

FOS NEWS



Finland Oman School Newsletter

Issue No 7, Term 1 - 2020

FOS Learning Resource
Center

العيد الوطني
50 المجيد

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FOS Labs

Science Laboratory in School

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Finland Corner
National Day for Failure

Welfare
at FOS

Student Council Elections
2020 - 2021

OMANI WOMEN'S DAY
يوم المرأة العمانية



Terhi Merensky

Principal's Message

Small Big Things

Let me introduce my hometown - Officially the Greenest Town of Europe

I'm sure you've heard of the Lapland before; the snow-covered town of Santa Claus in northern Finland. But today, I'll be introducing you to a not so well-known side of Finland in the South East and take you to my home town Lappeenranta.

Finland is a land of a thousand lakes. In fact, this nickname is an understatement, as there are a total of 188 000 lakes in Finland. My beautiful hometown, Lappeenranta, is situated on the shore of Lake Saimaa, one of the biggest lakes in Finland. Lappeenranta is known as an international university city in Finland, but also for its forest industry. This small town with around 70 000 inhabitants is full of life during summer thanks to its many visitors from every corner of Finland as well as, Europe. But my hometown is something more than just a beautiful tourist attraction.

The goal of Lappeenranta is to become a leading hub and pioneer in renewable energy in Europe. Green power stems from the internationally recognised expertise in energy and environmental technology of Lappeenranta University of Technology and its Green Campus. For example, we have the world's first bio-refinery producing wood-based renewable diesel from forestry residue located in Lappeenranta and it has attracted worldwide attention.

Last week Lappeenranta won the title of the greenest city in Europe, European Green Leaf Award 2021, in a competition organized by the European Commission.

According to the jury, the city of Lappeenranta has made a visible commitment to developing climate solutions. The aim is to achieve the city's main goal of becoming carbon neutral by 2030.



For me as an educator, this is a good reminder: You can do big things even if you are small. At the end small things can make a big difference. One of the greatest success principles is called the Law of Accumulation. Everything great is an accumulation of hundreds of tiny efforts. It takes small steps to make a visible difference. All residents of Lappeenranta are engaged in building a green town, starting from recycling your own waste and from cycling to your workplace. To relate the same idea to the school environment – just think how many days, terms, years, lessons, tests and exams it takes before you or your child could graduate with a degree.

At FOS we continue our efforts to educate our students to adopt future skills and sustainable lifestyles. Education plays an essential role in building a sustainable future. Our students are the future decision makers. Although they are still small now, they will be big in the future – like my hometown.



Minister's Visit

We were honored to host Her Excellency **Dr. Rahma Al-Mahrooqi**, the Minister of Higher Education, Scientific Research and Innovation at Finland Oman School. On behalf of **FOS** family, we sincerely appreciate he visit and guidance.



المديرية العامة للمدارس الخاصة

في زيارته للمدرسة الفنلندية العمانية أكد فريق المديرية العامة للمدارس الخاصة التزام المدرسة بكافة الإجراءات الاحترازية وأثنى على تطبيقها لمعايير الأمن والسلامة والصحة وجاهزية المدرسة لاستقبال الطلبة في المبنى المدرسي وبدء التعليم المدمج .

خالص الشكر والتقدير للوفد الزائر



FOS Labs

To maintain our Finish practices, **FOS** combines online teaching with laboratory experiments to ensure that students understand the connection between the theoretical part and the phenomena they see in the experiments.

Students at **FOS** have three Science lab subjects, Biology, Chemistry, and Physics.

Our Science lab is equipped with the latest, high-quality supplies that promote discovery and learning and make the teaching and learning process interesting for both the teachers and the students.

FOS science lab engage the students in opportunities to think critically, discover, and analyze independently,





following Finnish practices of using different teaching approaches.

Here is a brief overview of our science lab equipment and safety measures:

- Preparation rooms are used by the Lab Technician for the preparation of experiments.
- Storage rooms keep all chemicals securely organized and separated (minimum amounts).
- Safety equipment such as a fume cupboard, safety cabinet (which reduces fire risks and protects workers), first aid kits including sterile eyewash solutions, fire extinguishers, and blankets, and PPE, including lab coats and gloves, and safety glasses are kept.
- Electrical hot plates are provided in each lab as they are much safer than gas burners.
- Advanced instruments are available for secondary students such as microscopes, analytical balances, and biology models.
- Students will be divided into smaller groups to maintain social distancing, and sinks are available in labs for regular handwashing.
- All the glassware and materials are sanitized after each lesson.
- Teachers can choose to demonstrate the experiments or let the students conduct them individually.
- Students are always under the supervision of their science teachers and lab assistant.

Finally, we are committed to keeping abreast of latest and best teaching practices while maintaining a safe environment for our students.

FOS Learning Resource Center (FOS - LRC)

As a vital part at FOS, our Learning Resource Center aims to promote stable information literacy and citizenship in our students. The center includes different areas that facilitate teaching and learning by providing a big collection of equipment and services. In addition, it will host many other educational and extra-curricular activities.

Aligned with the Finnish school principles, FOS-LRC permits users to freely access a wide range of information and activities compatible with different ages, genders, and languages.

Based on the International Bureau of Education (IBE), 21st-century skills are key components of the

educational life of the new millennium learners. If developed properly, students will be able to easily adapt to changes caused by globalization and internationalization.

Collaboration, communication, creativity, critical thinking & problem solving, information & communication technology (ICT) literacy, and social & cultural competencies are the essential frameworks identified by educational organizations. A way to gain and apply these skills in the teaching and learning process is offered by the cutting-edge services of the FOS-LRC. Our focal point is to think globally and act locally.





Welfare at FOS

Each child is a unique individual with a unique learning path. In Finland, this individuality of each child is recognized and supported. Thus, teachers are required to treat every child as an individual and help them to proceed according to their own capabilities while maximizing their potential. In addition, all students should also experience the success and joy of learning. In Finland therefore, all students also have the right to educational support.

The Finnish ideology is to provide special needs education primarily in mainstream education. All pupils have the right to high-level general support that is mainly given in regular classrooms by class teachers, subject teachers, and SEN teachers. Intensified support must be given to students who need regular support measures or several forms of support at the same time. The goal is to prevent existing problems from becoming more serious. The support given can vary depending on the type of support required. Some students might only need more time to do their tasks than peers in their class. One might need intensified support for concentration, one for reading, and another for organizing his or her daily schoolwork. In an inclusive school, all students, regardless of their different needs, are supported in a regular classroom by differentiating teaching methods, learning materials, workloads, homework, learning environments, etc.

At FOS our Welfare team and SEN teachers are working alongside the class teachers and subject teachers to build a school where all students are accepted, and their individual characteristics celebrated. The whole school community in co-operation with the parents helps students to maximize their strengths and get support for their needs. With their different learning paths and goals, our aim is to effectively support all students in their own regular classrooms. In this way, we are bringing the needed support to the students in their daily learning environment.

What kind of tools do we use in the classrooms to support our students with their needs? Most of the supporting measures and tools can benefit all the students in class but sometimes more personal measures are needed.

Toni Kortelainen
Special Education Teacher

Learn, Discover & Achieve in Sciences

At FOS, teachers follow a well-designed and well-supported curriculum in all subjects. In Science, we strive to fulfill every learner's potential by developing critical thinking skills that will help them succeed in higher education, the world of work and lead fulfilled lives.

From primary to secondary, scientific knowledge builds up in a carefully aligned instructional system. We started this term by introducing dissection for lower grades, such as seed dissection. Students learned how to predict, observe, and draw conclusions. In secondary, IGSCE graders used dissection kits, learned about transversal & longitudinal cuts, and described a lamb kidney's internal structure.

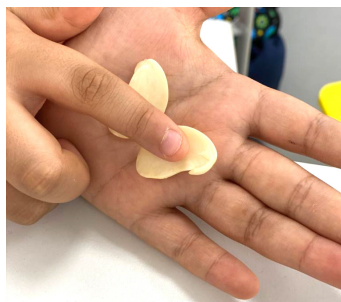
In parallel, all students across the School use their ICT skills to perform presentations about various topics in Science such as human organs, diseases, diabetes, etc.

This practice optimizes learning, especially when assignments are cross-curricular and require skills from different subjects.

Becoming a reflective learner requires being confident, responsible, innovative, and engaged. Thus, in Science, we emphasize learning through direct experience, and we trust that active learning fosters understanding.

At FOS, it is learning how to learn!

SEED DISSECTION - GRADE 5



KIDNEY DISSECTION - GRADE 10



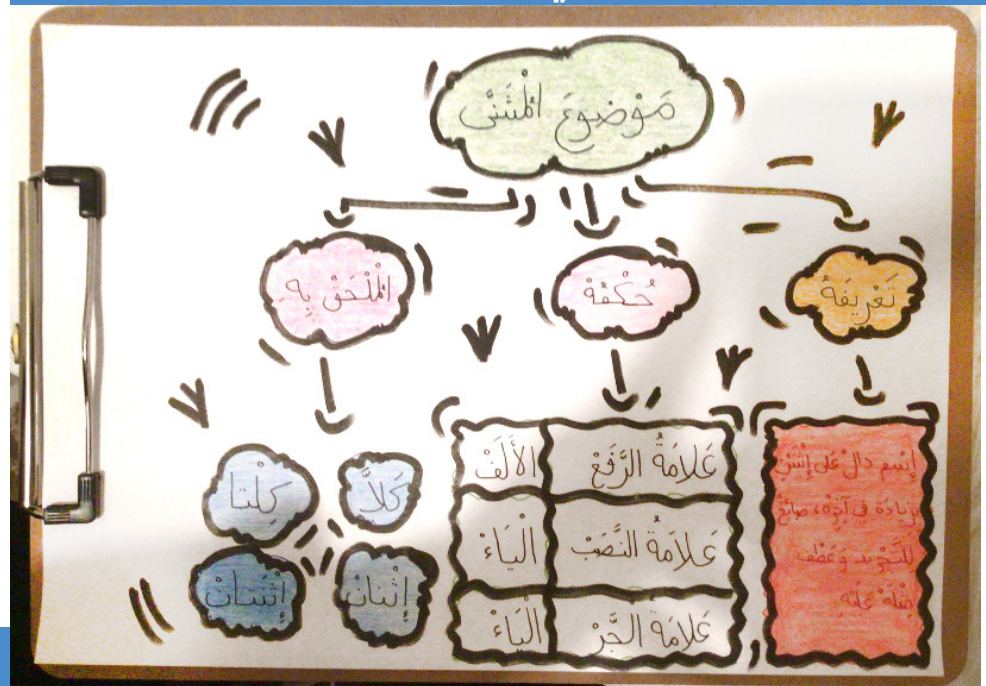
DNA EXTRACTION - GRADE 10



خرائط مفاهيمية

من مهارات القرن الـ ٢١ ، استخدام التفكير المنطقي والمتسلسل في تحليل المعلومات واستخراجها وإعادة استخدامها، ولن يتأتى هكذا عقل منطقي إلا بأدوات تنظيمية للمعارف، وهذا ما كان مع حصص تستخدم الخرائط الذهنية والمفاهيمية في ترتيب المعلومات وتبويبها.

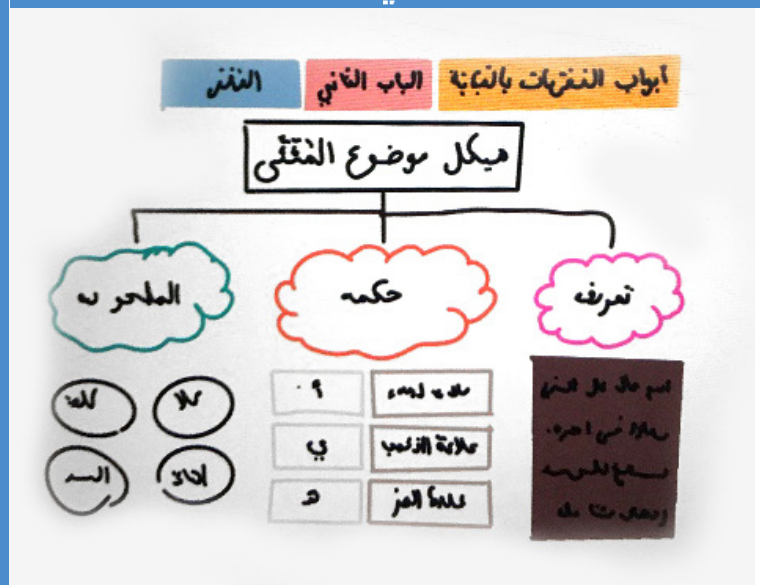
أريسال أماني محمد الصف التاسع



ريان البوسعيدي الصف التاسع



سعاد الريامي الصف التاسع



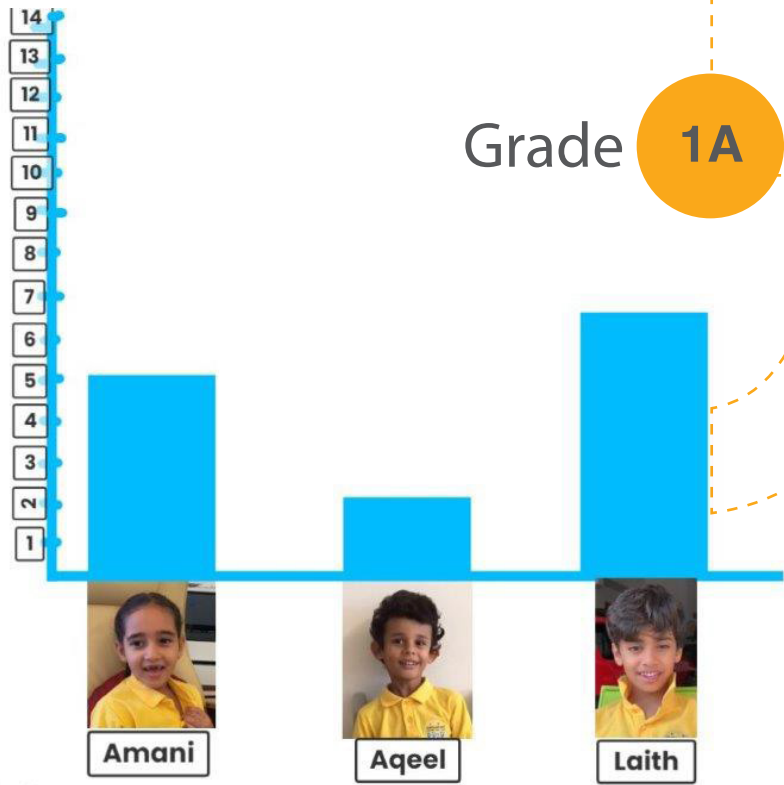
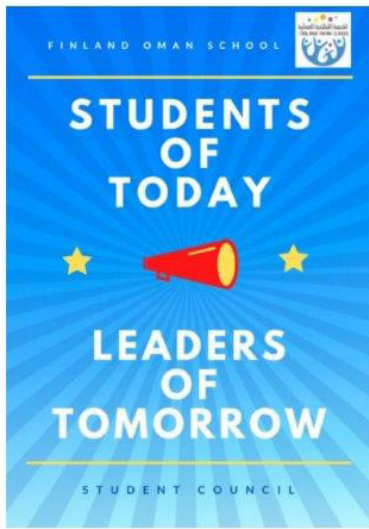
Student Council Elections 2020 - 2021

In November we held elections in each grade and students chose their representatives for the Student Council. The election campaigns from Grade 1 to Grade 10 included videos and posters. In some classes, the competition was fierce! Raid Lacheheb from G7B even made a website to convince his classmates that he is the right candidate to represent his class! The photos and videos really showed the effort that the students put into their campaigns.

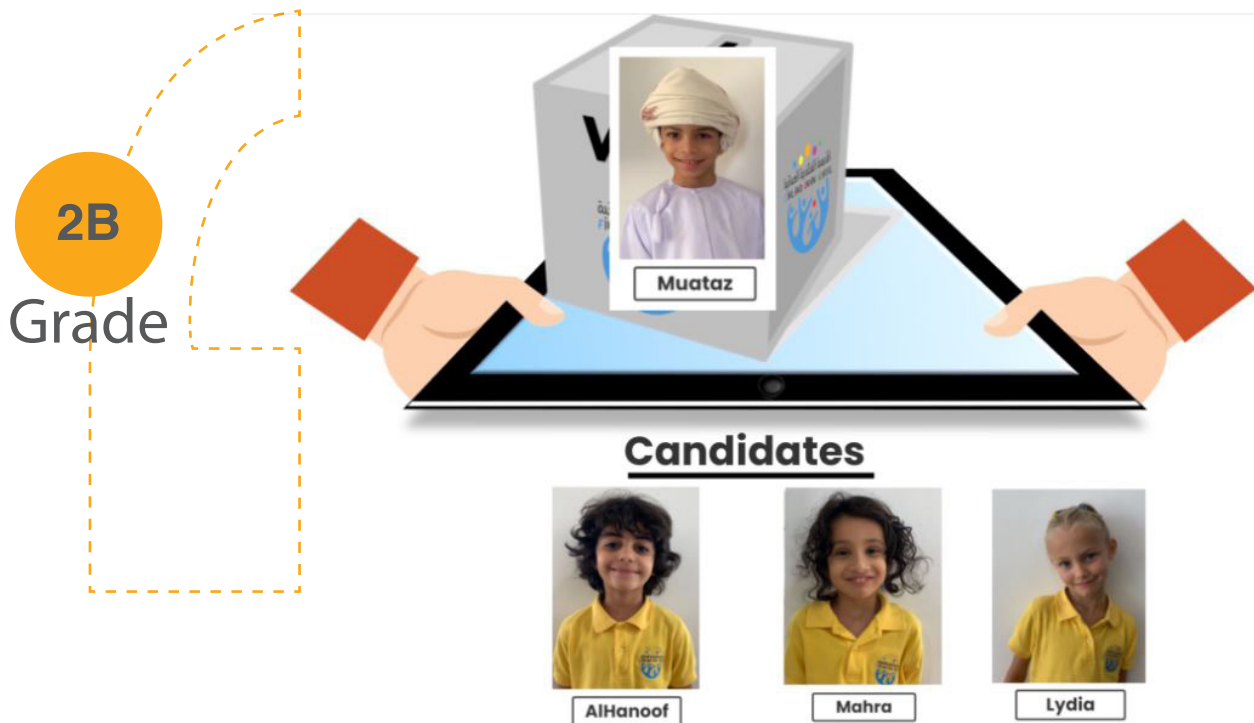
Here are the winners from each grade level. The runners up will act as Deputy Members and will take care of duties in the event that the first member is unable to do so:

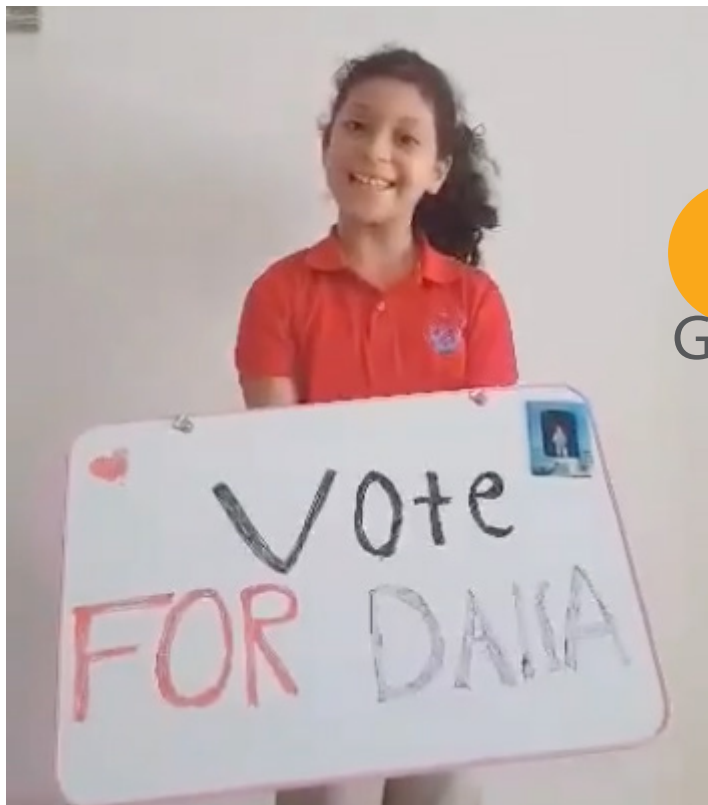
Grade	Winner	Grade	Winner
1A	Laith Al Amri	3B	Imran Al Balushi
1B	Jonathan Marsh	4A	Laura Al Hashani
2A	Al Jawhara Al Falahi	4B	Dalia Lacheheb
2B	Muataz Al Lamki	5A	Bushra Al Khatri
3A	Zainab Al Ismaili	5B	Adam Al Balushi

Grade	Winner
6	Naima Kalemi and Jihed Jabeur
7A	Raid Lacheheb
7B	Jannah Al Rawahi
8A	Artimis Khedri
9A	Nawal Omar Al Sharif
10A	Qais Al Touqi



We are so proud of all students for taking part in the elections. Huge congratulations to the winners! Our first meeting took place on 1st December and the student members introduced themselves and keenly participated in a brainstorming session. Lots of good ideas to work on in our next meeting!





Dalia

4B

Grade

**The Student
Council
Representative
from 5B:
Adam Al Balushi**



Grade

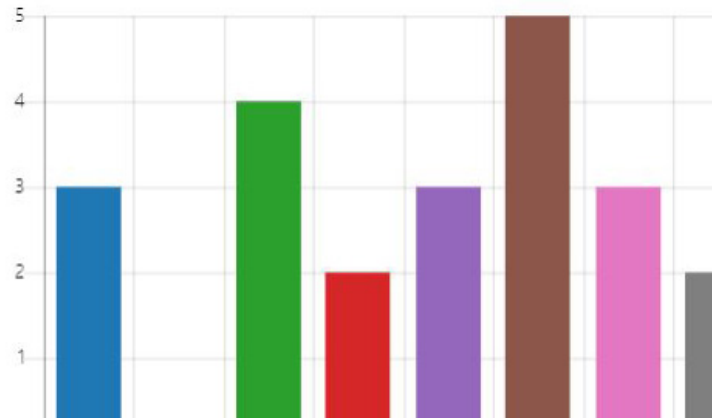
5B

Grade 6

Which of the following students would you like to be your representative in the Student Council?

[More Details](#)

Haitham Al Kalbani	3
Rahma Al Amri	0
Naima Kalemi	4
Abdulaziz Al Amri	2
Yasmeen Ahmed	3
Jihed Jabeur	5
Nouf Al Obeidani	3

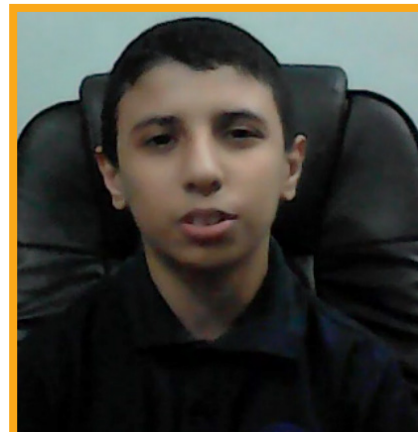


7B Grade



Jannah

Grade 8



Abdullaziz



For success, Choose the best

I'm Artmis Khedri and I'm in grade 8.

I do have the ability to balance after-school activities, schoolwork, and social life so I would always be available when students and the council need me.

My family and friends usually admire me for being hard-working, organized, reliable, sympathetic, respectful, and a good speaker, so I think I can be a role model for others.

I've always played football, so I know how to be a team player and I know how to work with other players to make a goal.

The goal I want to achieve is to make the school a better place for the students and the staff.

I would like to bring up more competitions and festivals so students can have the ability to show their talent and skills.



Don't stand by! Stand up, stand strong, stand together !




Our first meeting took place on 1st December and the student members introduced themselves and keenly participated in a brainstorming session. Lots of good ideas to work on in our next meeting!





Grade 1

Hunting Letters E & H

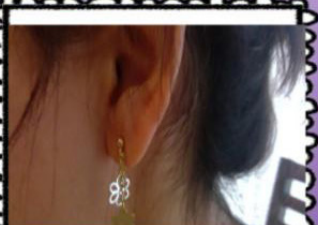


Take pictures of things that begin with the letter







electricity



earring



eggs



elephant

Grade 1 students have a scavenger hunt activity in English every week. They will go around the house and take pictures of objects starting with the letter of the week; this time the letter E.



Take pictures of things that begin with the letter













Grade 1 students have a scavenger hunt activity in English every week. They will go around the house and take pictures of objects starting with the letter of the week; this time the letter H.



Grade 2

Back to school

Grade 2 had a successful first day back to school! We dove right back into studying while learning a lot of safety measures: How do we line up and eat lunch while social distancing? When do we have to wash our hands and sanitize? The students did an amazing job adjusting to the new rules while enjoying being able to learn with their peers again!



Grade 4

Arts & Crafts



In Arts and Crafts, grade 4 students made decorations and found creative ways to use them. Amna, for example, made a sign showing where her sunflowers are growing.

Joy of Reading Challenge

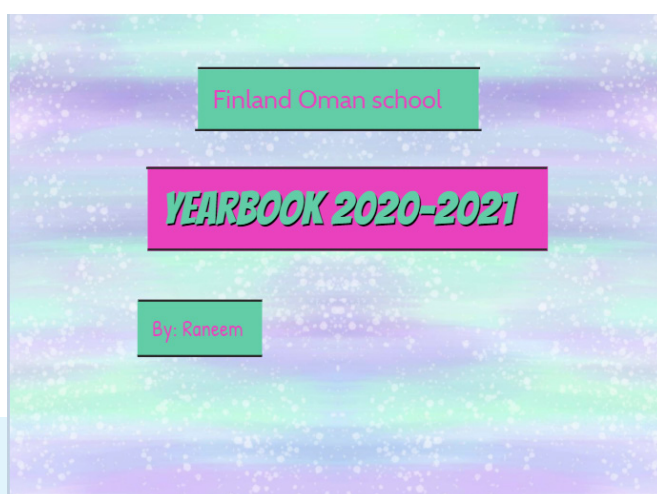
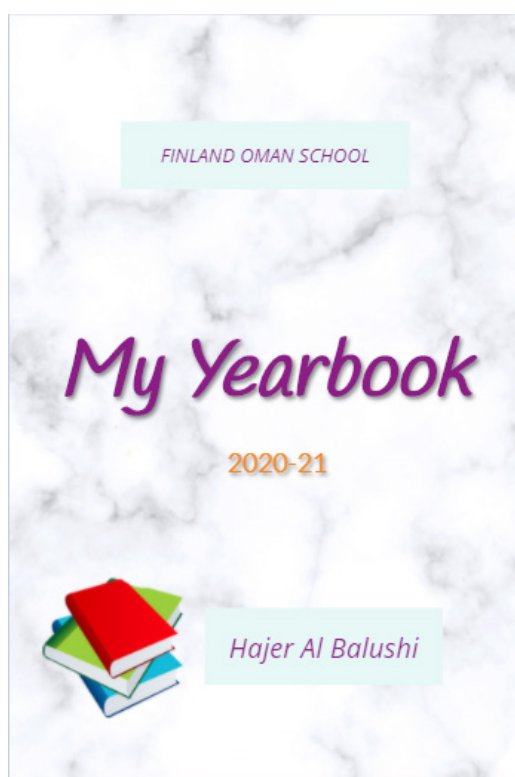
After accepting the Joy of Reading challenge, grade 4 has been reading a lot of books in Epic! and also as hard copies. After reading three books, they are rewarded with these encouraging diplomas. Students are really motivated and working hard to improve their English language skills. Many of them are already going for their second diploma!

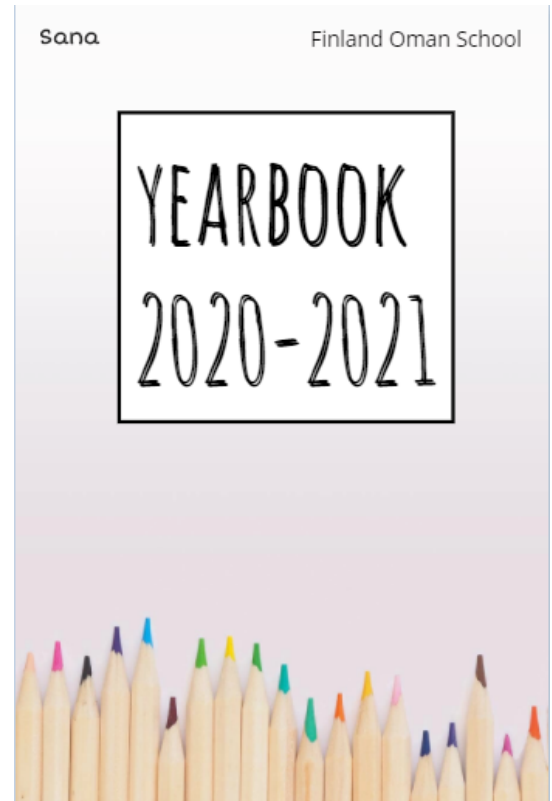


Grade 5

Yearbook Project

Grade 5 students have started a-year-long-project of creating a yearbook by using app. bookcreator. This project enhances not only their writing skills, but also their planning, designing, IT and thinking skills as well as their creativity. They are certainly having great fun! Here are some of their front covers.







العيد الوطني 50 المجيد

احتفلت المدرسة الفنلندية العمانية بالعيد الوطني 50 المجيد بمشاركة الطلبة وأولياء أمورهم الذين شارك بعضهم بتواجدهم في مبنى المدرسة في حين شارك آخرون فرحتهم واحتفالاتهم عبر منصات التعلم عن بعد.

اشتملت مظاهر الاحتفال بالعيد الوطني على ارتداء الطلبة ملابس التراث العماني التقليدي ومشاركتهم بعبارات وقصائد في حب سلطنة عمان وفضلها ،

كما استطاعت عائلة المدرسة الفنلندية العمانية تجاوز التحديات التي فرضتها جائحة كوفيد 19 إذ أقامت حفلا افتراضيا بهذه المناسبة المجيدة أشركت فيه الطلبة بالعديد من الأنشطة والفعاليات المتنوعة. خالص شكرنا وتقديرنا لجهود عائلتنا الرائعة الطلبة وأولياء أمورهم والمعلمين . ودامت عمان مثالا للأمن والأمان والحضارة والسلام .



In commemoration of Oman's 50th anniversary, students designed a logo to mark the special occasion. These are some of the great designs created by Finland Oman School's blossoming artists.

50TH ANNIVERSARY LOGO CHALLENGE



Abdullaziz Gr 8



Taif Gr 8



Areej, Lara & Artimis Gr 8

ذكرى المولد النبوي الشريف

أحيا طلاب المدرسة الفنلندية العمانية ومعلموها ذكرى المولد النبوي الشريف، حيث شاركوا معلمهم الحديث حول أهم أحداث السيرة النبوية العطرة والدروس المستفادة منها، كما احتفلت المدرسة بهذه الذكرى المباركة من خلال بث مسائي مباشر عبر حسابها على الانستغرام حضره عدد كبير من الطلبة وأولياء أمورهم ، حيث سرد الأستاذ الفاضل أحمد العتيلي بأسلوبه المشوق جانباً من أحداث المولد النبوي الشريف، وأهم العبر المستفادة منها، وذكر بأخلاق النبي صلى الله عليه وسلم وضرورة وسنته ، وضرورة الاقتداء به صلى الله عليه وسلم في جميع جوانب حياتنا اليومية، واختتم البث بدعاء للمولى عزوجل بأن يحفظ البلاد والعباد وأن يقينا شر هذا الوباء ويرفع عنا البلاء.



OMANI WOMEN'S DAY

يوم المرأة العمانية

لأن للمرأة العمانية مكانتها في نفوس أبنائها وبنيتها، كان للطلبة بصمتهم في التعبير عن كل شكر وامتنان للمرأة العمانية في يومها.

نماذج من أعمال طلبة الصفين السابع والتاسع احتفاء بيوم المرأة العمانية .



يوم المرأة العمانية



دور المرأة في السلطنة ومشاركتها في المؤسسات **الأهلية** التطوعية لا ينفصل عن وضعها في المجتمع بصورة عامة. حيث كانت السباق في مجال العمل التطوعي تأسيسا وممارسة، بإشهار أول جمعية للمرأة العمانية في مسقط عام 1972.

محمد الندابي الصف التاسع

شكر وتقدير للمرأة العمانية:

- تهنئة إلى كل عمانية تعيش على أرض هذا الوطن، سواء كانت موظفة، ربة منزل، طالبة، بمناسبة يوم المرأة العمانية. تحية حب وتقدير لها .
- أشكر كل امرأة ساهمت في بناء مجتمع هذا الوطن الغالي وأشكر كل أم و موظفة وطالبة لما قدموه لهذا الوطن .
- كل عام و أنتن مبدعات في ظل القيادة الرشيدة بعماننا الحبيبة ..
- تحية وتقدير لكل إمراة عمانية في هذا الوطن الغالي.



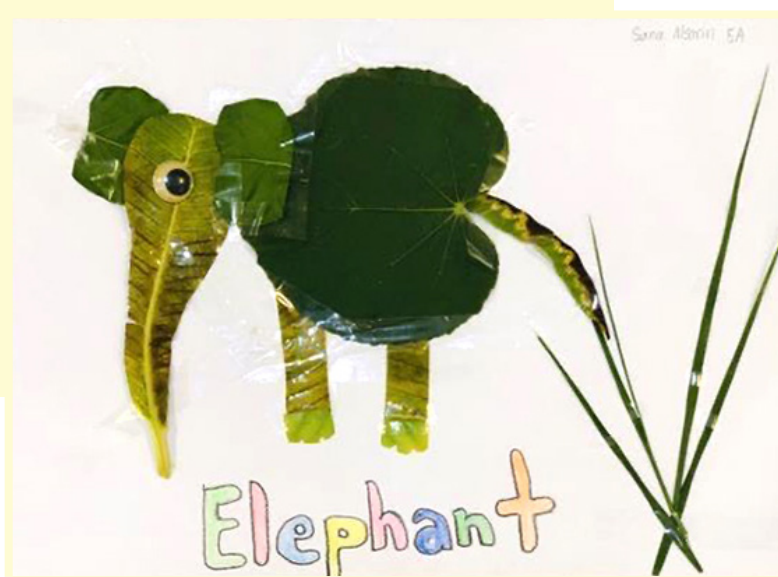
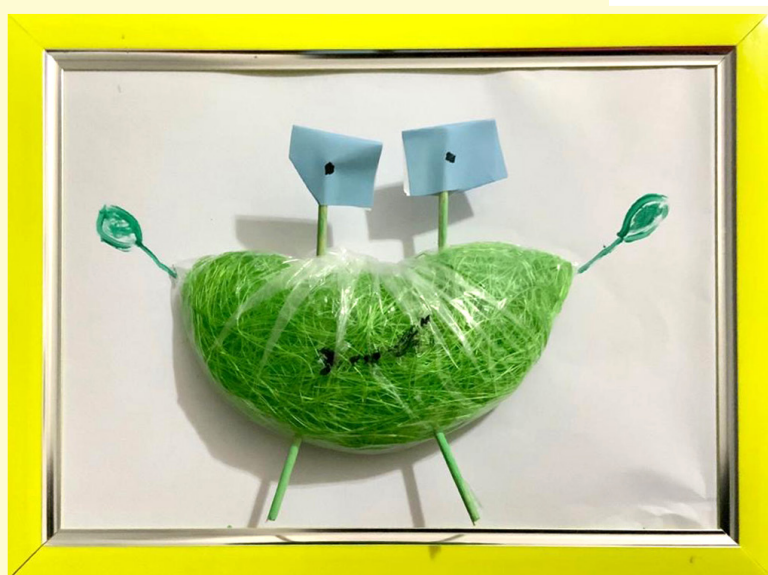
"إن الوطن لا يخلق من دون المرأة"
يوم المرأة العمانية

(ما قامت حضارة ولا ارتقت أمة إلا و كان للمرأة دور فيها)

يوم الشجرة

احتفالاً بيوم الشجرة الذي يصادف ٣١ أكتوبر من كل عام نظمت المدرسة الفنلندية العمانية العديد من الأنشطة والفعاليات التي تهدف إلى تنمية قيمة الشجرة والاعتزاز بها، وتوعية الطلاب بأهميتها وضرورة العناية بها، حيث ارتدى الطلبة الملابس الخضراء، وقام العديد منهم بغرس شتلات ونباتات من أنواع مختلفة في إشارة إلى أهمية زيادة المساحات الخضراء في كل مكان.

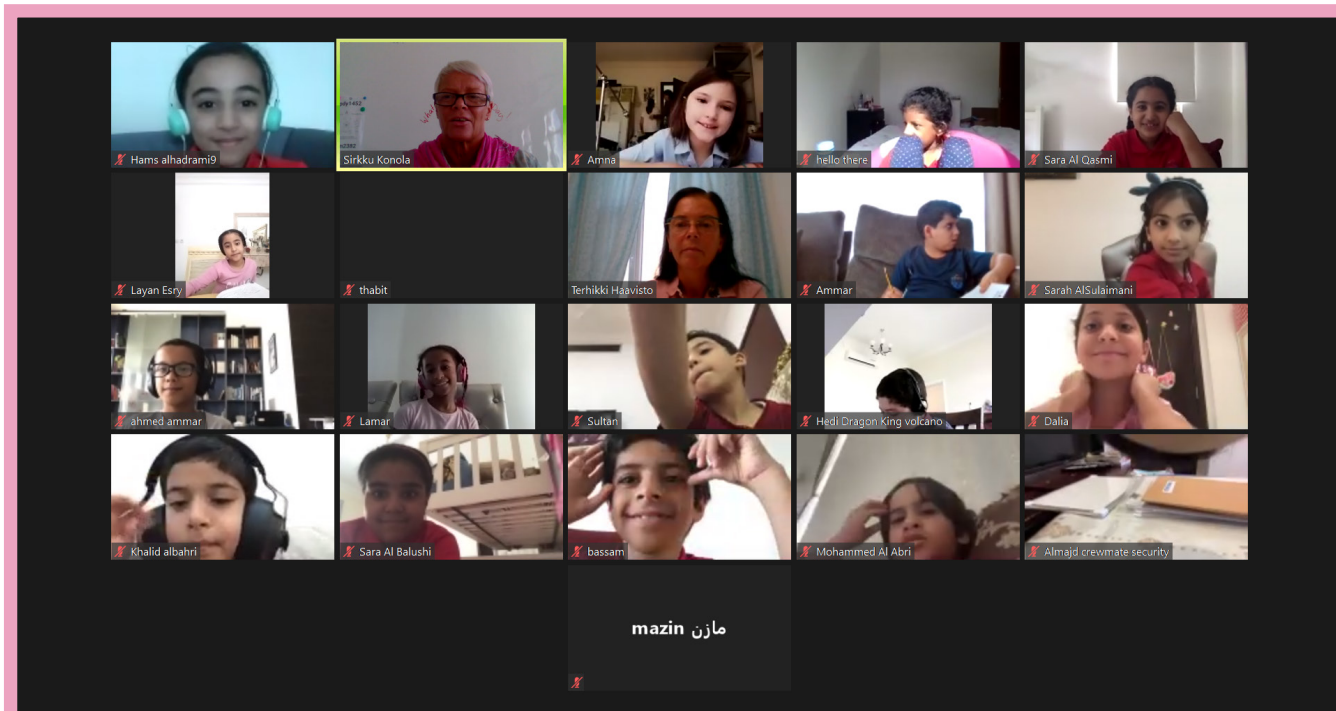







BREAST CANCER AWARENESS DAY

Cancer is a disease that affects millions of people around the world. At FOS, our students, teachers and staff wore pink to raise awareness and reduce the stigma of breast cancer through education on symptoms and treatment.





Support
BREAST 
CANCER
Awareness Month

Wear it Pink on **12 Oct.**



مشاركة الطالبة ريما هواية الرسم والتلوين

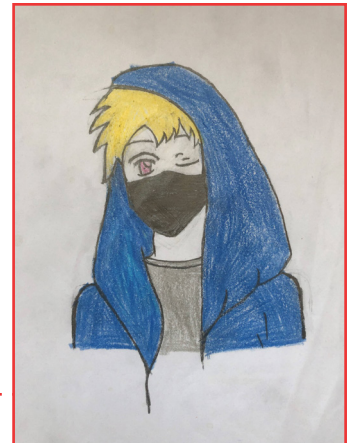
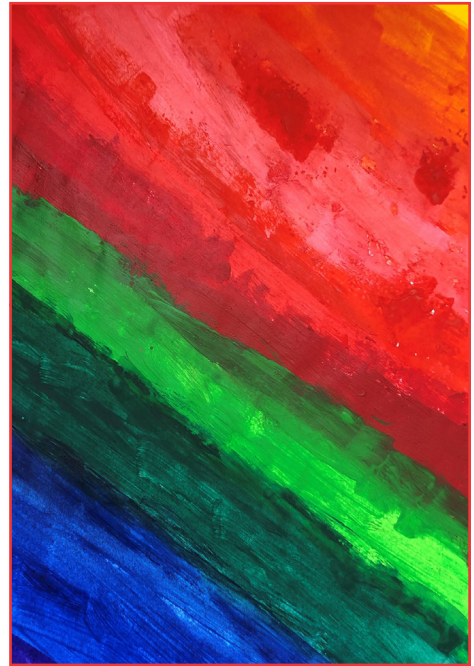
إسمي ريما سالم البحري و أنا في الصف السابع أحب ممارسة بعض الهوايات مثل الرسم والتلوين والسباحة ولعب كرة القدم .

هوايه الرسم والتلوين هي الهواية المفضلة والتي بدأت ممارستها منذ صغري وأقضي وقت فراغي معها.

استخدم فيها خامات مختلفة مثل الورق والقماش وإضافة ألوان متعددة لتعطي الصورة جماليه عاليه وكذاك استخدام أنواع مختلفة من الألوان مثل الزيتية والمائية والجافة.

أحد أمنيائي ان اشترك في معرض للرسومات لاطور من معاراتي وان اكون رسامه مشهوره.

الطالبة ريما سالم البحري
الصف السابع ب



National Day for Failure

This year marked a curious anniversary in Finland. The 10th annual Day of Failure was celebrated on the 13th of October. It all started in 2010, when Aalto University students in Finland realized that the fear of failure was holding Finnish people back. To encourage people to take risks, start their own businesses or pursue their dreams, the students started a National Day for Failure.

But why would Finns want to celebrate failure in this way? Because we believe that success and failure go hand-in-hand; you cannot have one without the other. An OECD report found that the tolerance of failure is necessary for innovation. From Albert Einstein to Robert F. Kennedy, very successful people have always known that in order to achieve great things, we must fail a great deal first.

At FOS, our teaching philosophy encourages giving things a go even if they are new or you are not used to them. The goal is not to produce a perfect piece of work but to be a little better at something today than you were yesterday. You never know, you might find a new hobby, a skill you never knew you had, or invent something new. After all, the life-saving antibiotic, penicillin, among many other discoveries, was an accident!

We encourage failure because it means you are trying and learning in the process. So next time you fall short of your goal, rather than brand it as failure, think of it as an opportunity to learn and develop yourself.



<http://dayforfailure.com>

FINNISH INDEPENDENCE DAY



Our students and staff celebrated Finland's 103rd Independence Day. In a virtual celebration, our talented students chanted authentic songs and recited poems in Finnish. They painted as well beautiful swans and northern lights then shared many interesting fun facts about Finland. You might even be able to spot some Finnish forest animals roaming around our school yard!





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



00 968 2206 1222



00 968 9477 7197



www.fos.edu.om



@FinlandOmanSchool