

A student with a blue backpack and a yellow hoodie is walking up a set of colorful, multi-colored stairs. The stairs lead up to a mural of Earth and Jupiter. To the left, there is a stack of books and a pencil holder. The scene is bright and colorful, suggesting a positive and educational environment.

Next step: Seventh Grade – evening

6.5.2026 Oulu International School

Evening's program

18:00 Welcome and staff introduction

18:10 Students move to a classroom with the youth instructor

For Guardians:

18:10-18:30 Introduction to Middle School (Study counsellor)

18:30-18:50 Everyday Life in Middle School (Homeroom teachers)

18:50-19:00 Roles of the School staff: Who to contact and when?

19:05 Students return to the cafeteria

19:10–19:20 Programme Planned by Students

19:20–19:30 Summary and Informal Discussion

A student wearing a yellow hoodie and a blue backpack is walking up a set of colorful, multi-colored stairs. The stairs lead up to a mural on a wall. The mural features a large globe on the left, a planet resembling Jupiter in the upper left, and a starry space scene. To the right of the stairs, there are green plants and a body of water. In the bottom left corner, there is a stack of books and a metal mesh container filled with various colored pencils and brushes.

Introduction to Middle School

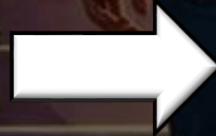
Tytttilotta Aalosto, 0447039703

tytttilotta.Aalosto@eduouka.fi

What changes in middle school?

- There are about 30 lessons per week on average
- Students study in different groups and have both familiar and new subjects
- Some subjects end before the 9th grade
- Optional subjects begin in the 8th and 9th grades
- Subject teachers teach different subjects, and homeroom teachers support the class
- Middle school includes work-life orientation periods (TET)

NO MORE "HOME CLASS- ROOM"



Homeroom teachers

Subject teachers

Special education teachers

Study counsellor

Principal and assistant principal

Office Administrator

Student healthcare

NEW SUBJECTS:

- **Home economics**
- **Health education**
- **Student counselling**
- **Civics**
- **Biology, geography**
- **Physics, chemistry**

In addition to subject classes, you may attend:
Student Council, Tukioppilaat, Eco Team,
Mentors, Movees, Library Reps, Clubs etc..

**Compulsory subjects
that end (final
assessment)**

At the end of 7th grade:

Visual arts

Home economics

Crafts

Music

At the end of 8th grade:

History → Civics

WHAT ELSE IS NEW?

Work practice periods (TET)

- During their work practice periods students get first-hand experiences of working life and professions in authentic work environments.
- The work practice periods are 1 day in gr 7, and 5 days in gr 8-9.
- 7th grade TET is organized in the school kitchen

Optionals for grades 8 and 9

- Optional subjects are studied six hours/week in gr 8 and four hours/week in gr 9.
- Students choose their optionals through Wilma in January (more information later)
 - 1 compulsory skill-and-art (taitai) subject (gr 8 and 9)
 - 1 long optional (gr 8 and 9)
 - 1 short optional (gr 8)
- **Note!** Since A1 and A2 languages are long optional subjects, students of A1 or A2 languages may choose only one long and one short optional subject.



WEEKLY LESSON HOURS IN 7TH GRADE

FMT/FFL	3
English A1	3
Swedish B1	2
Maths	3
Biology/Geography	2
Physics/Chemistry	2
Health Education	1
Religion/Ethics	1
History	2
Music	2
Visual Art	2
Crafts	3
PE	2
Home Economics	3
Student Counselling	0.5
(A2 Language	2)

A person with a blue backpack and a yellow hoodie is walking up a set of colorful, multi-colored stairs. The scene is vibrant and artistic, featuring a large globe on the left, a mural of a planet and a moon in the background, and a stack of books and pencils in the foreground. The overall atmosphere is bright and educational.

Roles of the School staff: Who to contact and when?

+ Guidelines from Oulu City and The Mannerheim League for Child Welfare (MLL)

GUIDANCE FROM ALL – Homeroom and Subject teachers

Homeroom teacher

- creates a positive classroom atmosphere together with the students
- supports students' participation and involvement in school
- guides and supports students in their schoolwork
- works closely with students' homes and guardians
- Collaborates with subject teachers, parents, and student welfare staff to support learning.

7A – Maija Huhtinen and Maarit Haataja
maija.huhtinen@eduouka.fi, maarit.haataja@eduouka.fi

7B – Jukka Isomaa and Elisa Kananen
jukka.isomaa@eduouka.fi, elisa.kananen@eduouka.fi

Subject teachers

- guide students in matters related to their own subject
- help students develop effective study techniques
- explain the importance of their subject for further studies and working life
- Assesses students in their own subject
- Works together with other teaching staff in their own subject

[Link to OIS Subject teachers](#)

GUIDANCE FROM ALL – Special education teacher and Study counsellor

Special education teacher

- Supports students who have learning difficulties
- Works with students individually or in small groups to strengthen basic skills and learning strategies.
- Helps adapt teaching methods, materials, and assessments to meet students' needs.
- Collaborates with subject teachers, parents, and student welfare staff to support learning.

Miriam Kandelberg

miriam.kandelberg@eduouka.fi

Study counselor

- teaches student guidance lessons
- provides individual and small-group guidance when needed
- manages elective subject choices and TET (work-life orientation)
- provides information about subject choices and study options
- supports students in choosing a study place and career
- Collaborates with subject teachers, parents, and student welfare staff to support learning.

Tyttilotta Aallosto, 0447039703

tyttilotta.Aallosto@eduouka.fi

GUIDANCE FROM ALL – Student Healthcare

School Nurse

- Supports students' physical and mental well-being
- Provides health check-ups, vaccinations, and basic medical care
- Offers guidance on health, sleep, nutrition, and lifestyle
- Helps students with concerns related to stress, illness, or development
- Refers students to further care if needed

Jutta Huotari, 050 3712018
jutta.huotari@pohde.fi

School Social worker

- Supports students' emotional and social well-being
- Helps with issues like friendships, bullying, or family difficulties
- Provides individual support and counseling
- Works with teachers and families to improve school life
- Promotes a safe and positive school environment'

Johanna Papunen 044 7039672
johanna.papunen@pohde.fi

School Psychologist

- Supports students' mental health and well-being by assessing learning, emotional, and behavioral challenges.
- Works with students individually to address issues like anxiety, motivation, or social difficulties.
- Collaborates with teachers, special education staff, and parents to create supportive learning environments

Ilari Junnila 040 3185838
ilari.junnila@pohde.fi

Who to contact?

Contact the guidance counselor when:	Contact the special education teacher when:	Contact the school nurse / school social worker when:	Contact the homeroom teacher when:
<ul style="list-style-type: none">• You want to plan further studies after comprehensive school• You are a new student arriving in the middle of middle school• You want to know about work-life orientation (TET)• You are choosing optional subjects• You need help with study skills (e.g. classroom work, homework, studying for exams)	<ul style="list-style-type: none">• Learning is not going well even though study techniques have been practiced• You have difficulties with reading or writing (e.g. dyslexia-related challenges)• Learning a particular subject is difficult for you• You need special support measures for learning and schooling (e.g. exam arrangements, learning materials)	<ul style="list-style-type: none">• You have physical or mental health problems• Life feels overwhelming, and you would like to talk about things with a trusted adult• You are having difficulties with friendships or motivation	<ul style="list-style-type: none">• General questions about school and schedules• Issues related to everyday school life are on your mind• There are conflicts in your own class• You want to make justified requests about seating arrangements or group divisions in the class

Oulu city guidelines for guardians, students and school staff

FOR GUARDIANS:

- I make sure that my child attends school every day and I regularly follow Wilma.
- I talk with my child / teenager and support them in their schoolwork, and I give positive feedback.
- I set house rules and stick to agreed limits, and
- I know who my child / teenager is with and where they are.
- I take care of my schoolchild's sleep routine. A school-aged child needs 8–11 hours of sleep per day.
- I make sure that my child follows the homecoming times recommended by the City of Oulu:
 - Grades 7–8: Mon–Thu, Sun at 20:00, Fri–Sat at 21:00
- I ensure a regular meal rhythm for my schoolchild. At least once a day we have a shared family meal.

FOR STUDENTS:

- I go to school and follow the school rules and ensure a peaceful working environment for everyone. I eat school lunch every day.
- I act kindly towards everyone at school, and I do not bully others, but instead help and support my classmates in a positive way.
- After the school day, I go home, have a snack, and do my homework unless I have a hobby activity to attend. I tell my parents where I am going and talk with them about how my day went.
- I do my share of agreed household chores. I put my phone away well in advance in the evening and go to bed on time.

FOR SCHOOL STAFF

- I provide high-quality teaching in accordance with the curriculum and ensure that sufficient support is given.
- I take care of students' safety during the school day. I address and resolve conflicts and incidents of bullying that occur at school.
- I encourage students and give positive feedback.
- I teach emotional and safety skills.
- I stay in contact with the student's home and inform them about school matters. I cooperate constructively with guardians.

The Mannerheim League for Child Welfare (MLL.fi) - guidelines for teenagers and their guardians

Things that a young person is not mature enough to take responsibility for, and which a parent must absolutely intervene in:

- violating laws and regulations
- self-harm
- emotional or physical harm to others
- substance use (alcohol and drugs)
- neglecting school attendance
- neglecting basic needs such as sleep and nutrition

Situational and family-specific matters that the parent and young person agree on together:

- a safe curfew / time to come home
- household chores
- rules related to media use (screen time, devices, etc.)
- overnight stays with friends or a romantic partner
- hobbies and activities
- use of money / finances
- appropriate language and manners

Things a young person decides for themselves:

- opinions
- personal appearance: clothing, makeup, hairstyle (as long as they do not directly or indirectly harm the young person)
- decorating their own room
- personal interests
- expressing all emotions: being allowed to feel angry, sad, irritated, bored, etc.

Useful links

- [Oulu International School front page](#)
- [OIS handbook](#)
- [OIS Newcomer guide](#)
- [Subject Assesments in middle school](#)
- [Studying in basic education](#)
- [Information about compulsory education](#)
- [Core curriculum for basic education of the City of Oulu \(2014\) and local guidelines](#)
- [School year plans of the City of Oulu \(will be updated\)](#)
- [School Healthcare \(pohde.fi\)](#)
- [TET \(Introduction to working life\)](#)
- [MLL.fi](#)