

MHG NEWSLETTER

ÕA 23/24

10. OCT 2023

NO. 6



BIRTHDAYS

- 12.10 **Leo Aleksander Siiman**
- 14.10 **Johanna Tender**
- 15.10 **Marje Peedison**
- 18.10 **Eda Lemberg**
- 18.10 **Teeli Roht**

THE LAUREATE OF THE NATIONAL AWARDS FOR BASIC SCHOOL TEACHER OF THE YEAR IS ALLA VINITŠENKO



In February-March, the subject groups submit proposals to the school management, about who they want to recognize as a teacher of the year, a support specialist, a leader of extra-curricular and a school leader, or a friend of education.

The management team then adds its candidates and makes a decision based on the criteria of the national statute:

<https://www.hm.ee/uudised/tanasest-saab-esitada-kandidaate-aasta-opetaja-konkursile...>

In March, the Head of Development, Tiia Lepik, writes submissions in collaboration with the submitters and submits them to the Tartu City Committee. Riho Raave, the head of Tartu's education department, puts together the committee. They choose the teachers of the year of the city of Tartu and decide who will be nominated as a national nominee. **Laureates are selected by the National Education Awards Commission, whose work is led by the Minister of Education and Research.**

The Government of the Republic then confirms the laureates. The laureate status also comes with a worthy financial reward.

ANNOUNCEMENTS

- 10 October - 7b study trip to Palamuse; 8a study trip to Tartu Citizen's Museum; at 5:30 p.m. 6b parents' meeting.
- 10-11 October - 5a on a KLAPP hike.
- 11 October - **alumna Dr Katrina Aab** visits the Human Physiology and Anatomy lesson; **alumna Maret Ahonen** conducts the workshop "Business model development" for students of the Entrepreneurship Ecosystem module.
- 12 October - grade 4 national level test in Mathematics; 8a on a field trip to Vapramäe and Tõravere; at 5:15 p.m. 3-4e parents' meeting.
- **13 October - celebration of MHG 117 (the day to wear MHG school hats, ring ceremony)**, Student Council meeting.
- 13-14 October - 8a class night.
- 16-20 October - preliminary exams week of secondary school
- 16 October - Mathematics School Olympiad for grades 5-7
- 17 October – 4b and 5b in Viljandi theatre; at 5:30 p.m. 9a parents' meeting; at 18:00 "Back to school" - an evening for parents.
- 18 October - 7b national level test in Mathematics; **Management Team press conference for e-classes**; 1-2e at HuvITERA study program "Robots and communication"; 8a in Tallinn visiting a theatre and the Estonian Health Care Museum; 12c in Tartu Observatory Museum.
- 19 October - 7a national level test in Mathematics; **at 18:00 "Vanemlusring"**.
- 20 October - 8b watching "The Magic Flute" at the Estonia Theatre; 10th-grade study trip to Tallinn (KUMU and "Võluflööt"); Slackline workshop within the project "Aitan lapsi" (instructor Tauri Vahesaar).
- **21-29 October - school holidays.**

NOTICED AT HÄRMA

- Thanks to our **Teachers' Day management team** and all young (future) colleagues who made Teachers' Day a memorable event! Teacher's Day is a challenging day at MHG. The secondary school graduate students had to teach the first seven lessons and provide the teachers with fun activities throughout the day. The last ones were, for example, music and art lessons and great tricks from psychologist **Anti Einpaul**.



From left: Laura Brita Einpaul, Maret Hallik, Peeter Karl Mõtsküla, Richard Sebastian Jürna, Oliver Kristof Sokk and Tim-Hendrik Haar.

- On 4 October, **Jana Kübar's** job shadow was **Gete Kallion**, a 9th-grade student from Veeriku School who wants to study in our school's **literature module** after finishing basic school. The 9th-grade students of Veeriku School have a job shadowing project, in which Gete also came here. Later, she has to introduce what he saw and heard at MHG at school. Gete watched the lessons, got to know the school building and teachers, ate our lunch, and did an interview with Jana Kübar. Gete herself is a very creative girl who is already writing her second book.



TARTU SCHOOL PRINCIPALS' STUDY TRIP TO THE NETHERLANDS

- From 1-5 October, our **Head of School, Ene Tannberg** and **Head of Studies, Terje Hallik**, visited the Netherlands to familiarize themselves with the education system and teacher training there. We visited several general education schools and two higher education institutions dealing with teacher training and the preparation of school leaders (The Marnix Academie and Driestar Christian University). We got an insight into value-based leadership and the opportunity to reflect on what type of school leader we perceive ourselves to be (whether as a more forceful and performance-demanding leader, as an incompetent leader who resembles a sandwich with two sides, or as a protector of teachers) :)
- **The Netherlands values freedom of education**, including the right of parents to choose the right school for their child. Although the Netherlands is a secular country, it has many schools with a Christian background, including universities. The above-mentioned higher education institutions are also based on Christian values. Private and public schools are financed on an equal basis.



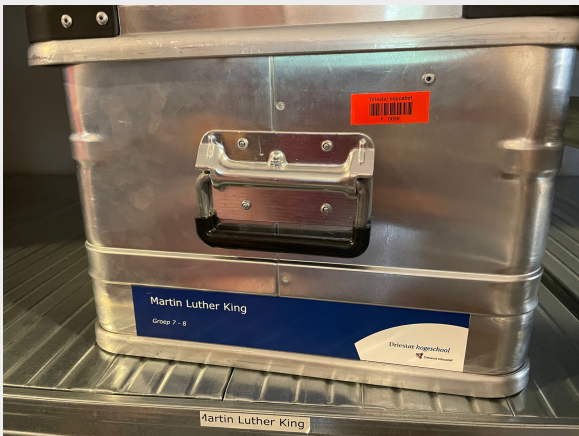
Fruit rack for students at Academie Tien.



Driestar Christian University. A shelf of teaching aids (puppets!) and our guides.

TARTU SCHOOL PRINCIPALS' STUDY TRIP TO THE NETHERLANDS

- In the Netherlands, children usually attend school at age 5. Basic education lasts eight years. At the age of 12, students find out what type of secondary education they will acquire (preparatory secondary education for vocational training, preparation for a university of applied sciences or academic direction for entering university). When choosing, the teacher and the school have the final say, not the parent. Approximately 60% of young people aged 12-18 study **vocational education, which has a very good reputation in the Netherlands.**
- The **career model for teachers** there is likable. Teachers' salary is related to the time worked. The salary of a beginner teacher is about 2,000 euros per month, but it will increase significantly in the future. The salary of an experienced teacher can be up to 6,000 euros per month. At the same time, a teacher's working week is 40 hours, and contact hours are at least 25. The shortage of teachers is also a problem in the Netherlands.



Driestar Christian University. A set of teaching aids. "Just take and go to class".



Training ground for future masons at Driestar College.



An almost accidental meeting in The Hague - Riina Murulaid, Terje Hallik, Ene Tannberg.

HACKATHON "GREEN URBAN SPACE"

This event is where mentors and alumni of the student company program help secondary school and vocational school students find a business idea that develops the urban environment, form the team necessary to implement it and take the first quick steps to reach the market with their product or service.

On 4 October, the students of the Entrepreneurship Module started their journey to Tallinn early in the morning to participate in the Hackathon at the Põhjala factory. All teams had generated ideas, and a first mentoring session was held to refine the details of the business idea concept. Next was an Elevator Talk or Pitching workshop and the final presentations. The hackathon was a part of the Impact Day event, the main organizer of which was our alumna **Merili Ginter**.

We did very well: three awards (Grand Prize, Special Sustainability Award and Special Teamwork Award) and six teams with awesome ideas to take forward. Many thanks to **Tiina Aidnik**, the teacher of the Entrepreneurship Course, and **Eda Lemberg**, the Head of Finances!



HÄRMA STUDENTS IN THE ESTONIAN MODEL EUROPEAN PARLIAMENT

This year's Estonian Model European Parliament took place in Tallinn from 29 September to 2 October. This time, the event was held at Kalamaja Basic School, and the last day was held at the Riigikogu. Of course, Härma students were also represented. **Henrik Harjus** (11a) was present as the chairman of the Civil Liberties Committee and deputy chairman of the Model European Parliament. **Rando Jaaksoo** (10c) and **Romet Soer** (10c) were both social committee members. **Joosep Lumi** (10c) was in the Security and Defense Committee.

The Civil Liberties Committee solved the problem of youth voting activity, especially in the case of the European Parliament elections. **Tanel Kiik**, chairman of the Riigikogu Keskerakond fraction, visited the committee and spoke about his experience as a younger politician. In addition, **Kaarel Taimla**, who is the vice-chairman of the Union of Estonian Youth Associations, visited the committee.

The Social Committee dealt with the problem of the cost of living and wage poverty. The social committee also had two guests: **Jaak Madison**, one of Estonia's deputies in the European Parliament, and **Karel Kuningas**, one of the founders of the political party Parempoolsed.

The Security and Defense Committee dealt with the development of the common security space of the European Union and the promotion of cyber security in the context of the war in Ukraine. **Lauri Tankler** from the State Information System Agency, Riigikogu member Kalev Stoicescu and Riho Terras, a member of the Estonian European Parliament, visited the committee.

In addition, **Marina Kaljurand**, a member of the European Parliament, spoke to all the participants about the behind-the-scenes of the European Union.

The last day of the event took place in the Riigikogu. Each committee had prepared strong resolutions to solve problems affecting us all. That's why they were all accepted at the general assembly's vote.



NOTICED AT HÄRMA

- In the autumn **Open Mathematics Competition**, our Pre-IB student **Sherkhan Torekhanov** (teacher Nisha Kulkarni) took first place in the younger age group, **Uku Märt Raasik** (10b, teacher Tiiu Sasi, Hendrik Matvejev) came in 5th place, and **Tõnu Uustare** (12DP, teacher Signe Kinnas) took the 10th place in the older age group.
- 10th place (Pre-IB, teacher Jörgen Metsik) took 3rd place, and **Uku Nael** (10b, teacher Jörgen Metsik) took 14th place in the **XXX Chemistry Open Competition** for Estonian schoolchildren.
- 9a students **Karl Kiidron** and **Sander Timmusk** organized a football tournament for grades 4-6 as a part of their Personal Project. The students were supervised by their homeroom teacher Age Raimets. The competition was played in two subgroups, and the winner of both subgroups made it to the finals. All classes were represented, and in a very even final, the 6b won with penalties over the 6a. **Tristan Erik Teniste** from 6a was chosen as the best player.



NOTICED AT HÄRMA

- On 3-4 October, the girls from our school performed great at the **Tartu Schools' Cup in football** and **won for the second year in a row!** Team members: Klementina Porechina (12b), Gertrud Alice Kala (9b), Linda Lehtsaar (7b), Margaret Matto (6a), Saale Heti Rooden (6a), Mariell Friedemann (12a), Getter-Liis Kukk (11a), Adeliine Lail (11a), Karoliis Peetsmann (11c), Kertu Ivask (12DP).
- Young men from grades 6-9 achieved a great third place in the same tournament. Members of the team: Sander Timmusk (9a), Karl Kiidron (9a), Villem Piirimäe (9b), Uku Ruus (9b), Oliver Mäesalu (8a), Joel Kaspar Jõepere (8a), Mattias Vija (8a), Gregor Laht (8a), Konrad Pungner (8a), Otto Pärtel Palm (8b).



TARTU SCHOOLS RELAY DAY ON 2 OCTOBER

- **Grades 4-5 boys' pendulum relay, 2nd place.** We were represented by: Aksel Kaju, Henri Tint, Pärt Väliste, Hugo Johannes Padrik, Taaniel Mehine, Karel Alekand, Johann Viirsalu, Johann Uibo, Felix Pungar, Herman Vinni, Matteus Milan Movits, Kristofer Koger, Samuel Sööt, Marten Miljukov, Marten Toom.
- **Grades 6-7 girls' pendulum relay, 2nd place.** We were represented by: Marta Aab, Rinell Antsov, Rika Erik, Marleen Tamm, Liisi Weidebaum, Emma Kurim, Linda Lehtsaar, Kaia Oder, Helle Triin Salum, Grete Audova, Marii Külvik, Elisabeth Massakas, Margaret Matto, Saale Heti Rooden, Roberta Anette Annuk, Anelle Elisabeth Birken, Reelika-Iti Rihe, Liis Väljamäe, Chiemerie Amy Oluwaseyifunmitan Nnadi, Sharlotte Simeonova.
- **Grades 6-7 boys' pendulum relay, 3rd place.** Competitors: Gregor Käära, Jasper Uibu, Kristofer Kinkar, Martin Kalle, Kennert Koemets, Robert Vassiljev, Jan Kristen Roiland, Mihkel Metsla, Robin Valge, Jakob Viirsalu, Egert Laius, Lennart Kokk, Emilis Mikalonis, Aleksandre Papashvili, Toregeldi Rustem.
- **Grades 8-9 pendulum relay, 3rd place.** The team included: Oliver Mäesalu, Gregor Laht, Sebastian Sõritsa, Jaan Pruulmann, Karl Kiidron, Jaagup Talvis, Rafael Kõivumägi, Sander Timmusk, Kaur Kurrikoff, Otto Pärtel Palm, Leo Fišel, Kaspar Uibu, Liisbet Kokk, Karina Peedimaa, Teele Siim, Aliis Türk, Gertrud Alice Kala, Brita Pruks, Emma Mägi, Marilen Anijärv, Frida Loog, Egle Väljamäe, Mirtel Värvi, Edith Eelmäe, Adele Mikelsaar, Laura Liisa Vider, Agata Kirillova.
- **Secondary school pendulum relay, 3rd place.** MHG was represented by: Maia Toomsalu, Mirtel Tähepöld, Roberta Rohumägi, Triin Punab, Adeliine Lail, Lill Kandimaa, Lauren Arand, Kristin Kört, Maria Dolores Sova, Miriam Elisabet Ööbik, Kert Köidam, Ramon Põldaru, Kert Alekand, Hugo Valter Sökk, Otto Karl Kuuseok, Andri Türkson, Märten Toom, Jan Justin Paju, Peeter Karl Mõtsküla, Kaur Nõmmemees.
- **Grades 8-9 relay 4x400m, 1st place.** The team included Brita Pruks, Aliis Türk, Laura Liisa Vider, Edith Eelmäe.
- **Secondary school junior men 4x400m, 3rd place.** Competitors: Kert Alekand, Andri Türkson, Hugo Valter Sökk, Jan Justin Paju.

RECOMMENDATIONS FROM MHG SUPPORT SPECIALISTS FOR THE MENTAL HEALTH MONTH



October is **Mental Health Month**. Every year on 10 October, World Mental Health Day is celebrated on the initiative of the World Federation for Mental Health. The day was celebrated for the first time in 1992.

Mental Health Month aims to reduce the stigmatization of mental health issues, promote people's mental health-supporting skills and lifestyles, and raise awareness of evidence-based mental health care options. This year's Mental Health Month focuses on the importance of a community that supports mental well-being and is titled **'I'M HERE FOR YOU'**.

Mental health affects how we think, feel, behave and interact with others. Taking care of your mental health is extremely important; everyone can do a lot to improve their well-being.

To support the mental well-being of students and parents, we have selected some videos and activities that you could watch, listen to, go through and think about together at home, especially with this year's theme of Mental Health Month in mind.

*Clinical psychologist **Ailen Suurtee** speaks on the topic **"How to help yourself in case of anxiety"** (in Estonian, suitable listening for parents and children from 6th grade)

***Maarja Kalma** and **Henri Karpov** talk about **"How to bring more good emotions and movement into every day?"** (in Estonian, suitable mainly for children from 1st to 8th grade)

RECOMMENDATIONS FROM MHG SUPPORT SPECIALISTS FOR THE MENTAL HEALTH MONTH

*The website www.peaasi.ee (also available in English) gathers a lot of useful material to support your mental health. We recommend the "**Mental health vitamin test**" prepared by the mental health specialists there, which reveals the areas where it might be necessary to create a positive change. Plus, you'll get science-based recommendations to help you feel better.

*You can find the different events taking place as part of Mental Health Month **HERE**:

*To be carried out in the homeroom lessons, we have prepared and forwarded different tasks on the topic of mental health to the homeroom teachers: 1) movement task, which is intended for 1st-3rd graders. 2) Jeopardy, suitable from 4th grade.

Let's find time to notice, to listen, to support. Let's find time to be really present and together!

Thank you, MHG Support Team:

Regita, Gerli, Sirli and Martin



**OLEN
SULLE
OLEMAS**

Vaimse tervise kuu 2023

Kas sina juba oskad endale ja oma lähedastele parimal viisil olemas olla? Just selle oskuse õppimisele on pühendatud terve oktoobrikuu.

Leia kõik vaimse tervise kuu sündmused ühest kohast:
vaimsetervisekuu.ee

   SOTSIAALMINISTEERIUM

MHG 117



MHG117

DO YOU LIKE TO DOODLE?

We welcome hand-drawn friendly caricatures and memes to MHG's birthday cartoon exhibition!



THEMES:

- SCHOOL HISTORY
- IMPORTANT PEOPLE AT MHG
- BIRTHDAY OF MHG

MAKE THE WORK ON A4 PAPER AND BRING IT TO THE COMPETITION MAILBOX IN THE SCHOOL LOBBY. IMAGES ARE COLLECTED FROM 2ND OCT TO 12TH OCT!



Prizes for best works selected by voting!

MHG 117

Events taking place to celebrate MHG 117:

- Just Dance in the 1st-floor lobby at Tõnissoni
- KAHOOT on the topic of MHGs birthday
- Birthday songs before the beginning of the lessons
- Candy time!



 **MHG 117!**

**SEoses MHG 117.
SÜNNIPÄEVAGA, TOIMUVAD
JÄRGMISED ÜRITUSED:**

**JUST DANCE
1. KORRUSE FUAJEES
10:10-10:25, 14:15-14:30**

**KOOLI SÜNNIPÄEVA
TEEMALINE
KAHOOT!**

**SÜNNIPÄEVA TEEMALISED
LAULUD ENNE TUNDIDE
ALGUST JA KOMMIDE
JAGAMINE.**

FOOTBALL COMPETITION FOR GRADES 10-12

Gümnaasiumi õpilastele -
10. - 12. klassidele

2023

MHG
JALGPALLITURNIIR

TASUTA

 **MHG JALGPALLISTAADIONIL**
Jaan Tõnissoni 3,
50409 Tartu

 **13. OKTOOBER**
KELL 13.45

KORRALDAVAD:
JAN JUSTIN PAJU &
GREGOR JERMOLAJEV

