

MHG NEWSLETTER

ÕA 23/24

12. SEPT 2023

NO. 2



BIRTHDAYS

- 15.09 **Tairo Talvis**
- 16.09 **Heikki Veinimäe**
- 17.09 **Karmen Bobrova**
- 18.09 **Markus Leppoja**

TARTU TEACHERS OF THE YEAR

The Tartu TEACHER OF THE YEAR awards will be presented on 28 September at the Tartu University Aula during the education staff recognition event of Tartu city and county, where the laureates will be congratulated by Tartu Mayor Urmas Klaas and Chairman of the Board of the Union of Tartu County Municipalities Jarno Laur.

Recognized teachers of Miina Härma Gümnaasium:

Laureate of basic school teacher of the year and national nominee of basic school teacher of the year: **Alla Vinitšenko**, History and Individuals and Societies teacher.



Secondary school teacher of the year:

Kirstin Karis, Biology teacher and IB DP coordinator

NOTICED AT HÄRMA

- 12b student **Oliver Ojakäär** won the US Open junior tournament in doubles.
- At the Estonian Youth Tennis Championships held in August, the best of our school's students were: **Ken Marti Birk** (10b) – U16 doubles semi-finalist; **Laura Rahnel** (11b) – U18 Estonian champion in both singles and doubles; **Sten Hiiesalu** (10b) – U18 singles semi-finalist, doubles and mixed doubles finalist.
- **Triinu Riisberg** (9a) won the bronze medal in the junior category in the equestrian steeplechase at the Estonian Championships.
- Minister of Education and Research Kristina Kallas is the guest on the latest [Roosa Raadio](#) podcast. Topics include the teacher's career model, succession and new winds in education. The podcast was recorded on 28 August 2023 in the Miina Härma High Gümnaasium's library.



- On 8 September, a career day was held at the Tõravere observatory, attended by nearly 500 students, including about 20 Härma students. Participants had the opportunity to participate in dozens of practical workshops. Ene Tannberg and Tiina Aidnik, members of the Hansa Rotary Club, conducted a workshop for teachers, where they talked about talent development.

ANNOUNCEMENTS

- 14 September – at 16:10, OÜ Autosõit will introduce B-category learning opportunities at MHG.
- 15 September – **hobby clubs information day; meeting of the Student Council** at 17:00 in the building on Näituse Street; 3a and 3b visiting Toretalu corn maze and having a picnic; 6a study tour to Meenikunno bog.
- 17-19 September – 9a on the KLAPP trip.
- 17 September – at 12-15, MHG Schools in Motion collaboration event.
- 18 September – 7th grade Estonian language proficiency test.
- 19.-20. September – 11.a Kääriku.
- 19.-21. September – 5th year on a KLAPP hike.
- September 19 – 7b Estonian language level test; 6b study tour to Meenikunno bog; secondary school study trip to Tammsaare museums.
- 20 September – 1a and 1b visiting Tartu Nature House; **at 18:00, whole-school parents' meeting in Aula** (held in Estonian).
- 21 September – 4a Estonian language level test; emergency medicine doctor and alumnus of Dr. Andi Kriisa visiting the Human Physiology lesson.
- 22 September – 4b Estonian language level test; 2a in Tartu Nature House; "Different Estonia" practicum for 12th-grade students in Setomaa; study tour of the Management Team and Physical Education teachers to Viljandi Gümnaasium.
- 25 September – at 18:00, 9b parents' meeting.
- 26 September – **Independent study day; 8-9e first aid training;** teachers' collaboration day (workshop leader Karmen Paul, director of Viimsi Gümnaasium).
- 27-28 September – **Tallinn English College and MHG IB Diploma students project day in natural sciences in Tallinn.**
- September 28 - Tamme Relay Run Day.
- September 29 - new students' initiation – "Fox Day".

SCHOOLS IN MOTION COLLABORATION DAY

Dear school family!

Miina Härma Gümnaasium is the first secondary school in Tartu, which was recognized as worthy of the coat of arms of Schools in Motion (Liikuma Kutsuv Kool). A few years ago, the Schools in Motion team worked with the school family to add movement-inviting signs and games to the school environment (the school courtyard, the school's front road, and the hallway of the primary classes), which now needs a renovation. Attached are some examples of finished games.

We invite parents and students to the MHG Schools in Motion collaboration event, in which we restore games that encourage movement in the outdoor environment. Students from grades 5-8 can come to help as part of their Service as Action project

The collaboration day will take place on 17 September from 12:00 to 15:00.

Please let us know [HERE](#) if you can participate in the work. (Right-click on the form and choose "translate to English")

Wishing you a continued joy of movement at the beginning of the school year!

On behalf of the team of the Schools in Motion,
Janeli Virnas



MHG SUPPORT TEAM

Regita Saksing, student counsellor and head of the school's support team, supports the development and well-being of secondary school students at the school. She supports students' mental well-being, communication and adjustment difficulties, preventing and helping solve learning difficulties. She also advises parents, homeroom teachers and subject teachers and, if necessary, supports establishing contacts with specialists outside the school. The student counsellor also guides students in making future plans, helping to increase awareness of themselves, education and labour market opportunities, set goals and plan activities to achieve them. If necessary, she also involves career specialists outside the school.

You can contact the student advisor when:

- you feel excessive anxiety, tension or low mood;
- you are worried about your thoughts, feelings or health;
- you find it difficult to fit in or make friends;
- you have difficult relationships with some of your loved ones;
- you are worried about your family member, friend or fellow student;
- you feel that your wishes, needs and activities are not valued;
- you are stuck behind your fears or low self-esteem;
- you can't find enough motivation;
- it is difficult for you to plan your time;
- you worry about coping with your studies;
- you want to develop or improve your study, cooperation or communication skills;
- you want guidance in making future plans;
- you need help coping with the crisis.

The student counsellor is located in room 110A.

You can also connect via:

Stuudium;

phone: 521 9119

e-mail: regita.saksing@mhg.tartu.ee



Gerli Puis, social pedagogue (grades 1-6) and leader of the KiVa team, deals with social problems at school (coping in different social environments/situations, failure at school, conflicts with peers and adults, etc.) and their prevention, including identification and mapping of children and families with problems. The duties of a social pedagogue include individual work with the student, the student's family members, collaboration with the school's support network and members of the student's network outside the school. The social pedagogue cooperates with students, parents, colleagues and all other interested parties to support the mental and physical development of the student.

You can contact a social pedagogue when:

- you have concerns about your mental health (thoughts, feelings, behaviour);
- you have difficulty building and maintaining friendships;
- need help learning social skills;
- you have study-related concerns;
- you have got into a conflict, and you need help finding a solution;
- you feel like you need help finding motivation.

The head of the KiVa team deals with developing and coordinating the work of the KiVa program in the elementary school. Contact the KiVa team if you suspect that your child is being bullied or if you have a reason to believe that he/she is bullying others. Please get in touch with the KiVa team to ensure we can deal with what is happening as early and efficiently as possible! The KiVa team is trained to solve bullying cases using effective intervention models.

The social pedagogue's room is located next to the school lockers at Tõnissoni 3.

You can also connect via:

Stuudium;

phone: 5426 0520;

e-mail: gerli.puis@mhg.tartu.ee



Psychologist Martin Kimmel

The task of a psychologist is to help students solve their concerns. A student's main job is to study; they can do it well when they feel good about themselves. Thus, a psychologist deals directly with problems related to learning, for example, when a Math test makes you anxious. At the same time, the psychologist deals with all concerns that affect the student's well-being; for example, when a quarrel with a friend lowers the mood, it is more difficult at school.

You can turn to the psychologist with major or minor concerns. You can also reach out if you are unsure what the problem is. When it seems that something could somehow be better or when everything is somehow too much.

It is also the job of a psychologist to help parents solve issues related to upbringing and other aspects of parenting.

The psychologist collaborates with other members of the support team and specialists outside the school if necessary.

The psychologist can be approached with questions concerning:

- anxiety, depression and other mental health problems;
- self-esteem;
- learning motivation and habits;
- stress, time and self-management;
- coping with emotions;
- loneliness;
- upbringing and other things related to parenthood.

The psychologist's room is located next to the school nurse's office.

You can also connect via:

Stuudium;

telephone: 736 1924;

e-mail: martin.kimmel@mhg.tartu.ee



Special Education Teacher and HEVKO (Coordinator of Special Education Needs) Sirli Heil

The task of a special education teacher is to assess the level of a student's development and learning skills, to find factors affecting the student's development and to offer the student individual support based on them. Special educators focus on individuality in their work and adapt their work to the specific student. The special education teacher works closely with other members of the support team working in the school, with homeroom and subject teachers, to ensure that the student has affordable learning opportunities.

You can contact a special pedagogue when:

- you feel that the learning is not on your level (too easy or too difficult);
- you need adaptations to learn;
- you have been absent for a longer period;
- you want counselling or support as a parent.

The room of the special pedagogue, HEVKO, is located next to the school nurse's office.

You can also connect via:

Stuudium;

telephone: 736 1924;

e-mail: sirli.heil@mhg.tartu.ee



PARENTING CIRCLE (VANEMPLUSRING)

Miina Härma Gümnaasium's **psychologist, Martin Kimmel, invites parents to participate in the parenting circle.** The aim is to provide an opportunity to discuss topics related to parenting. Being a parent is a lot of fun but can also be hard, exhausting and frustrating. Combining being a parent with your own life, work, vacation, exercise and other activities has its own bottlenecks.

All parents who can communicate in Estonian are invited to participate. The main focus of the Parenting Circle is on everyday parenting.

The plan is to have one meeting per month. The exact organizational side will be revealed on an ongoing basis. First of all, it depends on the number of participants.

The first meeting will take place on 28.09 at 18:00.

If you want to participate, please register at [this link](#). When registering, you can also express your expectations regarding the parenting circle.



Kui sa tahad..

- **arendada:**
 - argumenteerimist;
 - kriitilist mõtlemist;
 - eneseväljendust;
 - avaliku esinemise oskust
- **oma silmaringi lõbusalt avardada**
- **saada lähedaid tutvusi**

**TULE
VÄITLEMA!**

teisipäeviti

9.-10. TUND

KLASS 307

**OODATUD ON
8.- 12. KLASSID**

TABULA RASA INVITES COLLABORATORS

Do you like writing? Or graphic design? Come and show your talent at Tabula Rasa.

The first meeting is on 13 September during the 9th lesson at MHG Library.

TABULA RASA

MIINA HÄRMA GÜMNAASIUMI KOOLILEHT

Kas sulle meeldib eesti keel?
Kas sulle meeldib kirjutamine?
Või hoopis graafiline disain?
Tule näita oma talenti Tabula
Rasas!

Esimene kohtumine juba
kolmapäeval, 13. septembril,
9. tunni ajal raamatukogus!