

# MHG NEWSLETTER

ÕA 23/24

17. OCT 2023

NO. 7



## BIRTHDAYS

18.10 **Eda Lemberg**

18.10 **Teeli Roht**

27.10 **Kadri Turk**

28.10 **Merike Tammi**

## MHG 117th BIRTHDAY



- MHG celebrated its **117th birthday**, and on this occasion, the 117th year organized a great celebration on 13 October. The school building was decorated, birthday music was played, and students distributed candy. During breaks, you could dance to "Just Dance" videos. Thank you, **year 117 organizing team!**
- Students from **grade 10** received their **school rings** and read the **ring oath**. Alumni **Gerli Raag**, **Pärt Kõrgesaar**, **Marko Roosiväli** and **Maria Puidak** performed Hamlet's soliloquy. Härmatis alumni danced "Kaerajaan", and 11th-grade student **Marian Pärn** performed the song "Kohtumisrajad". Härmatis C1 boys **Henry Jürgenson**, **Peeter Karl Mõtsküla** and **Koit Helger Panksepp** performed Maido Saare's men's dance "Merimees", directed by Henry Jürgenson. **Ene Tannberg** conveyed warm birthday wishes to the school family. The event was announced by **Marie-Liset Tauts** and **Oliver Soomre**. Thanks to all contributors!

## ANNOUNCEMENTS

- 17 October – 4b and 5b visiting Viljandi theatre; **at 17:00, a meeting of the Parents Advisory Board**; at 5:30 p.m. 9th-grade parents' meeting; at 18:00 "Back to school - evening for parents; literary salon meeting with poet Lauri Röp.
- 18 October - 7b national level test in Math; **Management team press conference for e-classes**; 1-2e at bHuvitERA study program "Robots and communication"; 3a meeting with the writer in the Tartu City Library; 8th yeara in Tallinn visiting a theatre and the Estonian Health Care Museum; 12c in Tartu Observatory Museum.
- 19 October - 7a national level test in Math; **at 18:00 Parenting Circle**; Entrepreneurship course students at UT sTARTUp Lab seminar "Product and service design"; 6b class evening.
- 20 October - 5-6e class evening; 8th grade watching "The Magic Flute" at the Estonia Theater; grades 10 study trip to Tallinn (KUMU and "Võluflööt"); Slackline workshop within the project "Aitan Lapsi" (instructor Tauri Vahesaar).
- **21-29 October - school holidays.**
- 23 October - **teachers' collaboration day** (study groups for developing the Approaches to Learning); Pedagogical Leadership Team meeting.
- 24 October – MHG day of the Tartu Education Festival.
- 30 October - 5b class evening.
- 31 October - Halloween.
- 1 November - Opening of the exhibition "One Language - Several Stories" of the Embassy of the Federal Republic of Germany in the school lobby.
- 3 November - 4a watching "Ernesto's Rabbits" at the German Institute.
- 3-4 November – Härmatis and Võru Secondary School folk dance camp.
- 6 November - the deadline for completing the 9th grade Personal Project.
- **6-10 November -grades 1-4 Mathematics week.**

## Office opening hours during school holidays:

23.10 and 24.10 from 8:30-16:00  
25.10, 26.10 and 27.10 from 9:00-14:00

### NOTICED AT HÄRMA

- **MHG is the teacher training practice school of the University of Tartu.** Observation practices began in October. Students can be found throughout the school year in various classes of teachers Auli Auväärti, Helen Semilariski, Annabel Moltsaar, Ivika Hiis, Erika Puusemp, Ene SööT, Tiia Timma and Maigi Varusk. From 19-20 October, many foreign language students observe different foreign language classes. The practices are coordinated by Tiia Lepik, the Head of Development at our school.
- **During the school holidays, from 24-26 October, the Tartu Education Festival** will be held. MHG teachers organize workshops: **Alla Vinitšenko** ("Study trips organized by the subject teacher in Estonia and abroad"), **Regita Saksing** ("Supporting a child who has experienced a traumatic event at school"), **Karin Kannerma, Egle-Diana Keldt, Gerli Puis** ("The joy of classroom teachers' collaboration"), **Aija Sprivul-Dautancourt** ("Collaboration and balance through the eyes of a new teacher"), **Triinu Pihus, Terje Hallik** ("Artificial intelligence at school. Three practical tools for teachers" followed by a discussion "Dangers and possibilities of Artificial intelligence"), **Age Raimets** ("Shaping classroom spirit through movement"), **Maigi Varusk** (Roosa Radio recording at Õ-club "Hea klapp"). Events at MHG are coordinated by the Head of Development, Tiia Lepik. Program and registration information can be found [HERE](#).

## NOTICED AT HÄRMA

- 12DP took first place at the **secondary school football tournament** held on October 13 within the framework of UPT. 11b received 2nd place, and 12a took 3rd place. The tournament was organized by 12a students **Gregor Jermolajev** and **Jan Justin Paju**.



## YOUTH COUNCIL ELECTIONS

The 2023 elections of the Youth Council of the city of Tartu will take place from 18-20 October; the application took place from 18 September to 8 October. More information can be found [HERE](#).

Candidates from Härma are: Arabella Elisabeth Saavo (10c), Henrik Harjus (11a) and Marie-Liset Tauts

### Candidate No. 6 - Arabella Elisabeth Saavo

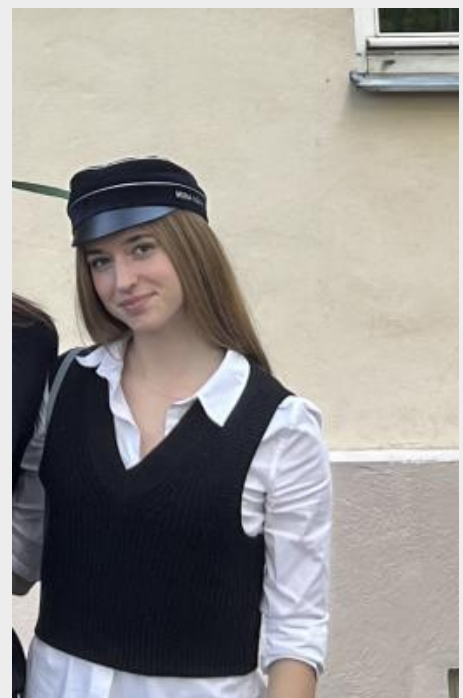
#### Introduction

Hello! My name is Arabella Elisabeth Saavo, and I study in the 10th grade of Miina Härma Gümnaasium. I am very active, versatile and social by nature. I share my thoughts boldly, and I am a strong team player. Together, we find the best solutions for the young people of the city of Tartu. I would positively support the young people of Tartu to value, involve and encourage their ideas.

#### Election promises

My contribution to the youth council would be to bring new energy and involve the interests of young people. Young people are our future; their voice must be heard and their potential fully exploited.

I am committed to ensuring that Tartu remains an open, inspiring and safe city for young people. I believe we can make Tartu an even better place where young people can develop, learn and realize their dreams.



## YOUTH COUNCIL ELECTIONS

### Candidate no. 8 – Henrik Harjus

#### Introduction

I am Henrik Harjus, I am in the 11th grade of Miina Härma Gümnaasium. I am interested in aviation and politics. I have been able to travel quite a lot during my life, both in Estonia and elsewhere in Europe, but I always come back to Tartu, my hometown, with pleasure. It is important for me that Tartu - a city where young people from all over Estonia and other parts of the world meet - continues to be a place where we can feel comfortable. That's why I applied for the Tartu Youth Council.

#### Election Promises

Although the TLNV is an advisory body, members can influence city governance with their input. I stand for the following topics:

Tartu night bus lines. Night lines are not only a matter of convenience but also of safety. A proper system of night lanes will remove drunk drivers from our roads.

Inclusive planning of the Südalinna cultural centre (SÜKU). Tartu's environmental goals and residents' feedback must be considered when planning SÜKU.

Road maintenance. Light-traffic roads are almost unused in winter, but it doesn't have to be that way.



## YOUTH COUNCIL ELECTIONS

### Candidate No. 12 – Marie-Liset Tauts

#### Introduction

Hello! I am an 11th-grade student at Marie-Liset Tauts from Miina Härma Gümnaasium. By nature, I am very active and willing to do something, and this is well expressed by my hobbies and various activities. My main hobby is dancing, which I have been doing for 13 years. I also like activities in nature like cycling and running. I was also a member of the 4th year of the Tartu City Youth Council, and I want to apply again because I saw how much I like working with enthusiastic young people!

#### Election promises

I don't make big promises, but stand by everything I promise. Looking at our changing world now, I would like to offer training and workshops on current topics to the youth of Tartu. For example, related to financial wisdom or a greener and cleaner urban space. In the latter's case, I mean currently important environmental issues related to packaging sorting and recycling.

In addition, I am spontaneous and quick to react, so new ideas fly with me!



## 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 MENTAL HEALTH MONTH

\*The website [www.peaasi.ee](http://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](http://vaimsetervisekuu.ee)