying cases.

Social Worker

Support needed in emotional or social cases

- Individual weekly meetings if needed.
- Individual meetings in emergency cases.
- Support to classes.

School Nurse

Officed in administration area.

Three Steps in Supporting Students

Individual learning plan:

Teacher, parents, welfare team, therapist etc.

Intensified support:

Intensified learning plan teacher, parents and welfare team.

General Support:

Support to all students for example in case of absence.



Social Worker


Our school social worker, is dedicated in working with students, their parents, teachers and administrators and is specialized in helping students to come over and cope with disabilities and behavior management.

The main aim of our school social worker is to assess area in which students may require assistance or counseling and to support students to resolve conflicts such as, bullying, school absences and to function effectively

in the school environment. Other responsibilities of our school social worker include, implementing customized plans to support and help students improve socially and academically, managing case records, guiding the parents on available resources to help their child and co-working with teachers in student behavior management.

Maryam Alkharoossi

If you require any further information, don't hesitate to **contact her on**

 **791 503 50**

 **Maryam.alkharoossi@fos.edu.com**



Fun with Go-Green Packs!

On the 16th of September, teachers

of our primary grades 1-6 put together Go-Green packs for the younger students. The packs included books, learning materials and some stationery to help our primary students in their studies. In keeping with our **FOS Go-Green focus**, the Go-Green packs were made of recycled materials.

Adhering to the **COVID-19** restrictions, all necessary precautionary measures were taken during the collection of the packs. Students' packs were collected from the gym hall by their parents.

The route to the gym was clearly demarcated and stickers were also placed inside the gym to ensure proper social distancing and to avoid any unnecessary contact between parents and staff.

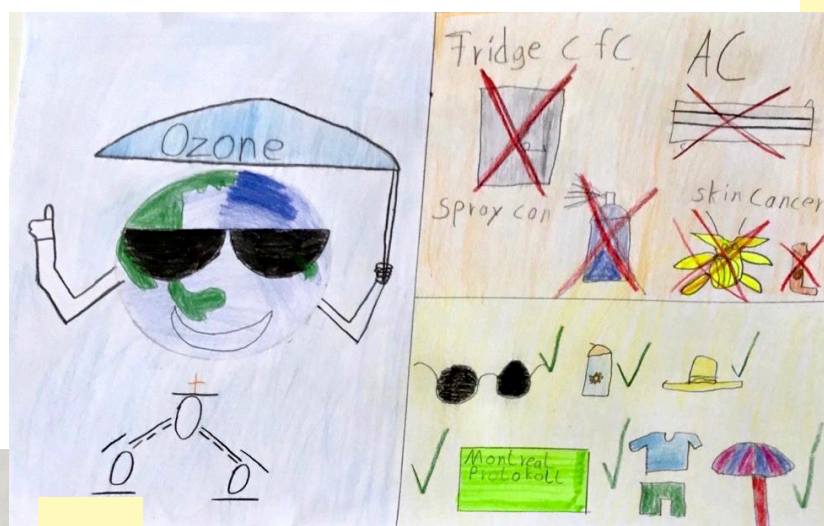
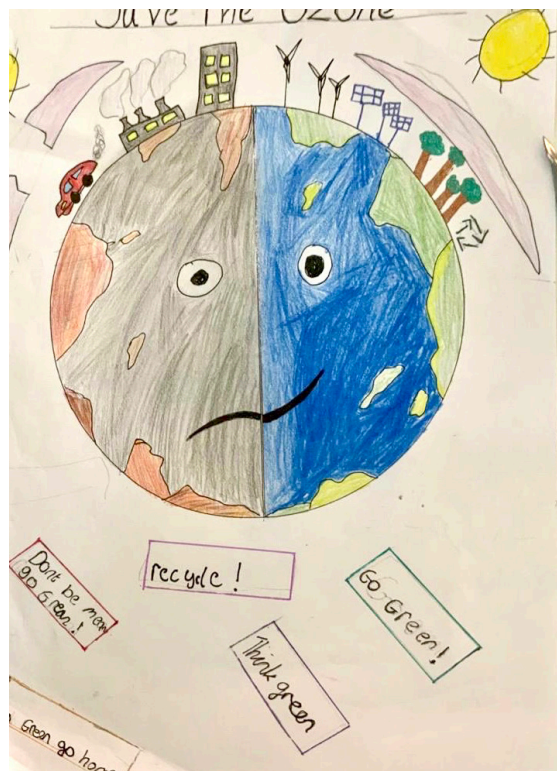
The feedback from parents and students on the Go-Green packs was tremendously positive. Students were happy with the contents of their packs which they are now putting to use in their lessons. Parents were pleased that the packs contained everything their children need to start the school year. All in all, the Go-Green pack initiative was a huge success!



“Ozone for life”



Poster Making Grades 5-6



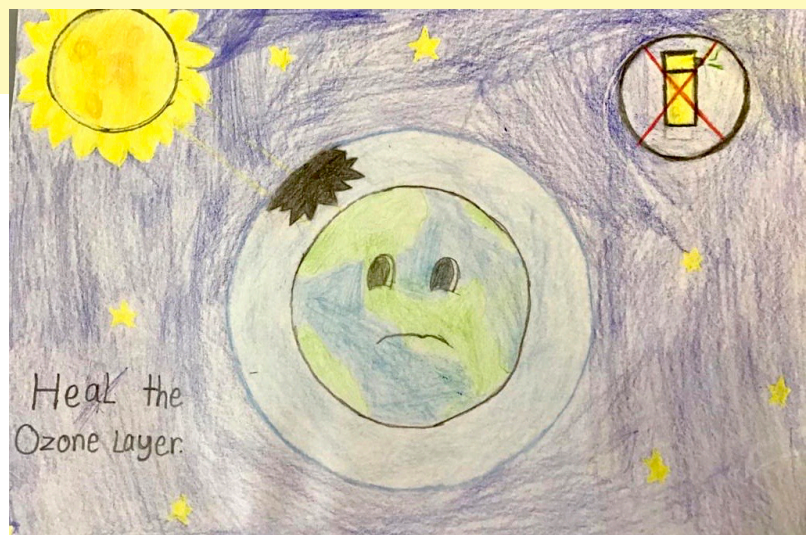
On September the 16th, FOS students virtually celebrated the World Ozone Day aligned with the slogan Ozone for life. As part of the celebration, they

used recycled materials to create posters illustrating the importance of the Ozone layer in protecting all living things against harmful ultraviolet sun rays.

Say **NO** to CFC chemicals & Go Green to help in healing the **OZONE** layer!



We are all **RESPONSIBLE!**





وطني عمان

وطني الحبيب (سلطنة عمان)، تقع سلطنة عمان في موقع جغرافي مميز من الوطن العربي، وهذا أكسبه تنوع في المناخ والتضاريس والذي ساهم في تنشيط السياحة في سلطنة عمان . لذلك نجد أن هناك معالم سياحية كثيرة يتوافد إليها السياح (كالأسواق والمنازل القديمة والقلاع والجبال والسهول والشواطئ)

سأذكر لكم بعض هذه المعالم:

■ **الجبـل الأخضر :** يقع في ولاية نزوى ويتميز بالطبيعة الخلابة والمناخ المعتدل صيفًا والبارد شتاءً.

■ **شاطئ المغسيل :** في ولاية صلالة يتميز برماله الفضية الناعمة ونوافير الماء التي تخرج من الصخور.

■ **سهـل أتيـن :** في ولاية صلالة يتميز بمناظره الخلابة وهوائه العليل في فصل الخريف.

■ **سوق صحار التاريخي :** ويتميز بأربع بوابات . وغيرها من الأماكن السياحية الجميلة في بلادي عمان.

بقلم الطالبة : **لورا الفارسي**

الصف الخامس B



■ **ملاحظة :** من أفضل المشاركات الطلابية في كتابة مقالة حول تفعيل يوم السياحة العالمي .

مسابقة يوم السلام العالمي

احتفاء بيوم السلام العالمي نظم قسم الدراسات الاجتماعية في المدرسة الفنلندية العمانية مسابقة السلام بين طلاب الصفوف (٧-١٠) بهدف غرس قيمة السلام وبيان أهميته، والتعريف بهذا اليوم وما يرمز إليه، ودوره في نشر السلام والمحبة في أنحاء العالم، وقد كشفت المسابقة عن مدى ما يتمتع به طلابنا من مواهب أدبية وفنية رائعة، تمثلت في أعمال الطلبة المتنوعة بين رسومات وملصقات وعبارات أدبية من إنشائهم. تلك هي تطبيقات الفلسفة والممارسات الفنلندية التي تؤكد أن التعليم والتعلم عملية تكاملية تتداخل فيها جميع الموضوعات والتخصصات.

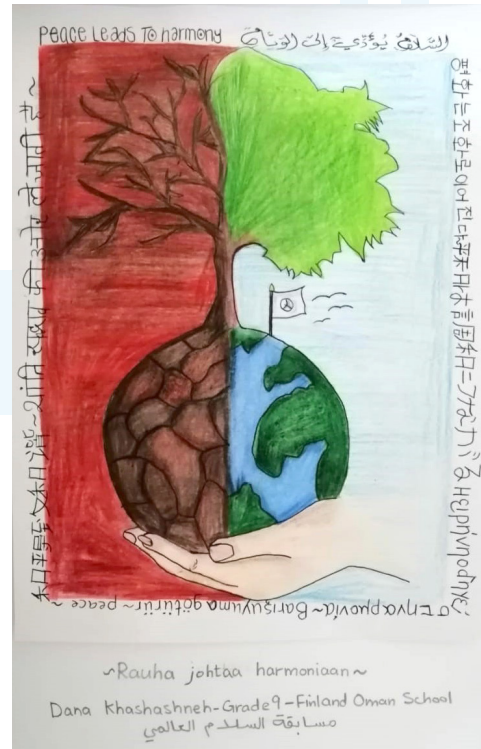
محمد الطارشي الصف الثامن



زينب البلوشي الصف السابع



مايا جبج الصف العاشر



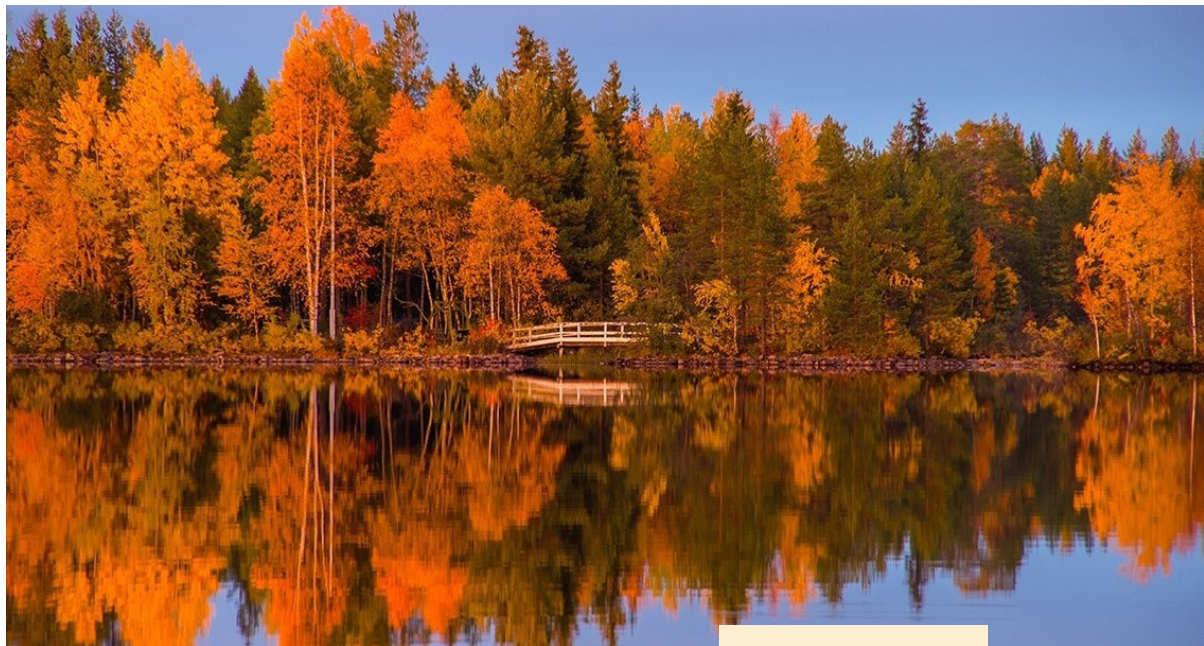
دانا خشاشنة الصف التاسع

The Four Seasons of Finland



SUMMER

This is the time of the year when people come out from hiding and stay up until dawn. Schools are on break; the sun never sets, and you can constantly smell people barbecuing. Summer officially starts in June and lasts until the end of August.



Summer ends with an explosion of color in the forests. This is the season known as 'ruska', when the autumnal reds, browns and yellows are especially beautiful in Lapland.

AUTUMN



WINTER

Winter is the longest season in the year – about 120 days. It can get very cold, with temperatures hitting -30°C – 0°C . Snowfall begins in early December and melts during March or April.



SPRING

During spring all the snow starts melting away and flora and fauna returns. Life slowly returns as people and animals alike come out of their winter hibernation.



#Learning_Happens_Everywhere
#التعلم _ يحدث _ في _ كل _ مكان



00 968 2206 1222



00 968 9477 7197



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