

MHG NEWS

11th October



MIINA HÄRMA GÜMNAASIUMI
NEWSLETTER

NR. 6
SCHOOL YEAR 2022/2023



WEEKLY HIGHLIGHTS

- On 5 October, we celebrated Teachers' Day. The senior students took on the role of teachers and gave lessons that day. In addition, the teachers had the opportunity to make badges and listen to Jaak Jusket talk about cultural history, followed by a ceremony for the teachers organised by grade 12 classes. Teachers could watch our lovely folk dancers, listen to the teachers' famous quites, enjoy a nice band and listen to a speech by Mihkel Mägi, the deputy headmaster for the day. In the afternoon, the teachers visited the new premises of the UT Institute of Educational Sciences.

BIRTHDAYS

18.10 Eda Lemberg

18.10 Teeli Roht





SECONDARY SCHOOL TEACHER OF THE YEAR JÖRGEN METSIK

- Jörgen is an internationally renowned Chemistry teacher who teaches through experiments and by finding real-life connections.
- He is a tutor of students in the Research Laboratory of the UT School of Science and the creator of experiments (e.g. he developed the electrochemistry experiments workshop "Spark Lab"). He is the creator of Chemistry teaching materials and the compiler and lecturer of the chemistry course "Chemistry in Interest" for high school students at UT.
- As a member of the jury of the Estonian Chemistry Olympiad and the Estonian Science Olympiad, he participates in the preparation and editing of problem sets, practical tasks, etc.
- He is a mentor for the Estonian team in international competitions, both at the Baltic Chemistry Olympiad and the International Chemistry Olympiad.
- Jörgen encourages students to always give their best. His students have won several medals at international Olympiads. In the last three years, his students have made it to the final round of the national olympiads 15 times, bringing home two first prizes.
- Jörgen notices students with a deep interest in chemistry, also supporting those who need help in science.
- Students are fascinated by his in-depth knowledge. Jörgen has been a research-gifted student and understands how to support individual talent while saving mental health and using his time rationally.
- Jörgen is a very hard-working young man who makes students love chemistry.





STUDENTS OF MHG PARTICIPATING IN THE MODEL-EUROPEAN PARLIAMENT

From 30 September to 3 October, the Estonian Model European Parliament was held at Tallinn Secondary School of Science and the Estonian Parliament. School students from all over Estonia debated on societal issues such as coping with the energy crisis, supporting Ukraine in its war with Russia, and making urban spaces more environmentally and human-friendly.



The young people had the chance to see how the European Parliament actually works: what the process is like for drafting resolutions and amendments, and how they are adopted or rejected in Parliament. During the event, students also developed their argumentation, critical thinking, and public speaking skills and broadened their horizons. From MHG, Henrik Harjus (10a), Brita Jõgiaas (11b), Lisanna Tõnne (11DP), Simone Nairis (11DP), and Kertu Ivask (11DP) took part in the MEPs' day. On the first day, all committees worked on problem-solving. There were fierce discussions in the foreign affairs committee as well as in the health and development committee.

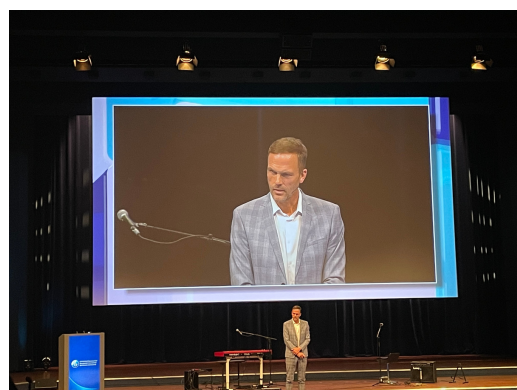
On the second day, the focus was on finding solutions to problems. In addition, two experts in their field visited each committee. For example, the Foreign Affairs Committee was visited by Ambassador of Ukraine Marjana Betsa and Urmas Paet. On the morning of the third day, the committees had to send their final resolutions for the delegates to ask questions about them in the factual round. In the evening, everyone was busy lobbying (collecting signatures on the second committee resolution for amendments). On the fourth day, resolutions were adopted in the Riigikogu building.





IB GLOBAL CONFERENCE 2022

- The Head of School, Ene Tannberg, Head of Development, Tiia Lepik and the Head of Education, Terje Hallik were in The Hague from 6 to 9 October to participate in the **IBO Global Conference 2022**. The conference looked at the future of IB education, with key themes including **student and teacher well-being**, **educational technology** and **innovation in education**, the importance of **leadership and advocacy**, and **increasing diversity, equity and inclusion**. Keynote speakers included Arjen Wals, professor at Wageningen University and an advocate for social learning and sustainable education; Steven Bollar, an expert on school culture and motivation and author of the book "**Stand Tall Leadership**"; and Conrad Hughes, head of an international school in Geneva, who has dedicated his research to creating equity in education. In addition to the key speakers, the conference also featured over 100 different workshops, where you could discuss key IB education issues with representatives from different countries and hear about the experiences of representatives from other countries.





GEOGEBRA NETWORK CONFERENCE

- Our Maths teacher Kristi Kreutzberg participated in the 11th Conference of the Nordic-Baltic GeoGebra network in Finland on 7-9 October. The primary aim of the conference is to bring together Nordic and Baltic teachers and lecturers interested in using GeoGebra and other technologies in Mathematics education. This year's topics also focused on the development of framework thinking, national examinations in different countries, which are mostly done using laptops, various programs and programming, and the creation and use of e-materials. Kristi conducted a workshop on Voronoi diagrams.





WEEKLY HIGHLIGHTS

- In the September edition of Tartu Hariduse Hääl, you can read about the joint project "The Art of Science" between MHG and Tallinn English College.
- In the newspaper Tartu Postimees of 10 October, you can read what **Maigi Varusk** and **Alla Vinitšenko**, the authors of Roosa Radio podcast, think about teaching.
- On 4-5 October, Tartu Schools' Cup football competitions were held at Annelinna artificial turf field. Our school's women's team won first place (the first time in the history of our school), and the secondary school boys' team won second place. The women's team consisted of Saale Heti Rooden (5a), Margaret Matto (5a), Linda Lehtsaar (6b), Gertrud Alice Kala (8b), Adeliine Lail (10a), Getter-Liis Kukk (10a), Mia Kaasik (10c), Klementina Porechina (11b), Grete-Ly Aarna (11b), Mariell Friedemann (11a), Polina Trubachova (12b). In the boys team of the secondary school played: Andri Türkson (10b), Otto Karl Kuuseok (10a), Joonas Sakkis (10a), Paul Herman Järve (10c), Gregor Jermolajev (11a), Jan Justin Paju (11a), Gregon Henrik Raud (11b), Ramon Põldaru (11a), Gregon Henrik Raud (11b), Toomas Haak (11c), Akaki Gvineria (11DP), Kaur Vadi (11DP), Tobias Guzman Shegnfet Alonso (12c), Oskar Johannes Jõgeva (12a), Mattias Erik Tiik (12a), Georg Voldemar Järve (12c).





ANNOUNCEMENTS



- 11 October - 3ab on a field trip to the UT History Museum; 5ab, 6a visiting Vanemuine to see the performance "Vennad Lõvisüdamed"; 5b parents' meeting at 18.00; Anneli Poska 12DP visiting the Biology lesson; 5b parents' meeting at 18.00.
- 12 October - **7th-grade Science national level test**; "Meeskonnatöö ABC" workshop for students of the Entrepreneurship module, conducted by alumna and head of UT sTARTUp Lab **Maret Ahonen**; 3rd-grade visiting Elektriteater to watch the film "Tagurpidi torn"; 1-2e visiting Tartu Art Museum.
- 13 October - 10c on a field trip to Tallinn; UT observation students in foreign language lessons.
- 14 October - 116th birthday of the school; Management team's press conference for international students; UT observers in foreign language lessons.
- 14-15 October - 7a class night; Härmatis 8-9 at a dance camp in Paide.
- 16-18 October - 7a on a KLAPP hike.
- 17-21 October - **preliminary exams week for secondary school.**
- 19 October - First workshop day of a mental health project for 8th-grade students from three schools; Tallinn English College students' shadow day at MHG; 11abc Entrepreneurship Ecosystem module students visiting SPARK demo centre.
- 21 October - school round of the Maths Olympiad for grades 5-7.

- 22–30 October – school holidays



THE BOARD OF STUDENT COUNCIL

VICE PRESIDENT



MARGARET ROOST

As someone who is interested in music and culture, I have a lot of interesting thoughts and fresh ideas that I hope will make our school days brighter.

If you have any concerns or would like to share your ideas with the Student Council, feel free to stop me in the school corridor.

PRESIDENT



ANNABEL RAIG

"Multitasking is simply the ability to screw up more than one thing at a time"

VICE PRESIDENT



KATRINA LAUR

„The thing about God, she thought, is that He usually does help, but not until you've made an effort on your own."

-Tove Jansson

INFORMATION MANAGER



TEELE PIIBEMANN

„What does this do that you do?"

INFORMATION MANAGER



JANA SHERIF ALY SAKR

I outwork myself every day than the day before to become a better version of myself the day after.



THE BOARD OF STUDENT COUNCIL

HEAD OF FINANCES



RIIN VÄRTON

"Acta non verba"

SECRETARY



KARL-RICHARD SILLA

PARENT ADVISORY BOARD REPRESENTATIVE



EMMA RAISSAR

PARENT ADVISORY BOARD REPRESENTATIVE



MARTA AAB

I'm a kind, fun and eager-to-dance girl, and
I hope this year's line-up works well.



MENTAL HEALTH SUPPORT "CORNER"

To celebrate Mental Health Day, we remind you that you can improve how you feel.

Some books that support mental well-being :

C.S. Dweck "Mindset"

R. Galanti "Anxiety Relief for Teens"

D. Howell "You Will Get Through This Night"

A. Hansen "The Real Happy Pill: Power Up Your Brain by Moving Your Body"

P. Kingsmith "Cards Against Anxiety"

L.M. Schab "The Self-Esteem Workbook for Teens"

You can find different workshops to support mental well-being for parents [HERE](#).
(These workshops are held in Estonian)





ACTIVITIES OF SCHOOLS IN MOTION IN 2022

- A nationwide survey carried out by the Ministry of Education and Research found that **MHG students love to exercise and do sports**. Students go to various gyms, and many bicycles are seen around the school. This year, we plan to find out how active the students' way to school is and how many of us walk to school. At the secondary school, we are offering early morning yoga and physiotherapy as optional courses. Swimming lessons for grades 2 and cycling training for grades 3 continue. The "1000 Hours Outdoors" is already becoming a tradition in the primary classes.
- Over the last three years, **primary school students have shown improved satisfaction with physical activity in school**. Last year, with support from the City of Tartu, an activity track was created where younger students rush during recess. We installed play equipment boxes in the courtyard. Teachers run a variety of movement games in class. At the same time, the level of satisfaction with physical activity has slightly decreased among grade 8 and grade 11 students. We have a good range of facilities for students to move from one classroom to another throughout the school day, a decent gym and a large outdoor area, and nice parks around the school. Last school year, we added the statement "As a student, I can be mobile in class" to the students' feedback sheets. Always with the health of the students in mind. This year, we are training pupils in grades 3 to 6 to be play leaders who can demonstrate movement exercises in class. Five student council members joined the Schools in Motion team and pledged to start running dance classes on Fridays.
- One of the school's goals for the school year is to launch **a physical activity curriculum in the 5th grade and introduce the physical activity diary**. Since we have an additional building for our school in Näituse Street, we are piloting an 'outdoor lesson' for the international classes when they go to their lunch breaks in Tõnisson Street and can also move and play in the playground area afterwards. The stickers on the floors and walls of the corridors are being renewed with the help of parents to encourage exercise.



MHG 116

On Friday, 14 October, our school will be **116**. years old and on this occasion, the 116th graduating class (grades 7) will organise a nice birthday party for us. For this day, the school building will be decorated, there will be nice music in the morning, and students will hand out stickers with the MHG logo to everyone who comes to the school in the morning (also in the building in Näituse Street). For grades 1 and 2, students bring the stickers to class.

Daily agenda:

2nd lesson - Homeroom meeting and eating sweet pastry "kringel"

3rd lessons - grades 10 are welcome to Aula to listen to the traditional Hamlet's Soliloquy performed by Sass Henno, who will also be introducing his new book "Mina olin siin" part II.

5th lesson - Press conference for international students (grades 1-10)

During the long recess (at 12.55–13.15), everyone can engage in a Just Dance session in the lobby.





2022/2023

19. OKTOOBRI
Miina Härma Gümnaasiumis

EDU JA ÕNNELIKKUS

Vaimse tervise projekt 8. klassidele

8.45-9.00

Kogunemine aulasse

9.00-10.30

"Edukas ja õnnelik samaaegselt! On see üldse võimalik?"

lektor Roland Tokko

10.30-10.40

Sirutus ja väike amps

10.40-11.40

"Mees minu sees" - poistele esineb Mihkel Ruut

"Keha kuulamine ja temaga sõbraks olemine" -

tüdrukutele esineb Carolin Ligi

11.40-12.30

Söömine

12.30-13.50

Rahakratt

13.50-14.00

Päeva lõpetamine ja kokkuvõtted

KOHTUMISED

LOENGUD

ÕPITOAD

TARTU TAMME KOOL
TÖRUST TAMMEKS

TARTU
KESKLINNA
KOOL

