



# GIS NEWSLETTER

9th October 2018

Gjøvikregionen International School  
Studieveien 17, 2815 Gjøvik  
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## Welcome back!

We hope you had a relaxing break and are ready for another term at GIS. We would like to take this opportunity to thank everyone that emptied their cubbies and lockers so that they could be cleaned during the break. Please remember to bring back your indoor shoes.

## Parent-teacher conferences in Grade 1

The outstanding parent-teacher conferences in Grade 1 will take place tomorrow, according to the same schedule.

## School nurse

Please note that due to our growth, the school nurse, Solveig Karine Mjølstad Fossholt, will now be available two days a week, every Tuesday and Wednesday. Unfortunately, Nurse Solveig is not available tomorrow.

## World Mental Health Day

Wednesday 10<sup>th</sup> October is World Mental Health Day. The theme for this year is: Young People and Mental Health in a Changing World. For more information, please go to:

[http://www.who.int/mental\\_health/world-mental-health-day/.../en/](http://www.who.int/mental_health/world-mental-health-day/.../en/)

We would like to recognize World Mental Health Day by reminding you of a few of the ways in which you can achieve greater physical, mental, social and emotional wellbeing:

- quality sleep
- exercise
- a healthy diet
- spending time with family and friends
- communicating your feelings (good and bad) with someone you trust
- asking for help if you need it
- being mindful about what you fill your mind with, especially in relation to social media
- writing down 3 things you are grateful for every day

Please come to see our counsellor, Mrs Wanda, if you would like to talk more about how you can achieve any of the above! Mrs Wanda is at school from Monday to Friday. You can come to her directly or contact her by my email:

[alice.wanda@gjovikis.no](mailto:alice.wanda@gjovikis.no)

Here are some useful websites:

<http://teenmentalhealth.org/> (English)

<https://www.mind.org.uk/> (English)

<https://youngminds.org.uk/> (English)

<https://helsenorge.no/psykisk-helse> (Norwegian)

<https://www.ung.no/> (Norwegian)

<http://www.mentalhelse.no/> (Norwegian)

## Substitute teachers

We are looking for suitable candidates who would be willing to do occasional substitute or supply work. This work can be day to day or for longer periods of time, and is usually to cover for an absent class or subject teacher. If you know of a suitable candidate, please encourage them to contact Mr. Armanski at [principal@gjovikis.no](mailto:principal@gjovikis.no)

All hiring of educational personnel is subject to police check, as required by Norwegian law.

## School support contact details

If you have any questions about the matters below, please contact the relevant person:

Taxi (GIS)

Dennis Wanda

[dennis.wanda@gjovikis.no](mailto:dennis.wanda@gjovikis.no)

Taxi/bus  
(Kommune)

Ingrid Raasholm

[ingrid.raasholm@gjovik.kommune.no](mailto:ingrid.raasholm@gjovik.kommune.no)

School nurse

Solveig Karine Mjølstad Fossholt

[Solveig-Karine.Mjolstad-Fossholt@gjovik.kommune.no](mailto:Solveig-Karine.Mjolstad-Fossholt@gjovik.kommune.no)

Swimming          Ragnar Görögh          [ragnar.gorogh@gjovikis.no](mailto:ragnar.gorogh@gjovikis.no)

SFO                  Marina Shalaginova          [sfo@gjovikis.no](mailto:sfo@gjovikis.no)

## Swimming timetable

Grade	Date
Grade 2	<del>30.08.18</del>
	<del>06.09.18</del>
	<del>13.09.18</del>
	20.09.18
	<del>27.09.18</del> CANCELLED due to conferences
	11.10.18
	18.10.18
Grade 3	25.10.18
	01.11.18
	08.11.18
	15.11.18
	22.11.18
	29.11.18
	06.12.18
Grade 5	03.01.19
	10.01.19
	17.01.19
	24.01.19
	31.01.19
	07.02.19
	14.02.19
Grade 4	21.02.19
	07.03.19
	14.03.19
	21.03.19
	28.03.19

	04.04.19 11.04.19
Grade 1	25.04.19 02.05.19 09.05.19 16.05.19 23.05.19 06.06.19 13.06.19