

FINLAND OMAN SCHOOL NEWS



Finland Oman School Newsletter

Issue No 4, Term 3 - 2021

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الدراسات الاجتماعية الباحث الصغير



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Principal's Greetings

Ms. Terhi Merensky

“Happiness is not something ready-made. It comes from our own actions.”

— Dalai Lama

Once again, for the 4th time in a row, Finland ranked #1 in the United Nation's World Happiness Report. Just like with the World Happiness Report, the education system in Finland has repeated its success in international rankings. As a Finnish educator, I see a clear connection here.

A good life or education cannot always be measured in quantities. Quality is a key factor not with regards to what we are, but who we are. Focusing on numerical grades is not enough, but focusing on your abilities to complete tasks in terms of quality instead of quantity. Your success is much more than your grades. Some skills are just as important as your test scores. Having these skills makes it easier to be successful and happy. As a school we want to support our students to build these skills.

These skills are needed especially when things do not go as planned. There are some qualities that separate us during those tough days. Today, I will focus on one of them which I think is the most essential.

In Finland, we have a very special word for that skill and that word is SISU. It is a unique Finnish concept and has no direct translation. SISU means “extreme perseverance and dignity in the face of adversity”. It is “endurance, resilience, tenacity and determination”. It is “bravery, empowerment, and inner strength”. It means “the ability to face challenges head-on and al-

ways overcome them”. SisU means that “you finish what you start, you don't quit in the middle of job, no matter what”. In the Oxford English dictionary the definition of SISU in English is: “Strength of will, courage, and resilience in the face of adversity, regarded as qualities and attributes of the Finnish people.”

Overcoming obstacles in life can be hard. But, in fact, the way we react to hard situations defines who we are. At such times, you have to use your SISU, your willpower and decide to get things done. Not only at school, but in life in general. And that is why we should work on building a set of skills that we can apply to any situation or any challenge we might confront.

It is easy to be happy, positive, motivated and productive when things go well. But there will be times when things are very difficult for us, and we don't feel like doing them and want to give up. It takes much more discipline and commitment to keep going on rough days.

Now, please ask yourself: Am I resilient? Am I a hard worker? Am I reliable? Those are the qualities that move you forward. We all have our strengths and weaknesses. Converting your weakness to a strength is the real power! Believe in yourself. Have faith in your abilities. Happiness comes from your own actions!



Operation Manager & Deputy Principal

Dear Respective Parents/ Guardians,

As we are approaching the end of another successful school year, we would like to thank you all for your continuous support and partnership. Your feedback is very important to us, and at Finland Oman School we consider it a valuable assessment tool.

We strive to serve you better every day by providing the best educational services for our students. To improve the communication and to facilitate tracking of your child's progress, this month we launched our new student information management system (iCampus). This user-friendly system, which can be accessed by web or downloaded on your mobile, will benefit you by providing you a more effective communication platform and easier access to your child's data and reports.

The rapid changes in the world required changes in both learning and teaching methods. Therefore, to better accommodate our students' virtual learning, we have launched numerous virtual tools and platforms (Seesaw, Teams, Eduten playground). We were also glad to have introduced our Arabic reading portal (I read Arabic) which complements our English reading portal (Epic!), which was introduced last academic year, in which consists of various amazing features such as, gamification, individual reading journey and video and electronic books.

Furthermore, we introduced our Parents Administrative Officers (PAOs) concept which strengthens the communication between the school and our parents by assigning one of our administrative team members to a group of families to offer the support regarding administrative matters. We have also established an Academic Head for each age department to ensure smooth academic operations and quality.



Ms. Sahra Al Sabti

Moreover, we happily announced our Seat Confirmation process for the academic year of 2021/2022 and it can now be completed directly from iCampus, as previously shared with you. The conformation from your side is very important to us, in order to assure the quality preparation for the next academic year and to start offering available seats to our waiting list candidates.

For further information, please contact our Registration Team. We will be happy to receive your enquires and to offer you our assistance to complete the process.

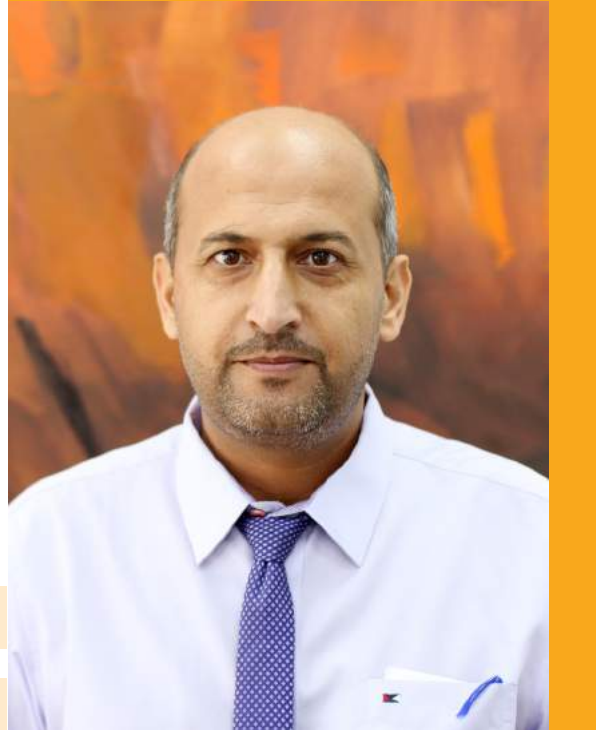
Best Regards,

Sahra Al Sabti
Operation Manager and Deputy
Principal

Head of Arabic

Dr. Mahmoud Qashlan

mahmoud.qashlan@fos.edu.com



يسعدني أن أهنتكم بمقدم شهر رمضان المبارك متمنيا لكم تمام الصحة والعافية ، وأن يتقبل الله تعالى صيامكم وقيامكم وجميع صالحات أعمالكم. لقد أنهينا فصلين دراسيين من العام الدراسي الحالي، ورغم التحديات التي يواجهها العالم أجمع فقد استطاعت المدرسة الفنلندية العمانية أن تقدم تعليما عالي الجودة في جميع المواد الدراسية على اختلافها وتنوعها، وفي قسم المواد العربية نبذل جهودا كبيرة لتطبيق نهج التعليم الفنلندي ليكون حقيقة وواقعا في جميع المواد التي تدرس باللغة العربية، وقد أسهم التدريب الدوري - الذي يتلقاه كادرنا التعليمي على يد خبراء ومختصين فنلنديين - في تحقيق رؤيتنا، حيث نجد أن جميع المعلمين يحرصون على الجمع بين التعلم والرفاهية واللعب والمتعة، ويهتمون بتنمية مهارات التعلم ومهارات المستقبل في كافة الدروس والأنشطة التي ينفذونها. كما استطاع قسم الدعم الخاص باللغة العربية أن يحدث تغييرا ملحوظا نجد آثاره في تطور مستوى أداء كثير من الطلبة في مهارتي القراءة والكتابة باللغة العربية. وهنا يسرني أن أهنتكم بانطلاقة منصة (أقرأ بالعربية) ومنصة (أتعلم العربية للطلبة غير الناطقين باللغة العربية)، وهما منصتان شاملتان لتعليم اللغة العربية تجمعان بين الكتب، والفيديوهات، والألعاب، والأنشطة التي تقيس نتائج تعلم محددة. وتشتمل المنصتان على مصادر وكتب متنوعة نظمت في مستويات متدرجة تبعا للفئة العمرية ونتائج التعلم المتوقعة لكل مرحلة، بنيت وفق نتائج التعلم المعتمدة لكل مستوى، لتعزيز الذكاءات المختلفة ولجعل التعلم أكثر متعة ورفاهية، نأمل كثيرا أن تسهم هاتان المنصتان في إثارة شغف أبنائنا نحو القراءة، وتطوير هذه المهارة الأساسية إلى حد كبير. كما يسعدني أن أهنتكم بافتتاحنا نادي (اقرأ) لتعليم تجويد القرآن الكريم وحفظه، ولا يفوتني أن أقدم بجزيل الشكر لجميع أولياء الأمور الذين يواصلون تزويدنا بالتغذية الراجعة التي تمثل لنا معيارا هاما من معايير النجاح، ونؤكد لكم أننا معا عائلة المدرسة الفنلندية العمانية (كوادر وأولياء أمور وطلبة) ركائز أساسية تسهم في تحقيق رؤيتنا، لنكون بحق قادرين على توفير أفضل تعليم في العالم بقيم عمانية أصيلة.

Welfare Corner

Take Care Of Your Mental Wellbeing



Ms. Terhikki Haavisto

Head of Welfare & SEN Teacher

The importance of mental wellbeing gets even more significant during these times of dealing with the pandemic.

How to handle stress? How to deal with many things changing around you?

We all as individuals have our own unique ways of helping ourselves and taking care of our loved ones.

You might relax by

- Going out in nature.
- Reading a good book.
- Exercising.
- Doing art or craft.
- Meditating.
- Listening or playing music.
- Baking or making your favourite food.

Mental health can be supported in everyday life by taking care of the rhythm of the day: sleep and rest, nutrition, movement, interpersonal relationships, hobbies and creativity.

The Hand of Mental Health is a useful checklist. It supports analyzing your own situation and how you can start to improve it with little things. You can use it with your whole family as a tool for discussion.

The Hand on Mental Health poster (revamped in 2019) serves as a starting point for discussion and reminds us of the different ways we can influence our mental health through our various everyday choices. The image has been designed as a tool for looking at one's own everyday choices, noticing good choices and perhaps adjusting some choices when needed, as well as supporting discussions to make topics easier to talk about. Everyday choices are important to our mental health and general well-being.

Think about how the time of the COVID-19 crisis has affected everyday rhythm and everyday choices. *What new ways have you invented or created, for example, to move or eat? For many, there has been a need to go to nature and on nature trails. What are your experiences with these? What about keeping in touch with relatives and friends or school and study buddies? Have there been new routines to exchange news and experiences?*

A useful exercise during this time is to write down the nice things that happened during the day on small notes, the good and to store it in memories we can return to later. Especially during crises and emergencies. It is also good to pay attention to nice and comfortable things and events and encounters. Asking how you can comfort and look after other people and yourself is a great place to start.

Things you can control yourself

HAND OF MENTAL WELLBEING

FOOD AND EATING HABITS

- What did you eat during the day?
- Did you enjoy a healthy snack every now and then?
- Who did you share your mealtimes with?
- Were you able to enjoy your meals at leisure or did you have to hurry?

PERSONAL RELATIONSHIPS AND EMOTIONS

- Who did you meet today?
- What activities did you do with your family?
- How did you feel during the day?
- Did you share those feelings with someone?
- Did you have time to listen to a friend?
- What made you happy or sad?

EXERCISE AND SHARED ACTIVITIES

- What type of activities did you do during the day?
- Did you have somebody join you?
- What type of exercise do you like best?
- How does exercise make you feel?

DAILY ACTIVITIES

SLEEP AND REST

- What time did you go to bed?
- Did you get enough sleep?
- Did you sleep well?
- Did you wake up feeling fresh and rested?
- Were you able to take it easy during the day?
- Did you have enough time to relax and rest?

PERSONAL VALUES AND DAILY CHOICES IN VARIOUS SITUATIONS

- What kind of choices did you make that made you feel good?
- What do you value and consider important in your own life?

HOBBIES AND CREATIVITY

- What kind of fun things did you do?
- Did you do something creative?
- What kind of hobbies make you feel great?
- What do you find beautiful?
- How long did you spend watching TV or using the computer?
- Did you have somebody join you in these activities?

mieli
The Finnish Association for Mental Health
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mielenterveysseura.fi

**MIELENTERVEYSTAIDOT
KASVUUN**



World Happiness Day!

March 20, 2021 is International Day of Happiness!

By Ms. Maryam Al Kharoossi
F.O.S Social Worker

791 503 50

maryam.alkharoossi@fos.edu.com

“A smile is contagious, spread the joy!”

Happiness is a combination of positive emotions, resulting in “subjective well-being” when the positive emotions are much more than the negative emotions, and life satisfaction is high.

Lack of happiness and joyfulness has a significant impact on the development of students’ personalities and might affect their thinking skills, creativity and educational performance. Students often face multiple challenges that may lead to negative effects and bad behavior. As a Social Worker at F.O.S, I work closely with students to enhance their emotional well-being through listening, guiding, advising, helping them find solutions and face their struggles and challenges head-on.

This well-being is further supported by the different school teams such as the Student Council, Entrepreneurship, the Joy of Reading, School On the Move, Go Green, KiVa and PTA, who are all working on providing a healthy and happy environment based on the students’ preferences and interests through workshops, games and group sports.

Nothing makes us happier than seeing our students with a smile on their faces every day!



Joy of Reading



Book Character Day Costumes

Reading is a superpower. It has multiple benefits for all of us and these benefits are scientifically proven. At FOS we want to encourage our kids to read and become active readers. We do reading diplomas, both in English and Arabic, throughout the school year. We are also diving in to the world of literature by dressing up as characters from different stories. Joy of Reading, which is one of our F.O.S. Focus groups, organised a Book Character Day in which all of our students on campus and online participated by dressing up as their favourite character from a book.

All of our students from KG- Grade 10, looked magnificent, the effort put in was outstanding! The day was full of fun and we were lucky enough to have various characters at our school, from Little Red Riding Hood, to Christiano Ronaldo, Tinkerbell, Cinderella, and Batman! It was a joyous day at F.O.S. which was full of colourful costumes and smiling faces. We look forward to our next character day!

“
Open your mind.
Open a book.”

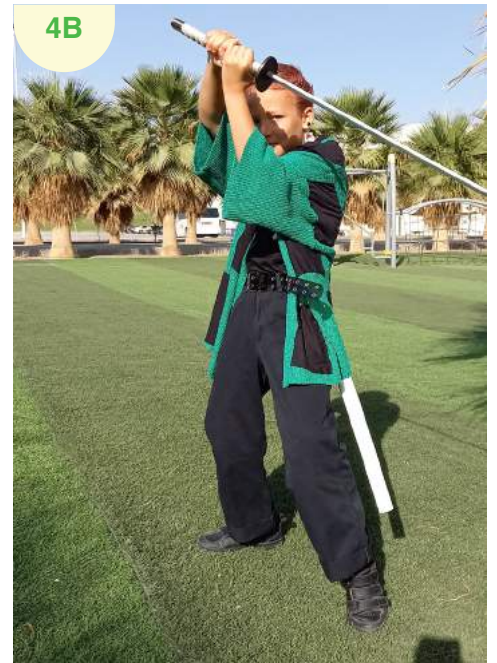




4B



4B



4B



4B



4B



4B



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4B



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4B



Secondary



Secondary



Online

KiVa TEAM



Finland Oman School is a KiVa school!

KiVa is an antibullying program and it has been used in Finland over ten years. The KiVa program is based on the participant role approach and it aims to reduce bullying by influencing bystander responses. The program is well known for its effectiveness and it has received many awards in Finland and abroad. The implementation of the program reduces bullying and victimization, and the internalizing problems such as social anxiety. Furthermore, the use of the program increases whole school well-being and academic motivation.

KiVa's key message that we want to send to all students is that each and every one of us is responsible for our shared well-being, and everyone can influence it. If everyone could be motivated to think of ways to help their classmates and peers instead of taking part in bullying, a large part of the bullying problem would be eliminated.

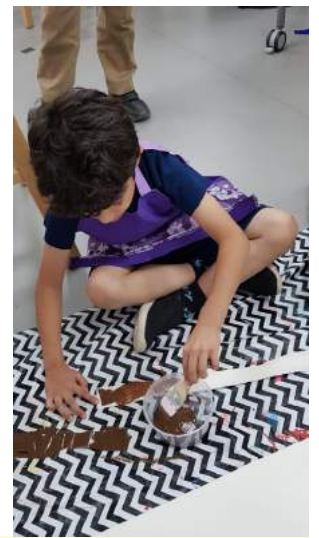
One of the KiVa Challenges taught the students about the meaning of a group and how difference is richness. Students learnt how to be part of the group and how to help others to be included in the group. They also learnt the meaning of equality and that all kinds of people are needed. It is important to see the good things in other people and also in ourselves.

Pictures of KiVa activities:

KG2 is making a Friendship Tree together. Everyone painted her/his own hand to the tree.

G3B, Praising chair. Students are sitting in a circle and one at a time is in the middle. Others around are giving the compliments to her/him. All students give and receive compliments.

KG2



G3B



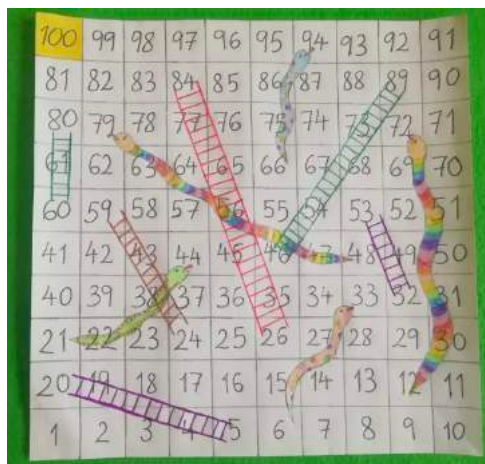
Entrepreneurship

The F.O.S entrepreneurship group focused on developing communication and teamwork skills by making a family board game. Teamwork first teaches kids how to listen, which is the first step in effective communication. Without listening it is impossible to have a dialogue with others – communication becomes one-sided, and any sense of teamwork is lost. Creating a board game builds creativity, critical thinking and collaboration skills. Playing board games develop social skills: taking turns, teamwork, and sportsmanship.

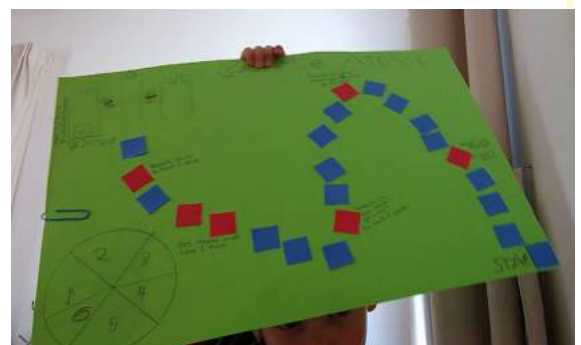
Rayyan Al Busaidi (G9)



Malak Al Zadjali (G9)



Qais Al Zadjali (G9)



Jonathan Marsh (1B)

School on the Move



Our School-on-the-move team planned and organized an event called Unicef Walk at the end of January.

Unicef Walk is a popular event organized in many schools in Finland each year. It is an outdoor event combining sports, education, and fundraising. The students find themselves a sponsor before the event, who then donates the money to the Unicef charity, the amount depending on the distance the students walked. In the event, the students receive a sticker to their passport for each kilometer they walk or run, which they then show to the sponsor. Did you know that only with 9 rials, Unicef will be able to buy notebooks and pens for 50 children?

Unfortunately, not all of our students were able to participate this year due to updated safety regulations given by the Supreme Committee. But many F.O.S. students took part in the event either at home, or during their P.E. lessons. The plan is to make the Unicef Walk a yearly tradition at F.O.S., and we hope next year everyone will get to participate!





F.O.S Go Green

World Water Day 2021

Finland Oman School celebrated the World Water Day on the 22nd of March, 2021 to raise awareness of water's value as a natural renewable resource. Teachers discussed the topic with students by asking questions like "What does water mean to you; to the population of Oman or to the sea explorers?". Students used their creativity and colors to

transform a disposable recyclable paper cup into a piece of art. The drawings on the cups reflected their thoughts about oceans, sea creatures and adventures in the seas. All the cups were collected and assembled into a collective piece of art. In addition, some students prepared posters on how to save water in our everyday lives.





1A student Zixuan Zhang (Alice) preparing for the collective art project of the World Water Day 2021.



1A student Almuhalab Al Asmi preparing for the collective art project of the World Water Day 2021.

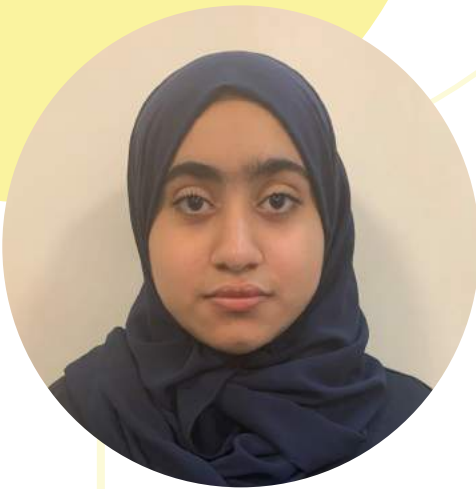


1A student Hamza Al Maawali preparing for the collective art project of the World Water Day 2021.

3A student Hilla Alpua's poster about raising awareness about the value of water in our daily lives on the World Water Day 2021.



Student Council News



The Head of the Student Council has been chosen, congratulations to Jannah Al Rawahi in Grade 7B. Her design also won the logo competition. Each class had multiple entries for the Student Council logo and after voting for their favourite, the short list was presented to the Student Council members in their meeting. Each representative from Grade 1-10 had their say and voted for their favourite logo from the 17 amazing designs. It looks like we have many budding graphic designers at F.O.S.

For the Student Council's next projects, the team is divided into two groups. Grades 1-5 are organizing a movie-watching event at school and online at the same time! Grades 6-10 group is making a student magazine. It will be completely edited and designed by students (with teachers' supervision of course) and all students from every grade are invited to submit their stories, articles, drawings or any other creative ideas. To get involved, tell your Student Council member and they will take care of the rest!



Winning logo



Electronics

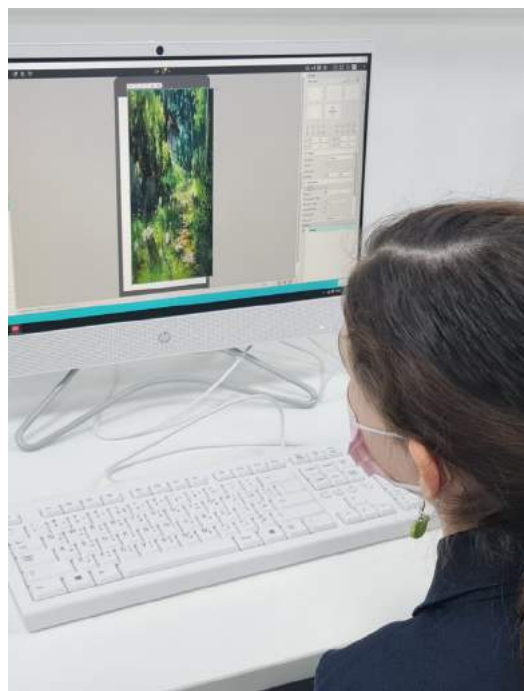
In our World of Electronics, we teach students how they can experiment with new things such as a fan, light, solar kit and many other 2000 experiments. All they need to do is pick up the right tools and connect them to each other on the electronic kit they have.



Prototyping

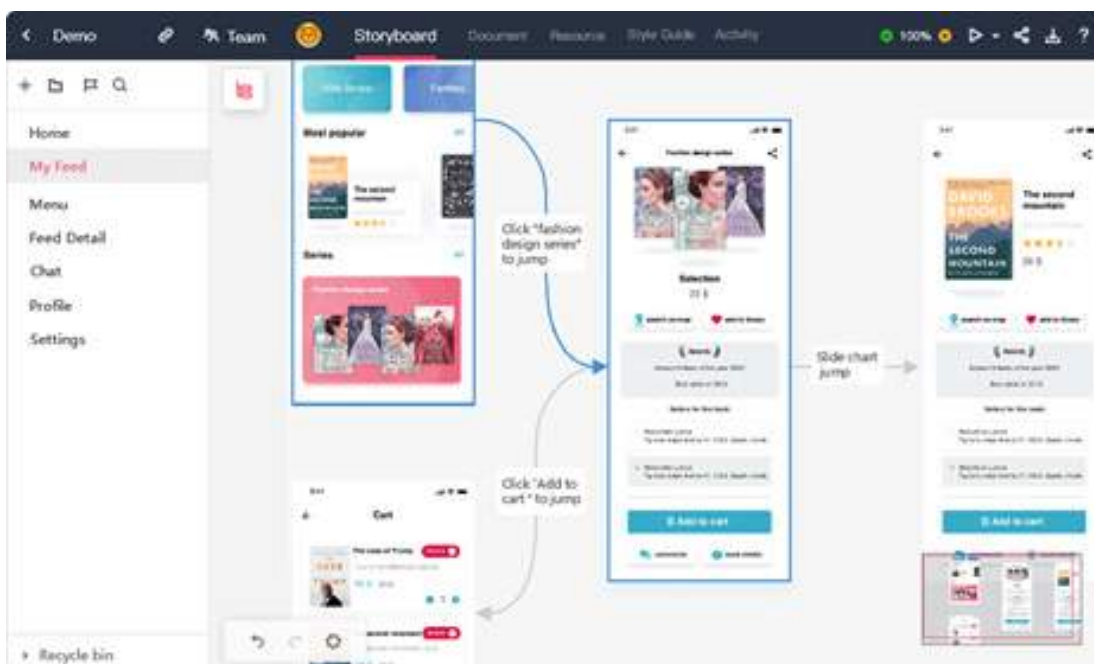
Mockplus Classic – Prototyping Workshop

Mockplus Classic is a rapid prototyping tool that can be used to prototype mobile apps, desktop apps and websites. It is a tool for UX/UI designers, developers, project managers and other IT professionals. We are now offering this workshop at F.O.S.



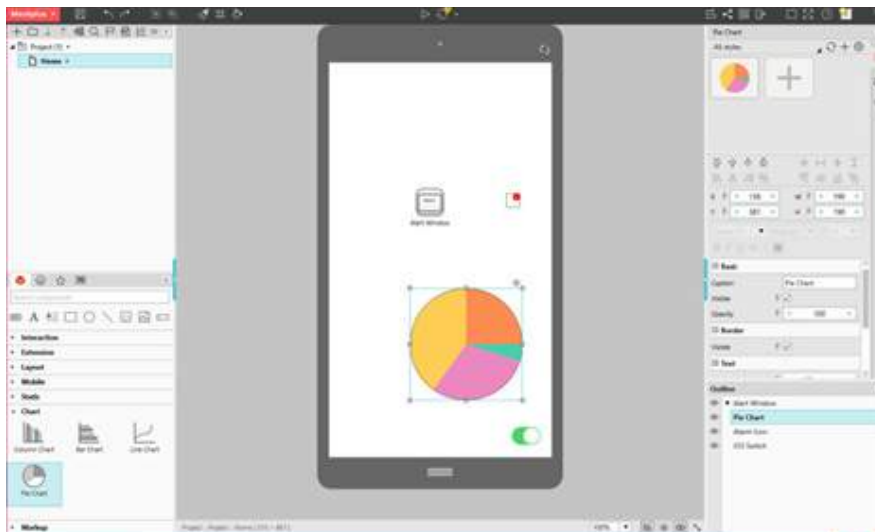
How to use Mockplus:

Step 1: Each student has to login with their username and password that the school has given them.



Step 2: Create different pages, choose a name for them, connect them together and add a picture and a button.

Step 3: Edit pages, and design them with different colors, fonts or even adding charts.



Step 4: Run the program on a mobile device.

Mockplus Classic

Fast design

Get access to pre-designed components and icons | Create and reuse design assets and interactions to streamline your design process.

Fast interaction

Create interactions, such as Page Link, Components Interaction and Interaction State using drag-and-drop.

Fast testing

8 ways to preview and share prototypes on all devices | Instant preview | View on phone | Export to HTML offline.

Resource: <https://www.mockplus.com/>

Coding Workshop & Certificates

Four students from grade 7 could finish all their coding activities in “Tynker” with the highest marks in their ICT class. Tynker is a powerful visual coding tool (HTML5-based website and mobile app) and curriculum that teaches students to program, either with blocks of code or with text-based languages. We applaud their efforts and hard work!

They successfully completed:

- ✓ First project
- ✓ Project 5
- ✓ 100 Programmed
- ✓ Programming 300
- ✓ THE HOUR OF CODE

Names of Students:

1. Abdulrahman Al Balushi
2. Ahmed Al Salmi
3. Amr Al Amri
4. Reema Al Bahri









Science Lab

Students developing technical skills in science lab

By Ms. Hadeel Abulbashar



Applying what we learn theoretically in everyday situations is what happens in the best curriculums.

At F.O.S. our science teachers are consistently inspiring their students to enjoy the process of learning the different scientific disciplines by conducting exciting experiments which will help them develop important skills for their future careers as well as in their daily lives.

In the chemistry and physics labs, our secondary level students learn some technical skills, such as:

Weighing and Measuring liquids

These skills require attention to detail and good concentration while working to get precise results. Students practice how to use analytical balances to weigh different substances, in addition to measuring the volume of a liquid by using different tools, like a graduated cylinder, a pipette, a burette or simply a beaker (depending on the accuracy needed.)

Heating apparatus and a Thermometer

When carrying out practical work, it is important to know how to handle the equipment safely. Students learn how to heat solutions

on hot plates and how to read a thermometer accurately, which means they are also learning responsibility and patience.

Measuring Time

Laboratory work requires effective time management. In order to improve this skill, students learn more about time units and how to set a timer by using a stopwatch.

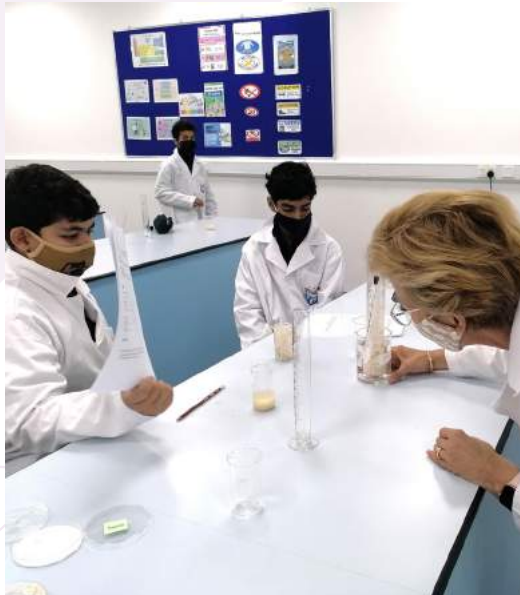
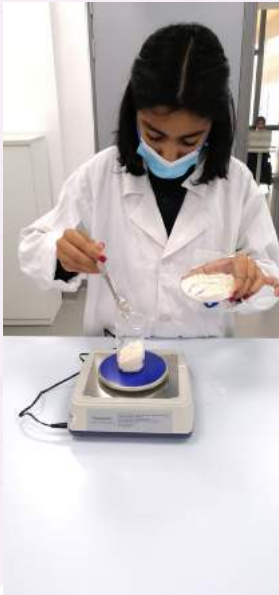
Basic Microscope skills

In the biology lab, F.O.S students gain experience in preparing specimens, and in viewing and drawing microscopic objects, including, making proper observation of samples.

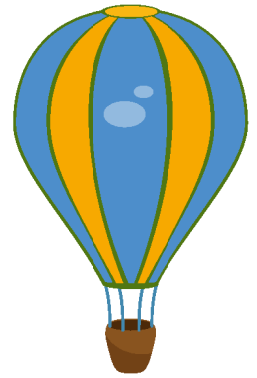
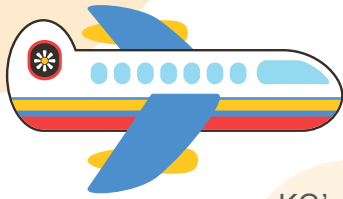
Cleaning

Before leaving the laboratory, students must clean the tools they used with suitable brushes, tidy up their workstations and wash their hands.

All of these valuable skills, obtained from practical lessons, give the students the opportunity to follow a scientific procedure and analyze the result in a safe, guided environment which will help the students and their teachers to discover their abilities and develop their enthusiasm in scientific fields.



KG Transportation Theme



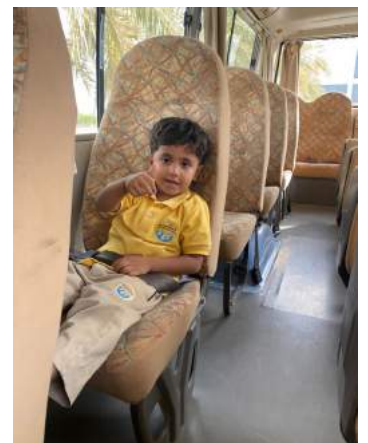
KG's latest theme was focused on learning about transportation. We discussed what type of transportation we use and the basic functions of them all.

When we focused on airplanes as a mode of transportation, we asked our students what would be their favorite destination to fly to. We played a fun pretend game, "Let's fly to our favorite destination!". Our students made their own passports and boarding passes and after a security check we were ready to board our imaginary plane and fly to our destination, with in-flight service provided by the teachers!

Science, Math, Art and Music were all included in our transportation theme. For example, in Art, students made sailing boats, paper planes and painted a big train and a boat. We celebrated the end of our transportation theme by exploring our campus with a real bus ride!

KG 1







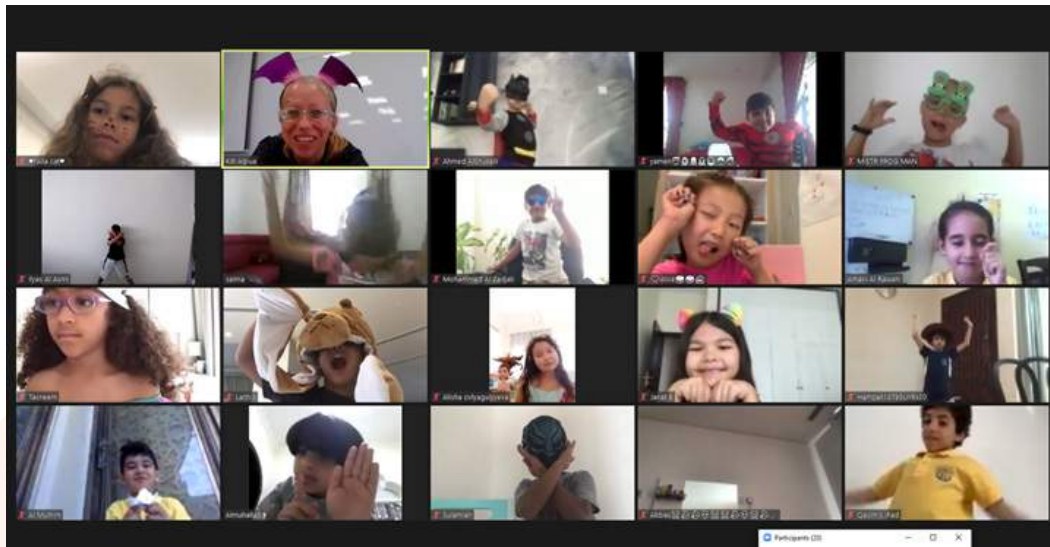


GRADE 1

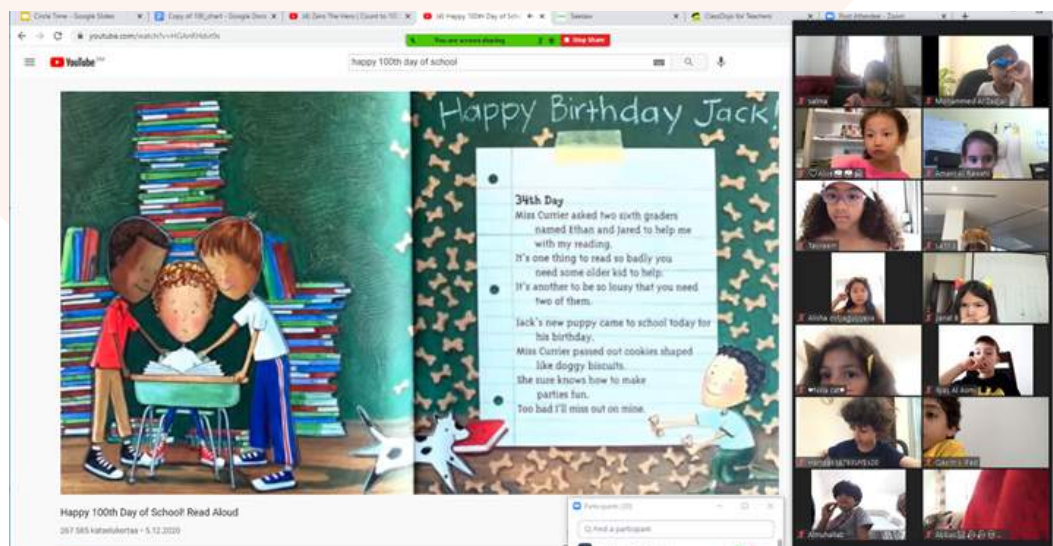
100 DAYS OF SCHOOL CAPTION

On March 4th, 2021, Grade 1 celebrated 100 days of school by dressing up. During the lessons their exercises evolved around 100: they did a Math activity with a hundred chart and small objects, listened to a story about 100 days of school and did an art work by cutting and gluing paper strips together to make a decoration of even up to a 100 rings! At the end of the day, they watched a Numberblocks episode with 100 to finish the day together in a fun way.

100 Days of School activities / 1A



1A Character Day costumes



Introduction of the day (story)

Math: Making a 100 chart with small items



Amani Al Rawahi 1A



Andrei Gvozdk 1A



Yamen Zarzour 1A

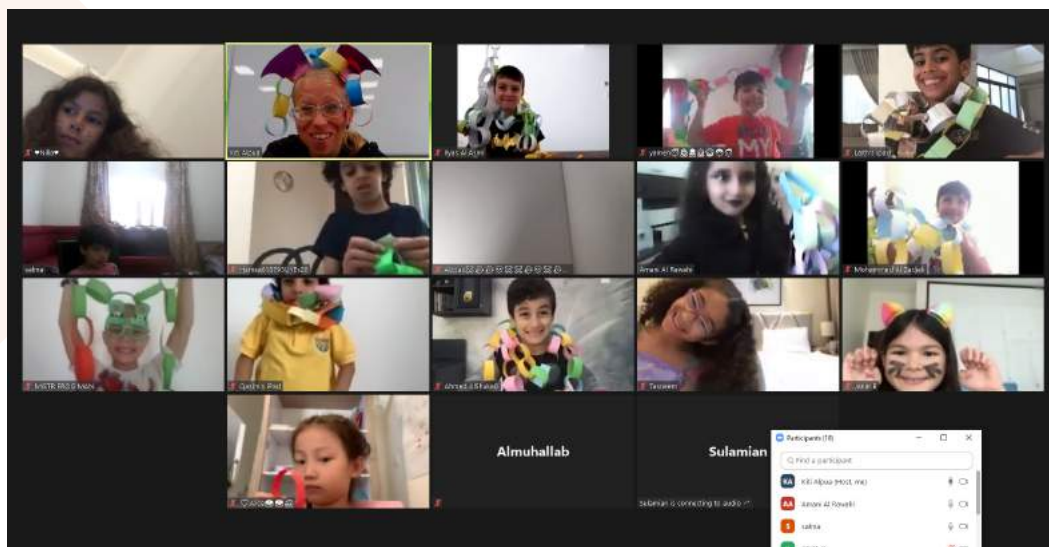


Mohammed Al Zadjali 1A



Ilyas Al Asmi 1A

ART/MATH: Making a colorful line out of paper rings - some made even 100 of them!



Nilla Garcia 1A 100 rings



Amani Al Rawahi 1A 100 rings



Laith Al Amri 1A 100 rings



Yamen Zarzour 1A 100 rings



Ilyas Al Asmi 1A 100 rings



Mohammed Al Zadjali 1A
100 rings



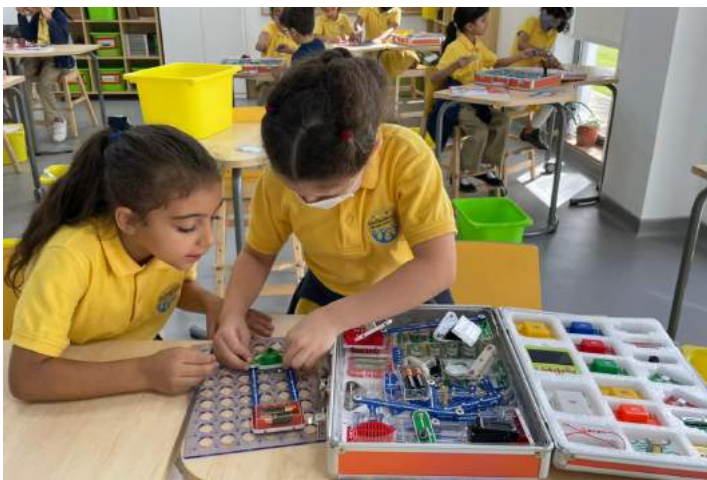
Scanned with CamScanner

**100 chart with
small objects**

GRADE 2

Grade 2 has been learning how to make electric circuits in Science. They have learned how to recognize the components of simple circuits with cells, use motors and buzzers, and have fun with electricity while staying safe.





GRADE 3

TELLING TIME

In Term 2, Grade 3 students have been practicing telling the time with analog and digital clocks. In the lessons, they have been using small clocks and games with a spinning wheel to match digital and analog times with each other. In online lessons, we have also sung songs and played games with whiteboards. The students have been excited and motivated to learn and strengthen their skills in telling the time.





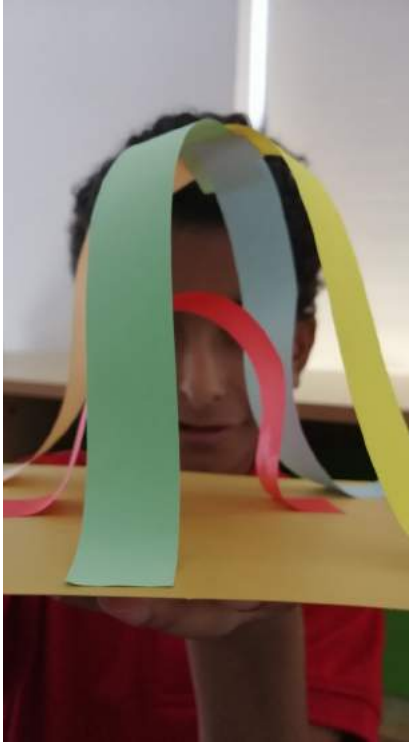
GRADE 4

Paper Sculpture 4A

The objective of our three-subject-integrated lesson was to practice our skills in English, Arts and Crafts.

In English, the main task was to read, understand and follow the instructions in the correct order independently as well as understand the terms symmetrical and asymmetrical, figurative and abstract.

In Arts and Crafts, the goal was to first recognize how versatile regular paper is. You can even make a sculpture out of it! Secondly, we practiced planning an arrangement by testing out different color combinations as well as shapes that could be formed from simple strips of paper. Finally, it was time to execute our plans and make the paper sculpture so that it was beautiful as well as durable enough to be displayed on the wall. Such fun all around!



Test-for-Sound

Grade 4 has studied the properties of sound by doing experiments in the science lab and online. They discovered how sound travels through solid matter by building string phones. They also learnt to change the pitch of sound with self-made string instruments. These experiments allowed them to combine Arts & Crafts and Science in a fun way.



Ammar's phone



Xinue calling a friend



Daniel and Ammar



Sara B and Hams



Hayat

GRADE 5

Math lessons

Fifth graders have had most of the Math lessons outside – not only because of the beautiful weather but also because outdoors is a safer environment during the pandemic. Also, we have combined Math with exercise. It has been proven that exercise improves the learning outcomes. Not only that, students also stay better focused and motivated when having some brain breaks.



GRADE 7

Hands On Maths Activities

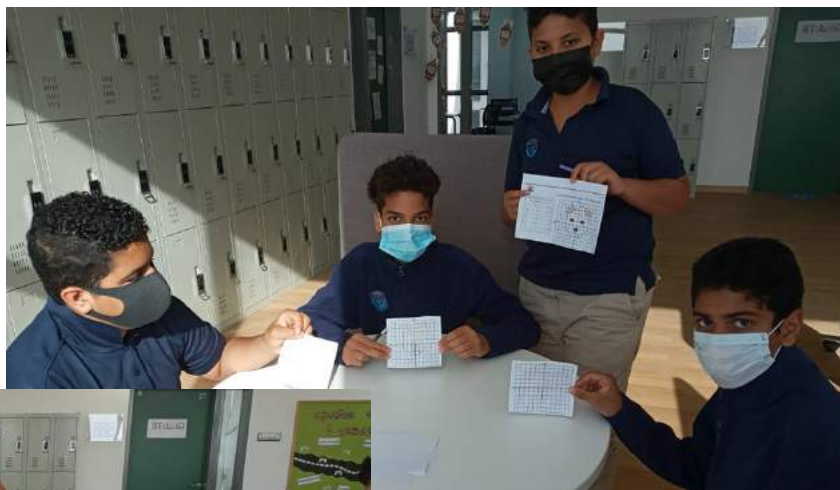
Station work – in maths, 7A students do some hands-on activities to practice times tables, coordinate geometry and fractions.



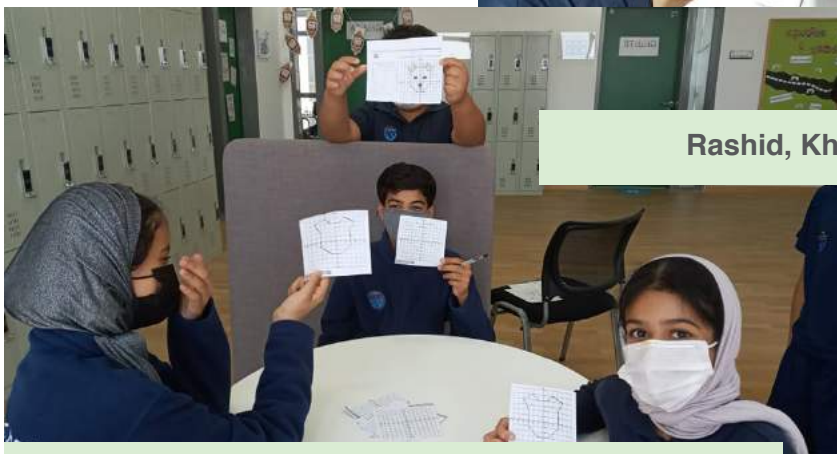
Raid is describing to the others how to create a picture of a dog by plotting coordinates on the X/Y axis. Students follow his verbal instructions to carry out the task.

Rashid, Khalid, Aahed and Abdulla

The students get to compare their picture with the original. They did a great job and really showed their clear understanding of reading and plotting coordinates.



Rashid, Khalid, Aahed and Abdulla



Abdulla, Ilyas, Ikram and Rahaf



Zainab and Hayat play a game to practice their understanding of equivalent fractions.

Zainab and Hayat

The students are having a times tables race using mini whiteboards. Accuracy and speed are needed to win this times tables challenge.



Yahya, Rashid Ahmed and Amr



Abdulwahab, Al Haithim and Ishaq

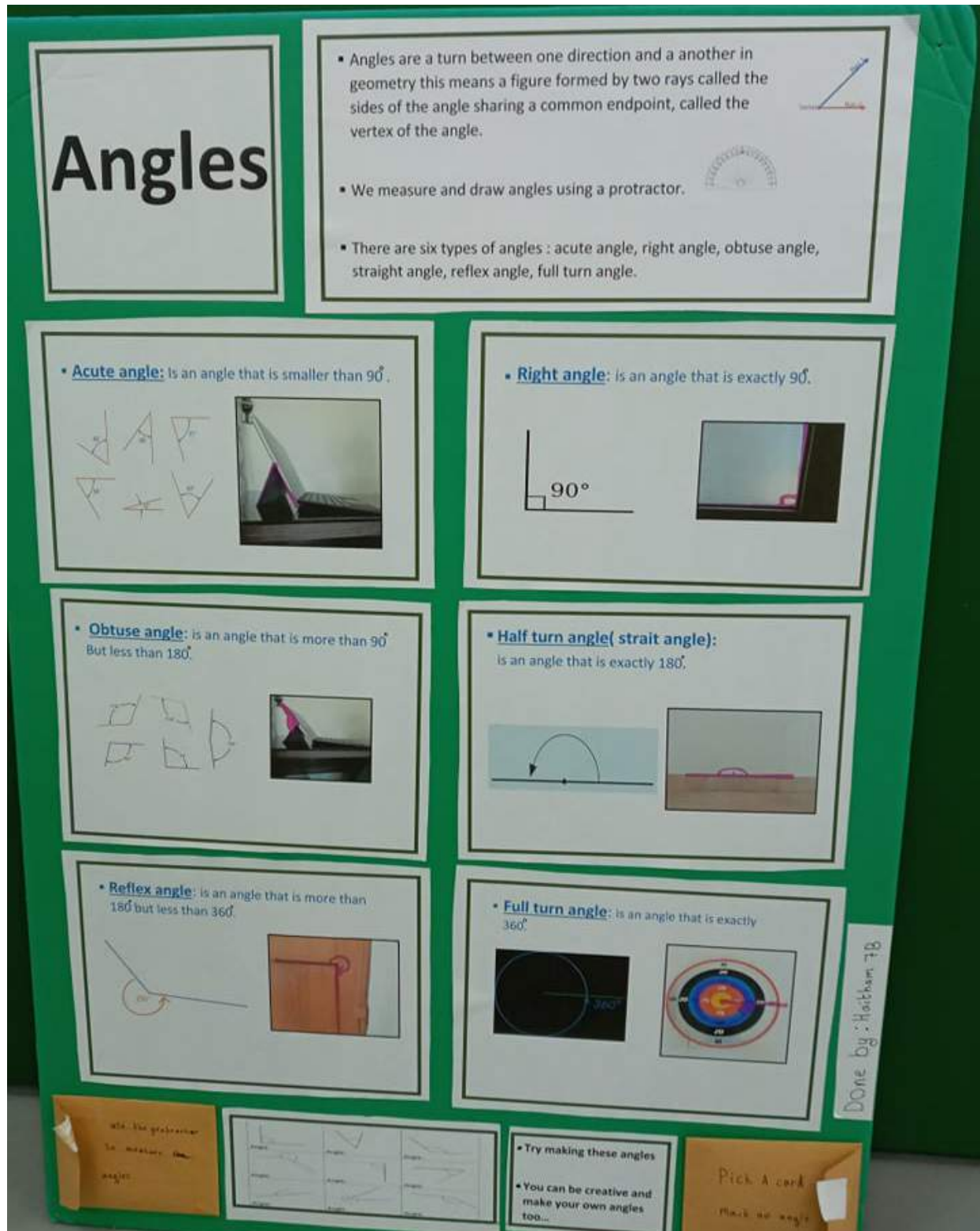
The students are playing a memory game where they must search for the matching fraction in its simplest form.



Yahya, Rashid Ahmed and Amr

Angles poster by Al Haitham Al Busaidi

Al Haitham in 7B created an interesting and informative poster to show his understanding of angles.



GRADE 8

Circle of concentration in drama lesson

Quizlet – a study app

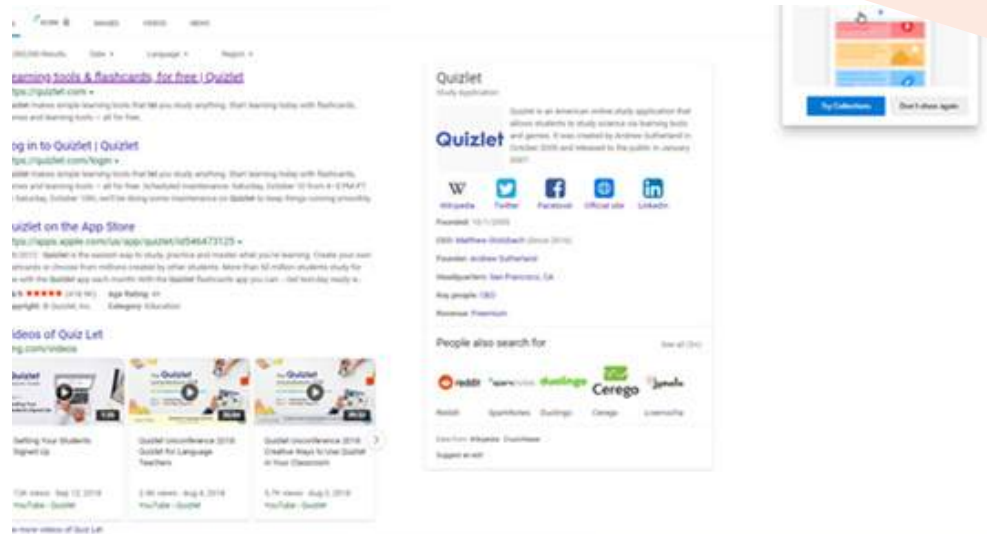
Quizlet is an online study application that allows students to study various topics using virtual flashcards and games. You can download the free app, or use it in a web browser at www.quizlet.com. It is particularly good for learning new vocabulary (and spelling!) and for memorizing specific Science or Math terms. Mohammed Al Tarshi in Grade 8 made a useful 'how-to guide', explaining how to create a Quizlet study set.



How to create a Quizlet study set?

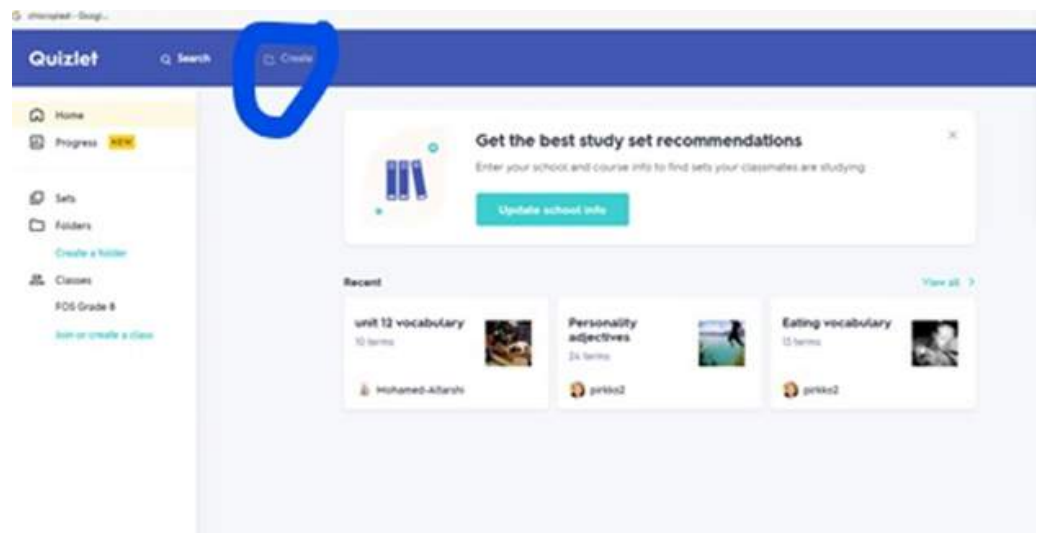
Step 1:

Sign into Quizlet.



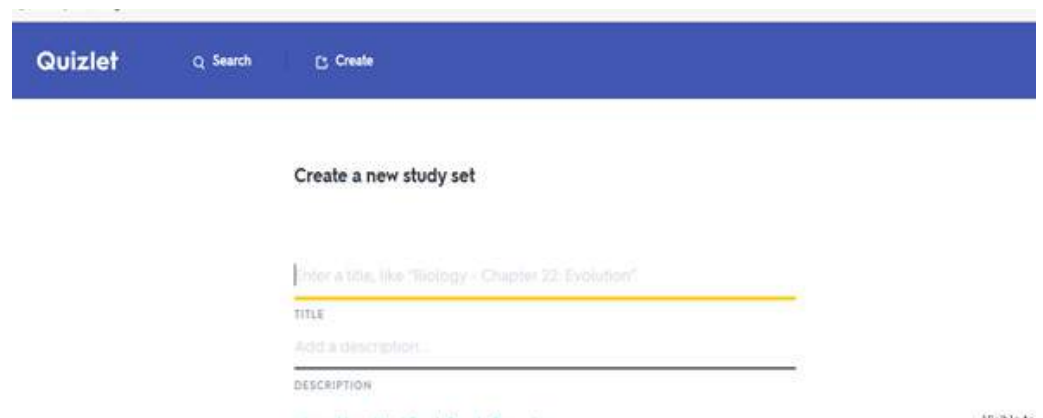
Step 2:

Press the create button.



Step 3:

Write the title of the set and the description.



Step 4:

: Write the terms and choose or write their definitions.

term: end
definition: two-year period of time during which Congress meets

term:
definition:

term:
definition:

Step 5:

Add images if you want.

term: terms
definition: like terms

term:
definition:

Step 6:

Press create to finish the set.

title: Biology - Chapter 22: Evolution
description:

title:
description:

GRADE 9

Probability

Mathematics at Finland Oman School

Here is a glance at our Math lessons at F.O.S with grade 9.

The topic was probability and 6 of the students (the teacher included) were supposed to think of a number between 1 to 10. If the number was even, they had to touch their noses and if it was odd, they had to touch their heads. Now here is the question: What is the probability of choosing someone at random who is thinking about 4?

Can you answer that??

Students discussed how touching nose should be followed by choosing 4, and they learned about dependent and independent events in calculating probabilities. With these activities, valuable skills like, communication, critical thinking, creativity and problem solving were used and developed.

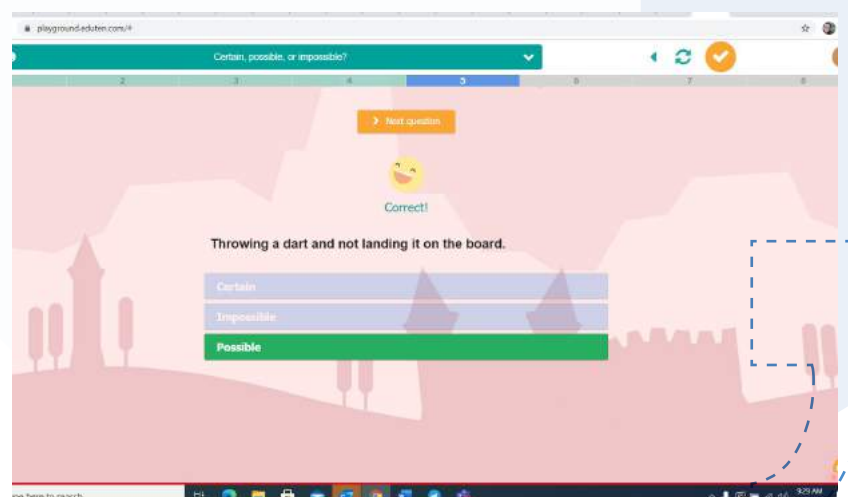
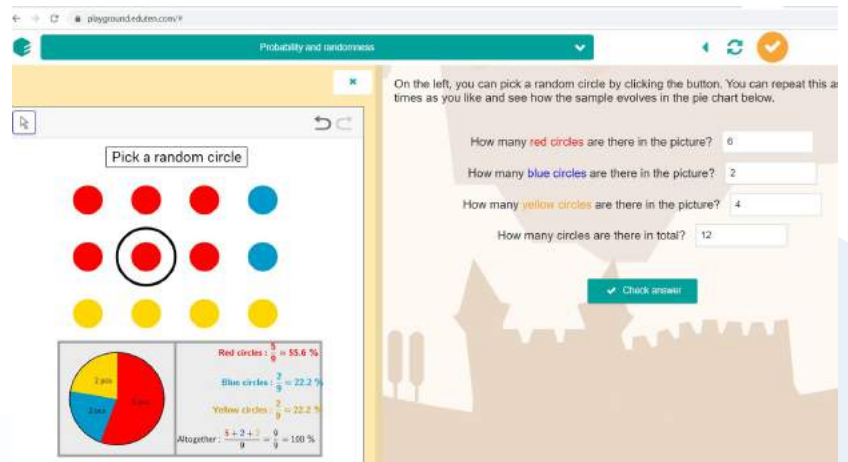
This was followed by using a very effective Finnish platform for teaching and learning Mathematics, **EDUTEN**, which is a routine in Math lessons at F.O.S.

<https://playground.eduten.com/>

This platform is all game based addressing the different learning styles of students, so all students are comfortable in doing Math through these wonderful games. It also provides the lessons at different levels so all students can start with the exercises that they are comfortable with and little by little they are prepared to tackle more challenging questions confidently when they are ready.

For further information about the questions and the answers, we refer you to any of our 9th graders at F.O.S.

At F.O.S we do not believe in the existence of a “Math person”. We believe that if we deliver the lessons in a fun and correct way and we focus more on the concept than the context, all learners can be high achievers in Mathematics, and they can see their grasp of Math concepts with every single lesson.

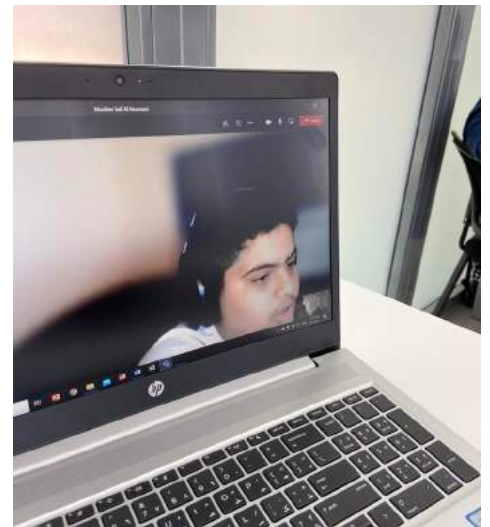


English

In English, students worked in teams to partake in a class debate, in which they were able to exercise their teamworking skills, develop upon their communication skills, and express their own views and opinions on a given topic. All students thoroughly enjoyed this activity and are eager to participate again.



Organising ideas and expressing opinions.



Students studying virtually were also actively participating in the debate.



Taking notes with the team!



Teamwork makes the dream work! Focused!

A.F.B

Arabic For Beginners



Non-Arabic-speaking students participated with other classes in the “Isra and Al-Maraj” events activity, as part of their learning of the culture of other countries. The idea is to use oil colors to color Islamic decorations. The teacher cut Islamic decorations and processed them for students, and the students painted, and learned through this about two types of Islamic decorations: geometric decorations, and plant motifs. They also learnt how to mix colors in a good way. They were interested in the activity and enjoyed it. Finally, they were asked the question: Where can we find these decorations? Students answered that they can see these geometric designs as part of Omani architecture, for example in mosques, houses, and in traditional markets such as Souq Mattrah,



and some other public places. Art is truly a door to understanding and appreciating other languages and cultures.

Using music to divide words into phonetic syllables. A.F.B brilliant students take turns to do this activity. Student A creates the sentence and student B divides the sentence into phonetic syllables by using music.



Naima is an innovative student in the Arabic for Beginners classes. She learns with passion and love for Arabic. She has used Arabic calligraphy to express herself for international events such as Mother's Day and World Water Day.

On the International Water Day, students made some wonderful posters and they wrote some nice advice, for example, don't spill water as it is a great blessing.





For Mother's Day, Arabic for Beginners students created (with their own drawings) their own handmade cards for their mothers.

جانب من تفعيل الألعاب التعليمية الإلكترونية في درس (حرف الهاء) لطلبة اللغة العربية للناطقين بغيرها، حيث يتطلب حصول الطالب على المعرفة اتخاذ إجراءات بسيطة تتطلب استجابة، لتقديم بدورها تغذية راجعة. التعلم باللعب والمرح يضفي المتعة ويحفز الطالب لمزيد من التركيز لتحقيق الهدف التعليمي، ومواصلة التعلم باللعب.



قام الطالبان دانييل وداري من الصف (الرابع أ) تحت إشراف المعلمة مشاعل الهاشمية بتقديم حصة دراسية بعنوان (حروف الجر) تطبيقاً لاستراتيجية المعلم الصغير التي يمكن اعتبارها درساً تطبيقياً للطلاب في تحمل المسؤولية، وقيادة الفريق، وتسهم في صقل شخصيته، وتنمي لديه مهارات البحث العلمي، وحل المشكلات، كما تحفزه على الإبداع في جانب الحصول على المعرفة، وجانب تقديمها لزملائه من جهة أخرى.



الدراسات الاجتماعية

الباحث الصغير

استراتيجية تؤهل الطالب لصناعة بحث بالأساليب التكنولوجية الحديثة

تهدف هذه الاستراتيجية إلى تأهيل الطالب لصناعة بحث معتمدا على أساليب التقانة الحديثة، وتعد هذه الاستراتيجية من المعايير المهمة في مادة الدراسات الاجتماعية والتي ترفع أداء الطالب فكريا ، كما تكسبه بعضا من مهارات التعلم الذاتي وفقا للنهج الفنلندي.

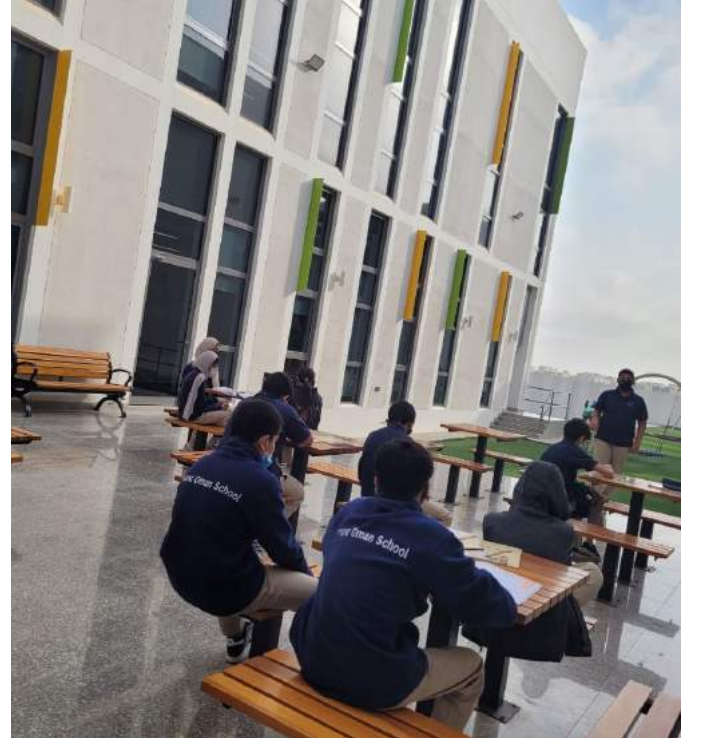




البيئة التعليمية المجهزة
من ضروريات التعليم الفعال
ولذلك تحرص المدرسة
الفنلندية على جعل كل مكان
داخل المدرسة جوا تعليميا
مميزا .

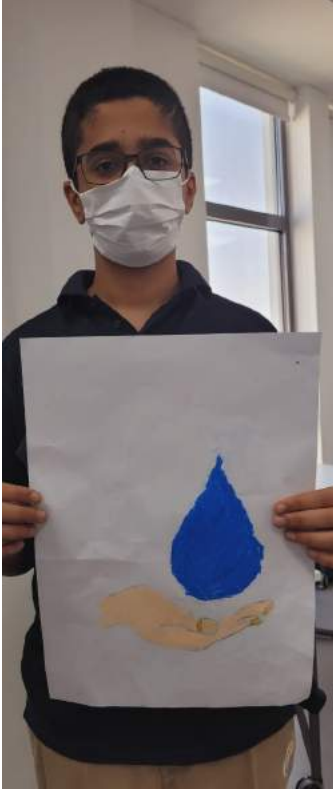
المعلم الصغير تهيئة الطالب ليكون معلما قياديا

نموذج من حصص الدراسات الاجتماعية وتطبيق النهج الفنلندي خلالها ، والذي يساعد في تهيئة الطالب ليكون مسؤولا
واعيا مستقلا قادرا على فهم الدرس وإعادة تقديمه للآخرين معتمدا بذلك على قدرات التواصل الذكي والفعال.



اليوم العالمي للمياه

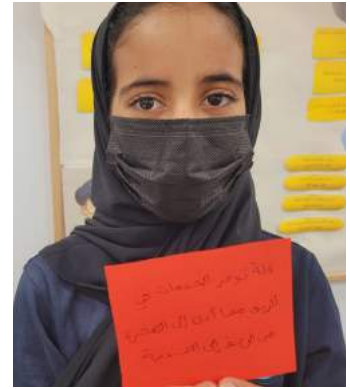
عبر طلاب الصف الثامن عن أهمية المياه وضرورة المحافظة عليها وعدم استنزافها من خلال الرسم، حيث أن استخدام هذه الاستراتيجيات في التدريس يساعد على اكتشاف مواهب الطلبة وتعزيزها، ويفتح الآفاق لدى الجميع للمعرفة الواسعة، و تذوق الفكرة وفهمها والتعبير عنها وفقا للاختلافات بين المتعلمين، وهذا من أساليب تفريد التعليم المتبعة في النهج الفنلندي.



تحدي المجموعات بث روح المنافسة بين الطلاب بأساليب فنلندية

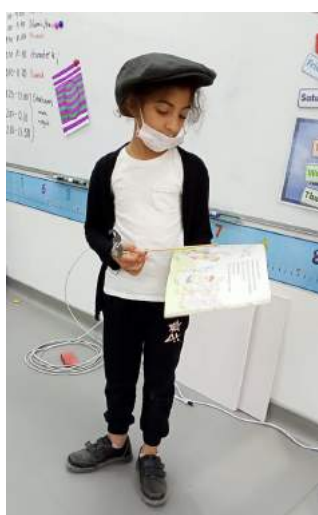
ما يميز التعليم الفنلندي توظيفه للممارسات التعليمية الفنلندية التي تشجع على خلق بيئة تجمع بين التعلم والمرح واللعب ، وإثارة التحدي والمنافسة بين الطلاب والتي بدورها تعمل على تثبيت المعلومة في ذهن الطالب وتكسبه مهارات التعلم الذاتي.



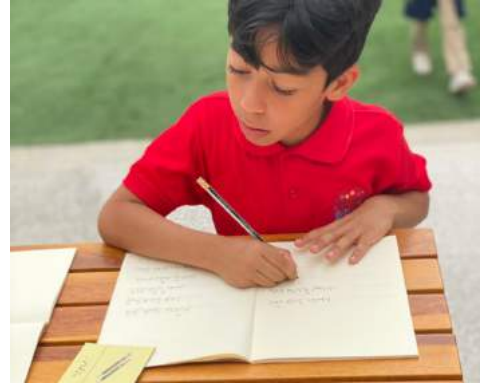
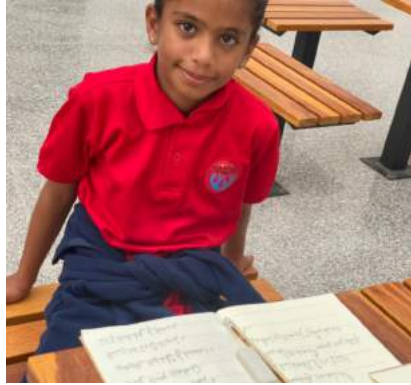


الصف الثالث

قام طلاب الصف الثالث/أ بالحديث عن الشخصيات التي يحبونها سواء أكانت شخصيات حقيقية أم خيالية شاهدوها في التلفاز أو قرأوا عنها في الكتب.



الصف الثالث

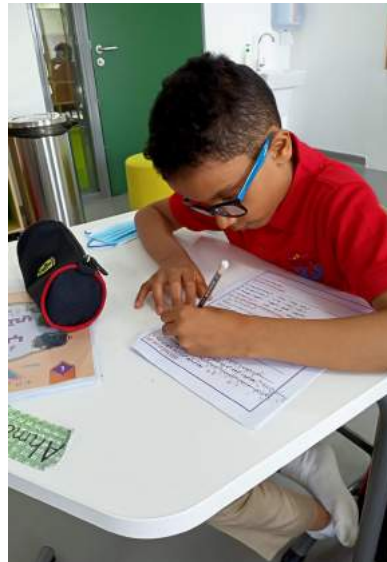
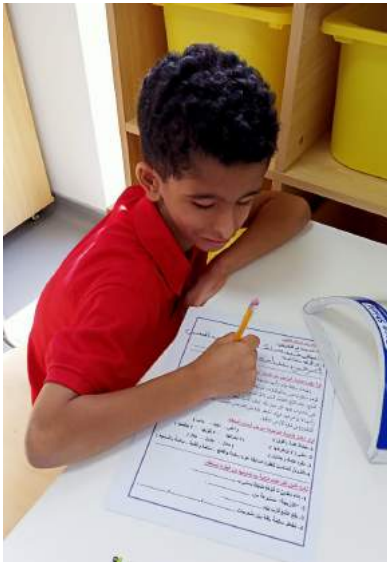
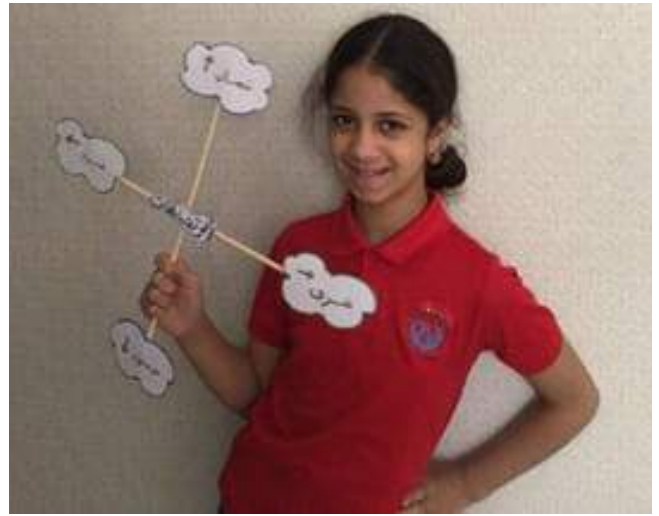


الإسراء والمعراج



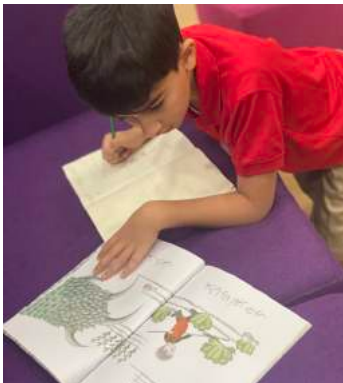
الصف الرابع

طلاب الصف الرابع أثناء حلّهم لمراجعة اللغة العربية استعدادا للاختبار.



الزيارات المكتبية للصيفين الثالث والرابع

القراءة غذاء للعقل ومتعة وسعادة للروح ، وفي مدرستنا نسعى لتغذية عقول أبنائنا بالقراءة اليومية المفيدة، ولأن القراءة منبع الحضارة، إذ هي مفتاح لمعرفة أسرار الحياة، وتفتح عقولنا ، وتوسع آفاقنا، وتلهمنا لنحدث التغيير في حياتنا أولاً وفي العالم من حولنا أيضًا، لذا نحن في المدرسة الفنلندية العمانية نقرأ لنكتشف، ونقرأ نتعلم، ونقرأ لنمرح.



حصص اللغة العربية للصفين الخامس والسادس



كن سفير القراءة أينما كنت

تفعيل حصص المطالعة الإثرائية

الاستراتيجيات

استخدام استراتيجيات التعلم النشط (الخرائط المفاهيمية) في تلخيص درس (شبه الجملة)
هي استراتيجية تدريسية توظف الأشكال والخطوط والصور والألوان لتمثيل المعرفة وتقديم المعلومات.
وتهدف إلى تبسيط المعلومة وتنظيمها و تسهيل عملية استرجاع المعلومات و تسهيل تذكر المعارف والمعلومات.



تفعيل تكنولوجيا التعليم في الغرفة الصفية



الشخصيات

الإسراء والمعراج

سبحان من أسرى بخير ضياء
أسرى بنور محمد الوضاء
أسرى به في ليلة قدسية
عطرية الأنسام والأضواء
أسرى به ليلاً ليشهد موكباً
من أعظم الآيات والأنباء
ركب البراق بإذنه من مسجد
للمسجد الأقصى إلى الجوزاء



من الصف السابع الى العاشر



لا تكن لمن يأذن
للشمس ان تغيب ولا
تشرق، بل ان تعود
بإشراقه اكثر، وحياته
افضل، وروح تتجدد.

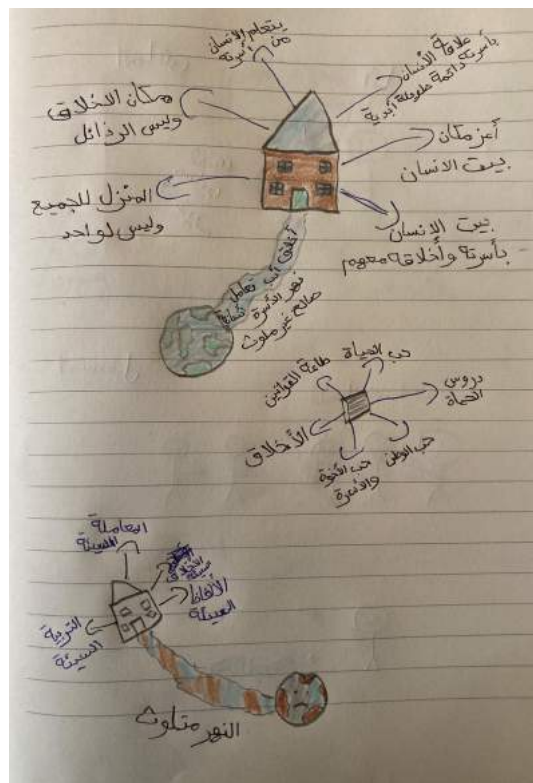
شهد الفارسی «تاسع»



تعرض هذه الصورة جمال الطبيعة في أفضل حالاتها. من التل الأخضر مقدا إلى الأفق وصولاً إلى السماء. يعطي إحساسا بالسكينة الهادئة، كالحلم الخالد الأبدي. الزهور الصغيرة رقيقة كالقماش الناعم، تتباعد أكثر فأكثر بينما تنتقل أعيننا إلى الحقل الخصب أدناها. يمتد اللون الأخضر إلى ما لا نهاية، يبعث في النفس الراحة. تتيجع بقع الأشجار المصطفة هنا وهناك، متتبعة البحيرة المائية المشابهة بالمرآة التي تعكس السماء بظلال فضية. على الجانب الآخر، تتكايف الأشجار تصبح غابة تحرس الأسرار التي تكمن بعدها. يفصل الأفق الصورة ويأخذنا إلى السماء، حيث يتلاشى اللون الأصفر الباهت إلى اللون الأزرق الباهي. تطفو الغيوم في السماء كحلولى القطن، بيضاء و صافية. حقا، إن جمال الطبيعة يرى في كل ركن من أركان هذا المنظر.

ريان البوسعيدى «تاسع»

يتسع الأفق للتعبير ، فتارة تكون العبارة «عَبَّرَ
عن لوحة بكلمة وجملة»، وتارة «عَبَّرَ عن جملة
بلوحة وصورة»، ويتسع الخيال ليشمل إبداعات
الطلبة في جانب التعبير الكتابي ،جانب من
تفعيل الممارسات الفنلندية في تعليم مهارات
اللغة العربية.



أحمد السالمي «سابع»

[illegible]

A side-by-side comparison of two items. On the left is a white baseball cap with the Arabic text "استغلال الجبال للسياحة" (Exploitation of mountains for tourism) printed on it. On the right is a tall, black top hat with the Arabic text "وزارة الدفاع تحفظ على أمن السلطنة وزارة الأوقاف وجود العديد من المساجد" (The Ministry of Defense reserves the security of the Sultanate, the Ministry of Religious Affairs, and the existence of many mosques) printed on it.

[illegible]

Two hand-drawn hats are shown. The left hat is white with a blue band and brim. The right hat is green with a blue band and brim.

Text on the white hat:

الرواح من الفتيات هي سوا
 لا فرق بين البنات و الأولاد
 انهم المودين أمالين
 المربية
 اخرج المودين الانهار

Text on the green hat:

معدني ا جميلة
 السبع بالاس بيلة حيرة
 يحس الناس بعمهم المعين

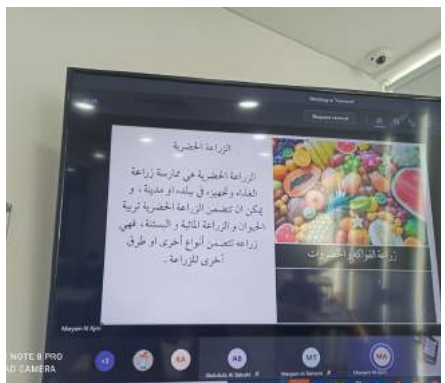
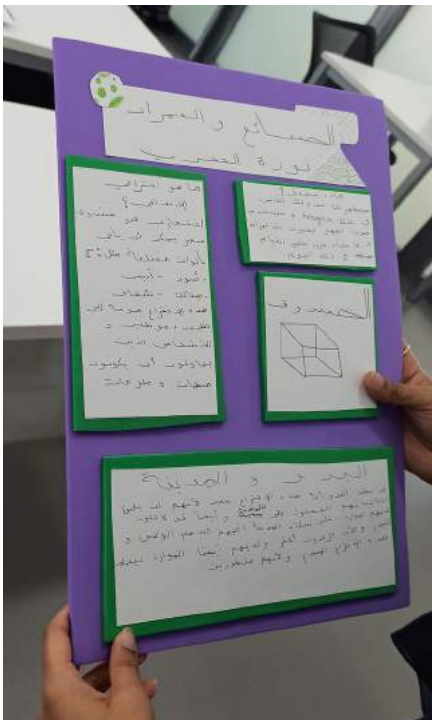
[illegible]



المناظرة الأدبية فن من الفنون، ينمي مهارات التفكير العليا، ويضفي على التعلم روح المنافسة والتحدى. وقد أدارت من خلاله معلمة اللغة العربية نقاشاً ممتعاً هادفاً بعنوان: "أيهما أكثر نفعاً؟ العلم أم المال؟" بين فريقين من طلبة الصف الثامن.

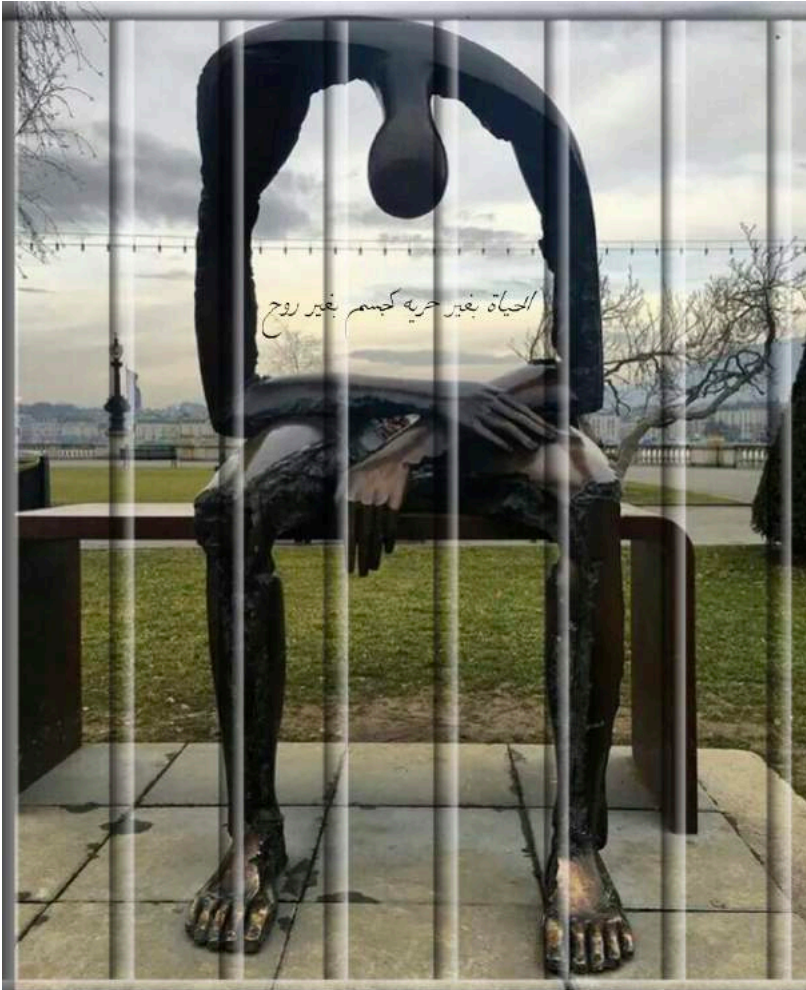


عندما تقع نصوص متميزة بين أيدي الطلبة، تخضع معهم للنقاش والإبداع، وتظهر الحاجة للتطبيق العملي للنص النظري، هكذا كانت وقفة طلبة الصف العاشر مع نص ابن خلدون، الصنائع والعمران، حيث قاموا بتطبيق مشاريع تفسر نظريته التي تقول: كلما تقدم العمران وازدهرت الحضارة، تنوعت الصنائع وتطورت أكثر.





الإنسان كائن اجتماعي ، لا يحيا منفردا أو منعزلا، ففحوى ورسالة التعليم والتربية، صنع الشخصية السوية المتوازنة اجتماعيا ، التي تتنخرط مع الآخرين، تعطي وتأخذ، تتعلّم وتعلّم ، وقد كان لطلبة الصف الثامن في حصص اللغة العربية الفرصة لتعلّم الأقران والعمل ضمن الفريق، وممارسة دور القائد والمعلم الصغير .



عندما يتم تحويل دروس القراءة ونصوص الأدب إلى لوحات ناطقة فنية معبرة، تظهر إبداعات الصف الثامن ونص أدبي لجبران خليل جبران.

STUDENT TALENT

Lydia Grace Marsh - Grade 2B

My name is Lydia Grace Marsh and I'm in class 2B. One of my favorite things to do in my free time is to sing. I like to make up my own songs and sing them aloud to myself. My mom calls me her song-bird! Another thing I like to do is draw and craft. I usually put them in my room or give them to my family. I like to use colored pencils or markers in my drawings. These are my two favorite hobbies.

Jonathan Marsh - Grade 1B

My name is Jonathan Marsh and I'm in class 1B. I like to play LEGOS in my free time. My favorite kind is Star Wars LEGOS. I like to build bases and ships and play pretend battles with my LEGO people. I sometimes like to play by myself and other times like to play with my brother, or dad. We have lots of LEGOS at our house and it is a lot of fun!



Raid Lacheheb - Grade 7

My name is Raid Lacheheb I am 11 years old. I am Algerian and have been living in Oman since 2011. I am a student at Finland Oman School (F.O.S). When I was about 5 years old, I started taking swimming lessons with Dolphin Swimming Center. There I learned the swimming basics such as: freestyle, backstroke and breaststroke, and now I am training with Threshers Swimming Club and I am looking forward to starting to participate in competitions.

When I was ten years old, I joined Tynker Tech Club. There I realized how much I loved coding. It was my first step in the coding universe, and I was taught the most basic things about coding and technology using MIT APP INVENTER & Mblock. I coded/built small robots and I made mobile apps. Most of these were coded using block coding but ever since the pandemic started, I have been learning many more coding languages such as: HTML/CSS for website designing and display; JAVASCRIPT for calculation commands, and BOOTSTRAP for easy designing. And now I am starting a more interesting journey with Adobe photoshop and Adobe illustrator, so watch out Raid can photoshop you!



Taif Al Amri - Grade 8

A show of our gratitude to Taif Al Amri in grade 8 who showed great taste in designing the logo for our Math department. The draft of this creative logo which contains the F.O.S perspective about working on ideas in groups has been beautifully designed by Taif and with her permission it is going to be on all Math activities at F.O.S.

Dear Taif, we are so thankful.

Ms. Sanaz

Math teacher



Yasir Al Lawti - Grade 5

ياسر محمد اللواتي - رياضة ركوب الخيل

اسمي ياسر محمد اللواتي وعمر ١٠ سنوات. عندي هوايات كثيرة وعلى قائمتها رياضة ركوب الخيل وبالأخص قفز الحواجز. بدأت ركوب الخيل عندما كان عمري خمس سنوات على أحصنة البوني و عندما كبرت وأصبح عمري سبع سنوات بدأت بركوب الأحصنة الكبيرة.

تدرت في عدة إسطنبولات وعلى يد مدربين مختلفين، وحاليا أتدرب في المركز الأولمبي للفروسية. شاركت مع والدتي في مسابقة القفز الداخلية التي أقيمت هناك وكانت تجربة مثيرة مليئة بالتحدي والإقدام.

حصاني المفضل الذي أتدرب عليه اسمه ملتون ولونه أبيض. أستمتع كثيرا في ركوبه، وعندي ثقة في التعامل معه وتوجيهه..

مع مرور الأيام اكتسبت معلومات كثيرة حول عالم الخيل، وبدأت أفهم لغة الخيول وكيفية التعامل والتواصل معها..

أشارك هذه الهواية مع أمي وأبي ونمارس هذه الرياضة معا. وقبل خمسة أشهر اشترى والدي حصانا خاصا بهما وبذلك اكتسبت فرصة لأتعلم طريقة الاعتناء بحصانا.

أقضي الكثير من وقتي في الإسطبل للاعتناء بالخيول وتنظيفه و إطعامه واللعب معه، فمن المهم أن يني الفارس علاقة جيدة مع الحصان على الأرض، وليس فقط عندما يكون على ظهره.

طموحي أن أقفز المزيد من الحواجز على ظهر الخيل وأصبح فارسا متميزا.



May Day - Finnish Vappu Celebration

May 1st is one of the most important public holidays in Finland that celebrates the end of winter and beginning of warmer, lighter spring days. At the beginning of May, southern Finland enjoys 16 hours of daylight with the sun rising at around 5 am and setting at 9 pm. In northern Finland, the days keep on getting longer until June, when they get a full 24 hours of daylight.



*Vappu celebrated in 1950s.
Source: www.helsinkikuvia.fi*

Officially, May 1st is recognized as Labour Day and the roots of the celebration lie in acknowledging workers' rights - just like in Oman. However, nowadays the celebrations have been taken over by university students, who are almost done with their final exams at this time of year. Students dress up in their colorful overalls, where the color explains what they are studying, and which university they go to. Normally, the overalls are covered with self-sewn patches that students collect all through the year from different events.



People gathering for a picnic at a public park in Helsinki.

Source: : www.vastavalo.net

But Vappu is celebrated by people of all ages. Young children get to choose their own giant helium balloons, and families and friends gather for picnics that fill out every public park in Finland. Everyone, who has graduated from high school, can usually be spotted walking around with a white hat - their high school graduation cap. So would you like to celebrate Vappu in a Finnish way by dusting off a white hat and inviting your family or friends for a delicious picnic of funnel cakes and doughnuts, surrounded by colorful balloons!



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