



16 May 2025



## Mental Health Week Focusing on Feelings and Wellbeing

Last week, the **Finnway community** came together to celebrate **Mental Health Week** through a range of thoughtful and engaging activities designed to promote emotional wellbeing and raise awareness about mental health.

Each day focused on a different emotion—such as calmness, anger, sadness, and love—encouraging students to explore, express, and reflect on their feelings in healthy ways. Through classroom discussions and simple daily activities, students learned that all emotions are normal and important, and they had opportunities to build emotional awareness, empathy, and resilience in a supportive environment.



The week also highlighted the importance of teacher wellbeing. Our teachers enjoyed a **peaceful afternoon of herbal tea, connection, and a calming sound bath meditation led by Supatra**, the talented and generous mother of our student, Niki. We are deeply grateful to her for donating her time and energy to guide our team through this restorative experience.

In addition, staff also enjoyed a relaxing **Japanese Tea Ceremony led by Ms. Kim**, followed by a Fruit Gathering with calming music, fresh fruit, and a little time to unwind together. A **heartfelt thank you to Ms. Kim** for generously sharing her time and creating such a peaceful experience for everyone.

These mindful moments reminded us of the power of slowing down and prioritizing wellness. When teachers feel supported, balanced, and cared for, their energy, patience, and creativity thrive—benefiting not only themselves but every student they guide. By nurturing our teachers, we strengthen the heart of our learning community.

To close the week on a meaningful note, we welcomed a **special guest speaker, Mila**, during our Friday assembly. Known for her **inspiring presentations on mental health and wellbeing**, Mila shared powerful insights that resonated with both students and staff.

A **heartfelt thank you to everyone** who took part and helped make **Mental Health Week** a truly positive and enriching experience for our whole school community.





Your inquisitive mindset and eagerness to learn are wonderful examples for your classmates, and we look forward to seeing how your curiosity continues to grow.

Well done to everyone for embracing this important learner profile. Stay curious, Finnway!

## Learner Profile Awards Celebrating Curiosity

This month, we have been focusing on the learner profile of Curiosity – encouraging students to ask questions, explore new ideas, and show a genuine interest in their learning.

We are proud to recognise students across the Primary school who have demonstrated curiosity by actively engaging in their lessons, showing enthusiasm for discovering new things, and thinking deeply about the world around them.

Congratulations to all of our award students!

- ★ G1A – Wynn Udomrattanasirichai
- ★ G1A – Gözde Cingoz
- ★ G2A – Remy Beharie
- ★ G2B – Platon Stepanov
- ★ G3 – Timothy Sijtsma
- ★ G4 – Dmitrii Alekseev
- ★ G5 – Mikhail Selivanov
- ★ G6 – Porublev Zhan Alexandrovich

## Celebrating Excellence

### Finnway Students Accepted into Year 8 at Satree Phuket International Programme

We are thrilled to share that several of our Grade 6 students have been accepted into the prestigious Satree Phuket School International Programme, one of Phuket's top secondary education pathways.

Finnway's academic framework is designed to seamlessly support transitions into other international curricula, including Cambridge, IB, and national programmes. Ensuring that our students are well-prepared wherever they choose to go next.

This remarkable achievement is a reflection of our commitment to educating the whole child through project-based learning and the transversal competence areas of the Finnish National Core Curriculum. At Finnway, we nurture confident, independent learners prepared to thrive in any educational environment.

We are incredibly proud of our students and look forward to seeing what they accomplish next!



**Congratulations**  
**Master Thanakrit Amornsai (Peak)**  
Accepted into the Satree Phuket International  
Secondary Cambridge Programme  
Grade 6 – Finnway International School Phuket



Proud of you!



**Congratulations**  
**MISS Panattcha Taweepongsak(Nami)**  
Accepted into the Satree Phuket International  
Secondary Cambridge Programme  
Grade 6 – Finnway International School Phuket



Proud of you!

## Under-8's First Indoor Football Match- A Great Start!



Our Under-8 team had their very first indoor football match against Oak Meadow, held right here at Finnway in our gym. It was fantastic to see the students' enthusiasm and teamwork as they took to the court, giving their best effort and showcasing the skills they've been developing in training.

A special highlight of the day was the wonderful support from our Finnway parents. It was heartwarming to see so many families cheering on from the sidelines, sharing in the excitement of their child representing the school for the first time. I'm sure it was a proud moment for all.

This match marks the beginning of many more opportunities for our young players to grow and gain valuable match experience. We look forward to future games and continuing to build connections with other international schools.

Thank you to Teacher Thae for coaching the Under-8s and to Teacher Gerald for umpiring the game. Your time and support are greatly appreciated.









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# UPCOMING

## Primary Students Field Trip to



**As part of our Project-Based Learning curriculum, we are excited to take our Primary students on a field trip to the Phuket Aquarium.**

-  **Date:** Friday, 23rd May 2025
-  **Departure:** 8:30 AM from Finnway International School
-  **Return:** Approximately 1:15 PM (School classes will continue as normal upon return)
-  **Location:** Phuket Aquarium, Cape Panwa
-  **Transport:** Air-conditioned buses with seatbelts
-  **Supervision:** Classroom and subject teachers

**This trip supports our learning about marine life, ecosystems, and sustainability, while also developing the transversal competency of Participation, Involvement, and Building a Sustainable Future.**

### **What students need to bring**

 Small bag     Water bottle     Hat (optional)     Packed snack

Lunch will be provided by the school. 

**Please return the signed permission slip to your child's classroom teacher by Monday, 19th May 2025.**



We're looking forward to an exciting and educational day!







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**JOIN US FOR**

# International Day

This is a special event where parents, students, and staff come together to celebrate the wonderful diversity of our school community through food, culture, and traditions. Families are warmly encouraged to attend, participate, and enjoy the festivities alongside their children.



**FRIDAY, 30TH MAY 2025**

**8:30 AM - 12:00 PM**



**FINNWAY GYM**

**Celebrating Our Global Community**







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## RUN DOWN SHEET

# International Day



**FRIDAY, 30TH MAY 2025**  
**8:30 AM - 12:00 PM**



**FINNWAY GYM**

### Non-Uniform Day



Students are encouraged to wear traditional clothing from their home country.

#### ACTIVITIES SCHEDULE

TIME	ACTIVITIES
8:30 – 9:00 AM	<b>Parent food set up (Gym)</b>
9:00 AM	<b>Seating (Gym)</b> • All parents should be seated by 9:00 AM.
9:05 – 9:15 AM	<b>Student Parade (Gym)</b> • Watch students showcase traditional outfits.
9:15 – 10:15 AM	<b>Performances (Gym)</b> • Opening speech, followed by dance & song performances.
10:15 – 11:20 AM	<b>Food Country Tables (Gym)</b> • Explore food from around the world. <b>Activities</b> • Karaoke • Rock Painting (Kindergarten) • Flag Face Painting (Primary) • PTA & Finland Booth • Thai Activities
11:20 – 11:35 AM	<b>Closing Ceremony (Gym)</b> • Final remarks and Zumba dance!
11:35 – 12:00 PM	<b>Pack Up Time</b>
12:00 PM	<ul style="list-style-type: none"><li>• Parents may take their children home at that time if they wish.</li><li>• Students who stay will return to normal classes.</li><li>• Afterschool activities will continue as usual.</li></ul>

#### SHOW YOUR CULTURE THROUGH FOOD!

Parents are invited to bring a dish from a country you are connected to or wish to represent.

If you would like to participate by sharing a dish, please fill out the **Food Registration Form** using [this link](#).

#### Food Labels

Please label your dish with key ingredients (e.g. contains dairy, nuts, gluten, etc.),

