

MHG NEWS

29th November



MIINA HÄRMA GÜMNAASIUM
NEWSLETTER

NR.12
SCHOOL YEAR 2022/2023

MIINA HÄRMA GÜMNAASIUM'S ADVENT CONCERT

1st December at 18.00
in Pauluse church

Performing:

Choirs of
Miina Härma Gümnaasium

MÄRGATUD HÄRMAS

- On Thursday, 1 December, at 18.00, MHG will hold an Advent concert at Pauluse Church. The choir of grades 1 and 12, the choir of grades 2, the choir of grades 3-4, the children's choir, the boys' choir, the young ladies' choir, the mixed choir and the mixed choir of the Miina Härma Singing Society will perform at the concert. Maria Leppoja (a soprano in the National Opera Estonia) will perform.
- Regular tickets for 12€ or supporter's tickets for 20€ available before the concert in cash from fienta.com.

BIRTHDAYS

01.12 Martin Pent

03.12 Anne Aluvee





WEEKLY HIGHLIGHTS

- On 27 November, President of the Republic Alar Karis held a debate tournament for beginners with the topic: "In Estonia, upper secondary education should give priority to a small number of subjects chosen by students over a large number of compulsory subjects". Two teams from our school participated in the event. A total of 68 teams of 3 participants from all over Estonia participated in the contest (the highest participation ever). The team consisting of Frank Tigane (11b), Eva Maria Krupp (11b) and Kertu Ivask (11DP) came 19th overall, winning two of the three debates, and Frank was also the best speaker of our team. The second team, with Karl-Markus Sei (11b), Koit Sell (11b) and Kaur Nõmmemees (11b), came 48th, winning one of the three debates. Neither team had ever debated before. Härma students Silvia Pärtelson (10a), Mia Karolina Altküla (11a), Emili Puusepp (11a), Brita Jõgiaas (11b), Lisanna Tõnne (11DP), Simone Nairis (11DP), Aulike Apalev (12b) and Maare Karmen Oras (alumna) participated as judges. Alumni Alar Karis and James Paul Arney judged the final.
- On 23 November, Mart Väljamäe (9b) won 1st place in the 9th-grade Technology competition in Tartu.
- On 24 November, the European Commission's translation competition **Juvenes Translatores** took place. Miina Härma Gümnaasium was once again among the schools whose students qualified to participate in the translation competition. Karl-Richard Silla (Pre-IB) translated in the Estonian-English translation category, Maret Hallik (11b) and Kaur Vadi (11DP) in the German-Estonian translation category.
- Triinu Riisberg (8a) is the new Estonian indoor champion in the horseback riding junior class!
- The new issue of [KiVa Hää!](#) has been published, with ideas for the Christmas season, interviews with KiVa team leaders, bingo and much more! Before the end of the year buzz, the anticipation and celebration of parties, and the stocktaking, this KiVa Voice is a chance to reflect on how KiVa is being implemented in schools.



WEEKLY HIGHLIGHTS

- Last week, a painting based on a sketch by our alumna Ülle Ottokar appeared on the wall of the school's canteen to create a cosy atmosphere, which was made colourful thanks to the collective work of the 11th class.



- In the framework of the campaign "Warm Hearts to Ukraine", initiated by Reet Linna, we collected a large number of woollen knitwear. We thank Marje Peedisson, who initiated the campaign in our school!





MÄRGATUD HÄRMAS

- On 25-26 November, for the 30th time, the poetry days "Tähetund", dedicated to Betti Alver, took place in Jõgeva, where the MHG drama group under the guidance of Ivika Hein also participated. This year's Poetry Days' motto was "O that sparks would shine from my soul...". Remarkably, the young director prize of "Tähetund" was awarded to **Gerli Raag** (12a), whose poetry project made for the UPT was entitled "I have not much to say. Only this". **Lene Tiinas** (12b) was awarded the special prize of both the Poetry Days jury and Ugala Theatre for her original music. As a reminder, the poet **Betti Alver** is an alumnus of our school.



- In the lobby on the second floor, you can visit an exhibition of philosophy posters from the Department of Philosophy of the University of Tartu. The posters present the problems and themes of philosophy.





SECOND MEETING OF THE PROJECT "EDU JA ÕNNELIKKUS"

On 24 November, the second meeting of the 8th-grade project "Edu ja õnnelikkus" took place at Tartu Kesklinna School (MHG, Tamme School, Kesklinna School). The 8th-grade students could choose their favourite workshop from five different topics this time: "Creative meeting", art teacher and creative therapist Kai Tuvik; "Visual thinking", Tartu Art School teacher Maria Kiisküla; "Should a young person stay healthy?", clinical psychologist Mariana Saksniit; "ABC of Good Sleep", psychologist and sleep counsellor Kene Vernik; movement therapy "Journey", dance pedagogue, choreographer, dancer, painter Kalli Pikas. The day was closed by the energetic Harald Lepisk, who spoke on the topic "Creative ingenuity - no matter what happens, I will find solutions".

The City of Tartu supports the project.





HENRIK HARJUS PARTICIPATING IN MODEL-EUROPE PARLIAMENT IN BULGARIA

The 56th International Model Europe Parliament (iMEP) took place in Sofia, Bulgaria, from 12 to 20 November. Henrik Harjus (10a) was selected as one of the best participants in the Estonian Model European Parliament and was therefore selected as a member of the Estonian delegation. The Model European Parliament is a great opportunity for young people to have their say in EU politics. Henrik was a member of the ITRE (Committee on Industry, Research and Energy) committee, tasked with drafting a resolution to help find solutions for an independent European energy infrastructure. The European Union is currently dependent on energy imports to meet the energy needs of its people. It was precisely this problem that the ITRE resolution addressed, which was one of the few to be approved by the General Assembly and thus sent to the actual EU institutions. iMEP was also an excellent opportunity to make global contacts, as it brought together delegations from all over Europe. In addition, iMEP was also a good opportunity for Henrik to develop his English language skills. It was a very special event, and the skills and experience he gained there will definitely be useful for Henrik in the future. Photo: ITRE Commission





ANNOUNCEMENTS



- 27-29 November - 8a on a KLAPP hike.
- 29 November - 7a visiting ERM to see the youth production "U-Tube".
- 30 November - preliminary round of the Linguistics Olympiad; international English competition "Best in English"; 5a at the AHHA Centre; 2ab at Vanemuine to see "The Nutcracker"; 21st Century English Literature students at Karlova Library; Human and Law students on a field trip to the Tartu County Court;
- 1 December - maths pre-competition of the Five Schools Competition; our alumni and **ear, nose and throat specialist Raiko Tiganik** visiting Human Anatomy and Physiology class; **UT lecturer Evi Saluveer** visiting 21st century English literature class; our alumni, **lawyer Peeter Viirsalu** visiting Human and Law class; 10c visiting ERM; at 18.00 **MHG Advent concert in Pauluse Church.**
- 2 December - Volleyball mini-league for 4-6 grade girls; **DP alum James Paul Arney** visiting 11DP in TOK class; fashion show "Back to the future".
- 2-3 December - 6b class night.
- 5 December - Start of new B1 foreign language course for grades 10-11; start of new Estonian language course for 10th grade; start of new literature course for 11th grade; 6ab study programme in Winter Village.
- 6 December - 12c field trip to TalTech and the Estonian Academy of Arts; German language students at Elektrikino to see the film "Kokon".
- 7 December - school round of the English Olympiad for upper secondary school students; lecture by **sleep counsellor Kene Vernik** to grades 10; students from the Human and Law course on a field trip to Tartu Prison.
- 8 December - **Prosecutor Jane Pajus** visits the Human and Law class; **UT lecturer Evi Saluveer** visits the 21st Century English Literature class.
- 9 December - school round of the national 5th grade English quiz; school round of the Geography Olympiad; mixed choir at the Estonian National Opera to see "The Magic Flute".
- 9-10 December - 12DP Class Night
- 10 December - Härmatis groups at the Winter Dance Festival of Tartu County at Town Hall Square.
- 11-12 December - 9b in Stockholm.



**MIINA HÄRMA GÜMNAASIUM'S
ADVENT CONCERT**

**1st December at 18.00
in Pauluse church**

Performing

**grade 1 and 12 choir
grade 2 choir
grade 3–4 children's choir
children's choir
boys' choir
young ladies' choir
mixed choir
choir of Miina Härma Singing Society
featuring the soprano Maria Leppoja
(National Opera Estonia)**

**Buy tickets from fienta.com
or before the concert (only in cash)**

**Regular ticket 12€
Supporter's ticket 20€**



REHEARSAL TIMES FOR THE ADVENT CONCERT

Monday, 28 Nov in Aula :

end of 9th lesson - grade 1 and 12 choir

Tuesday, 29 Nov in Aula:

2nd lesson - boys' choir

3rd lesson - grade 3-4 choir

4th lesson - grade 2 choir

5th lesson - children's choir

6th lesson - young ladies' choir

7th lesson - mixed choir

beginning of 8th lesson - grade 1 and 12 choir

Wednesday, 30 Nov in Aula:

12.15-12.35 grade 3-4 choir

12.40-13.00 children's choir

13.05-13.25 boys' choir

13.30-13.50 the song "Advendiküünal"

LAK+POK+NEK+SEK

13.55-14.15 young ladies' choir

14.20-14.40 mixed choir

14.45-15.05 grades 12 and 1 joint song (when needed)

grade 2 rehearsal takes place in the church on Thursday.

Thursday, 1 Dec at Pauluse church:

14.00-16.00 final rehearsal

18.00 concert



TARTU YOUTH FASHION SHOW "BACK TO THE FUTURE/TAGASI TULEVIKKU"

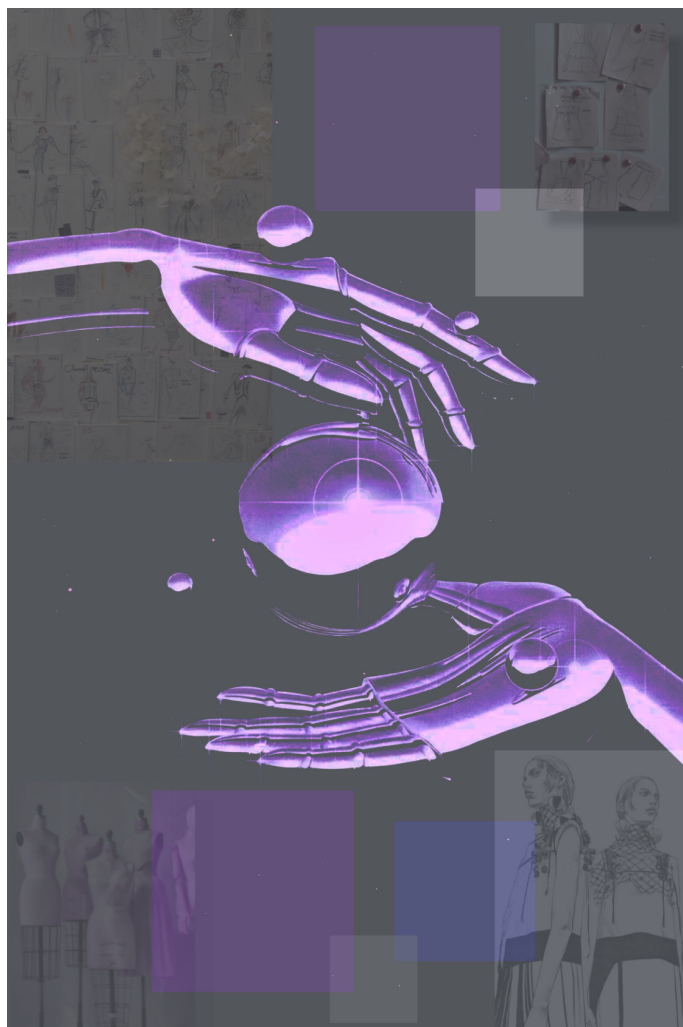
Have you wondered about the future of the fashion landscape? How do you see the fashion world in, say, 20 years? What ideas do you have to offer about future trends, cuts, lengths, widths, colours and, above all, and mainly, your vision?

Yes, you! Very soon, on 2 December, a fashion show for young people will take place at Miina Härma Gümnaasium in Tartu under the theme "Back to the future". The keywords are modernity, youthfulness, contemporary fashion, the future and sustainability.

What could one potential collection of clothes look like in 20 years?

The event takes place on 2 December at 19.00 in the Aula of Miina Härma Gümnaasium.

More information [HERE](#).





SCHOOLS IN MOTION

EXERCISE RECOMMENDATIONS FOR CHILDREN AND YOUNG PEOPLE
FROM THE UNIVERSITY OF TARTU PHYSICAL ACTIVITY LAB

- Exercise for at least 60 minutes a day at moderate to high intensity so that you feel warm;
- reduce the overall amount of sitting during the day;
- take occasional breaks from sitting, stretching every 20 minutes is best for the body;
- screen time during leisure should be less than two hours per day;
- sleep should be between 8 and 10 hours per day;
- physical activity should be as varied as possible, including different types of exercise (walking, running, jumping, etc.) and different means of transport (bicycles, scooters, skates, etc.);
- use a variety of postures to learn (standing, lying, on a ball, sitting, etc.).





SCHOOLS IN MOTION

A survey on physical activity in Estonia was carried out in 2021. Exercise plays an indispensable role in the development of healthy physical development and fitness. Daily physical activity helps prevent overweight and obesity and supports the development of physical abilities. **Physical activity has a very important impact on mental health, learning and academic performance and overall quality of life.** An Estonian study found that 43% of 9-15-year-olds meet the recommended physical activity levels. How do we get to 100%?

- Start the day with an active walk to school.
- Get to school on foot, by bike or at least part of the way on foot (get off the bus a few stops early or ask parents to stop earlier when you come by car).

Why is an active school route good for you?

- Improves learning performance and alertness during the school day;
- improves blood supply to the brain and increases brain activity;
- prevents obesity;
- supports students' spatial awareness and orientation skills, as well as their ability to cope with risks, which contribute to psychological and cognitive development and independence;
- leads to more interaction with other children and better communication skills;
- leads to the development of physical skills and naturally increases daily physical activity;
- provides new knowledge and fosters a sense of community.





CHRISTMAS CARD COMPETITION

MHG Christmas card

Requirements to the card:

- ▣ Size 10 x 15 cm
- ▣ double-sided opening card or one-sided card
- ▣ Free choice of technique
drawing, painting, photo, digital art etc.

Keep in mind that we need to be able to photocopy the card.

- ▣ Write your full name on the back side of the card with a graphite pencil
- ▣ Bring your card to the teachers room into the box with the name Hiis
by 30 November.

BEST CARDS WILL BE CHOSEN BY ELECTRONIC VOTING IN THREE AGE GROUPS:

GRADES 1 - 4

GRADES 5 - 9

GRADES 10 - 12