



# Dream Well-being School

By: OIS Finland group

# Food



# Lunch



There is a **variety of food options to choose from according to personal likes and restrictions**

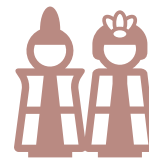
Vegan, vegetarian, gluten free, plant-based etc.



**Healthy and fresh food: students grow raw ingredients in botanical gardens as a part of the curriculum**

No processed food

A large variety of salad options



**International foods are on the list**

Students are educated about different food cultures

“Theme food days”



**=> Students enjoy eating their lunch and get the nutrients they need**

# Hydration

- Water, milk, and juices (with no added sugar) at lunch
- Water bottles are provided by school
  - Filled in water stations located around the school



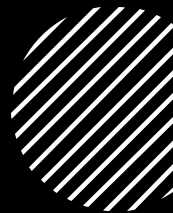
# School areas and workspaces

- Different spaces outside the classroom for working
- Dedicated study lobbies, hallways and rooms
- Big library and room to study
- Each class has own areas
- Not crowded
- A lot of space in classrooms
- Cafeteria and lunch area
- Dedicated areas for primary and secondary school students
- Big tables
- Organized lining for food and returning dishes





# Chill & Relaxation lobbies & Miniature rooms



Indoor area for indoor breaks made for the student's pure enjoyment



Arcade machines, reading hooks, chess boards, board games & Karaoke + Dance areas etc...



Vending machines with healthy snacks & drinks



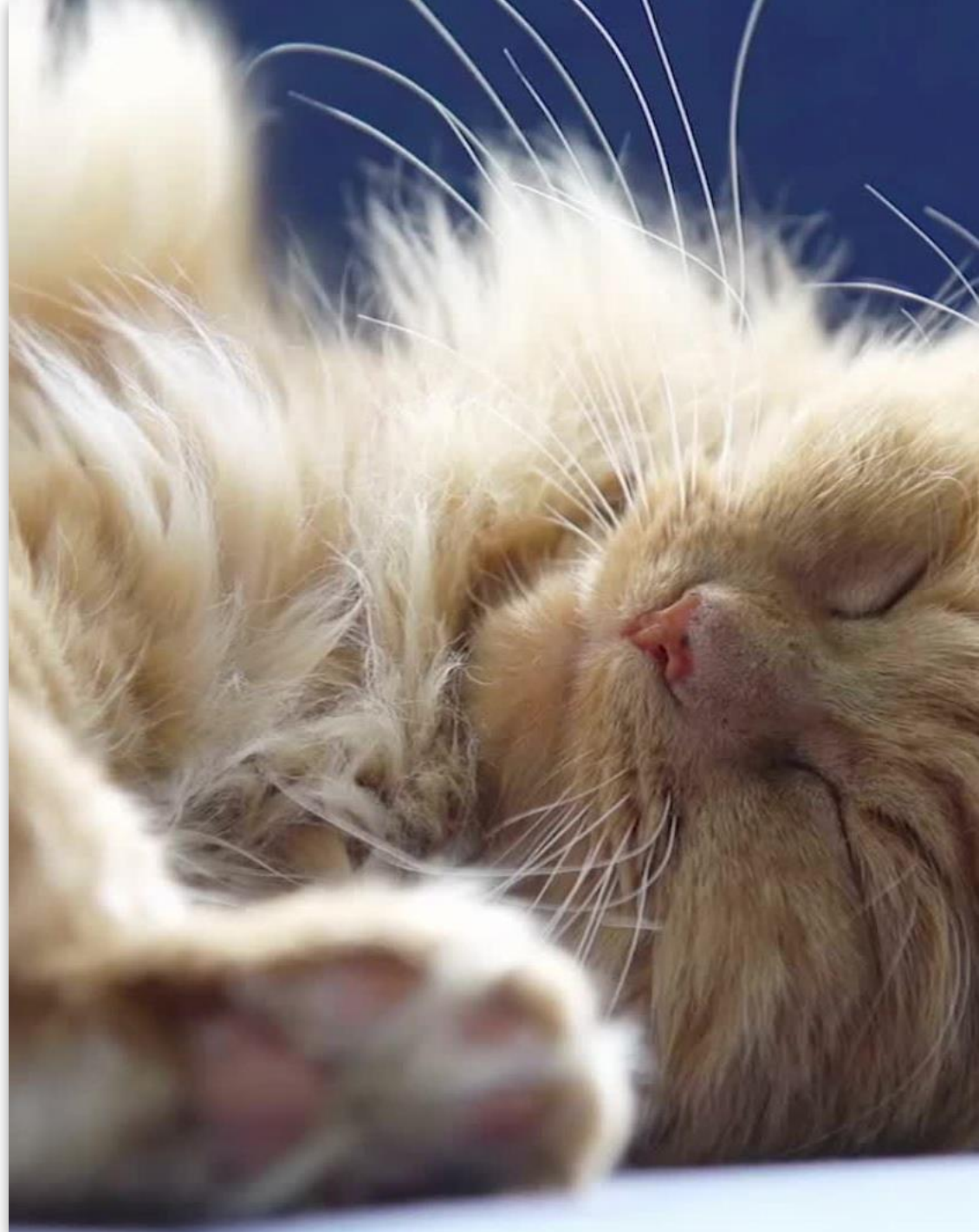
Feedback walls for improvement suggestions



Miniature rooms for individual who have anxiety in busy & noisy places or simply those looking for quite time to themselves.

# Sleep pods

- Pods where students can take short naps if they are feeling tired or have had a bad night's sleep
- These pods give privacy not allowing people to look in & are soundproof
- Only sound within the pod is the alarm that wakes them up from the nap
- Temperature control with comfy sleeping area
- Night lights for those afraid of the dark



# Architecture & Designs

- Open classrooms and spaces
  - Multiple windows for sunlight and fresh air
  - Art on walls
  - Curtains and decorative pillows
  - Separate areas to do tests in
- For lobbies, hallways and rooms
  - sofas, bean bags, tables and chairs
  - Lockers





# Classroom Architecture

- Class rooms have 3 main sections
- A quiet non stimulus room
- A social & stimulus room
- & the main classroom where lessons are taught
- Social rooms are colourful & Arty with music
- Quiet rooms are simple & plain colours, designs plus layout for students with special needs & ordinary students
- Sliding doors to maximize space
- Smaller section rooms are on opposite sides of each other to reduce noise impact



# Class Rooms Design

Quiet Room: Non-stimulie,  
plain colours, sound proofing, comfy seating,  
dime lighting & Fragrance free + minimal  
furniture (no clutter)

Social Room: stimulative  
Any vibrant colours & designs, music,  
talking/voice allowed, fragrance free, organized,  
tables & comfy seating, normal lighting

## Subjects of this Class Design

English · Languages · Math · Physics · Arts · ICT · Geo · etc...

\* Not sports or subjects of experiments / Heavy Equipment



## Overview



\* Projector had to sit outside + audio/visual projector

## Hallway End/Stairs



# Theoretical subjects

## Theoretical subjects:

- Math
- Science subjects
- National languages
- History
- Civics
- Health education



Theoretical subjects are compulsory, but students can choose which subjects they would like to focus on the most.



The addition of theoretical subjects would be a substitute for art based optional subjects.



This would be good for students who know what kind of career path they want to take.

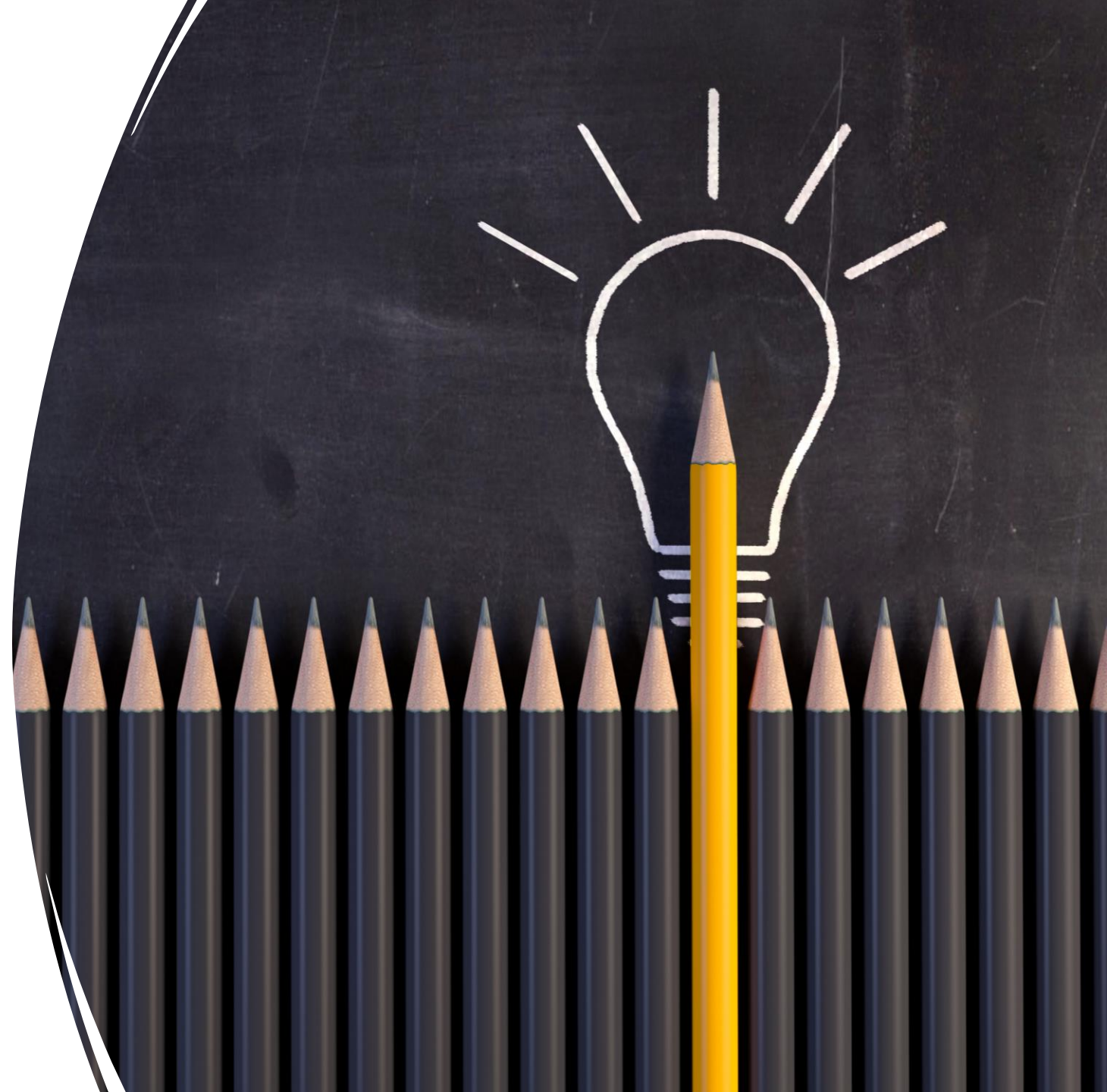
# Lesson Structure

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The perfect lesson structure is clear and when students leave the classroom, they have learned the content of the lesson

## **Most important elements in a lesson:**

- Time management
- Content of lesson
- Teaching
- Guided practice



# Optional lessons and subjects

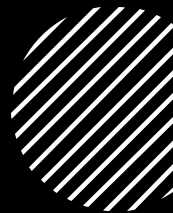
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- There is a variety of optional languages to choose from.
- There is a variety of optional subjects apart from music and art e.g., Horse riding and archery.
- Assessment of PE is only done in optional PE (encourage participation)





# Outdoor fields, Sports & Layout



An indoor and outdoor stadium with pools



A great forest for Horse riding, Archery trails, Camping etc..



Multiple courts with grass for different sports



Random natural fields for fun



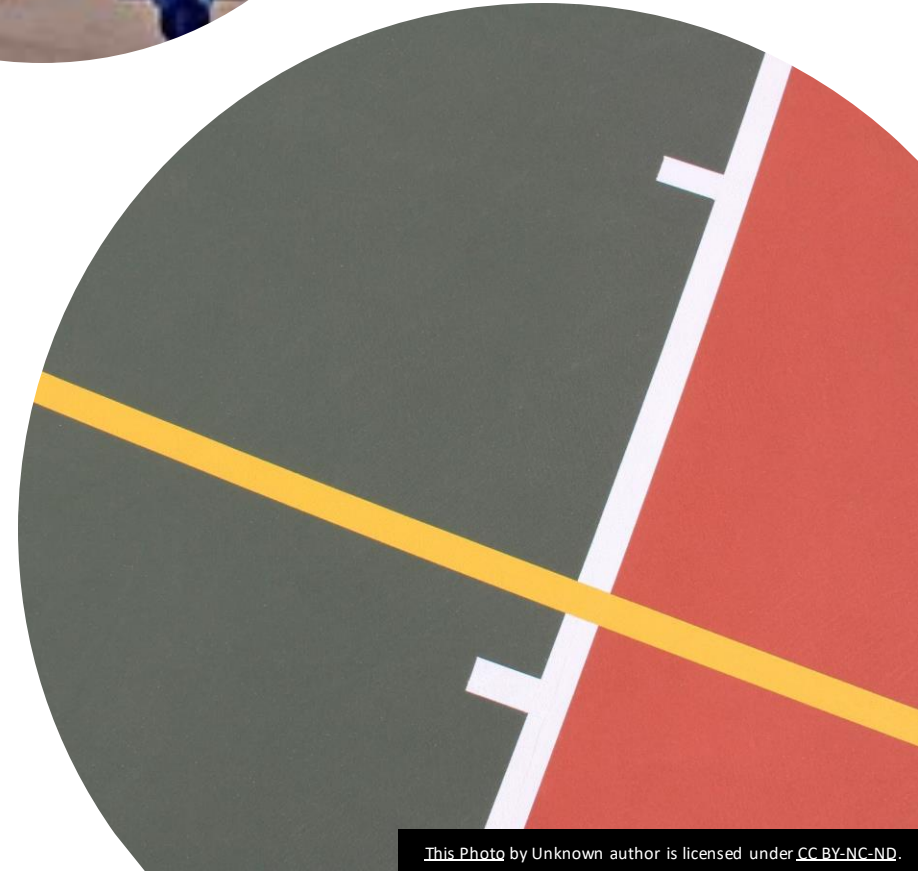
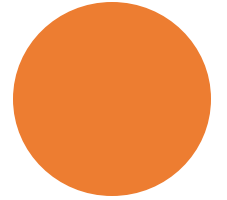
A greenhouse that supplies the Cafeteria with fresh produce



Challenging climbing course for older students

# Outdoor break areas and equipment

- The outdoor yard of our dream school should include various sport options from a football field and basketball court to volleyball court
- Swings and slides for younger students
- Multiple trampolines
- Outdoor gym and exercise equipment
- Enough tables and benches for all students
- Plenty of sports balls accessible for all students
- A big shelter with chairs (in case of bad weather for studying outdoors)
- running track
- Green house



# Forest + Open Land



Archery  
Areas in Forest  
& Hunting  
Archery + non-field sports



## PLAY Ground

Track + field

- More challenging platforms
- Traditional platforms
- Colourful & neutral materials
- Lots of space to Run
- Separate areas for older students
- Equipment & games organized at benches

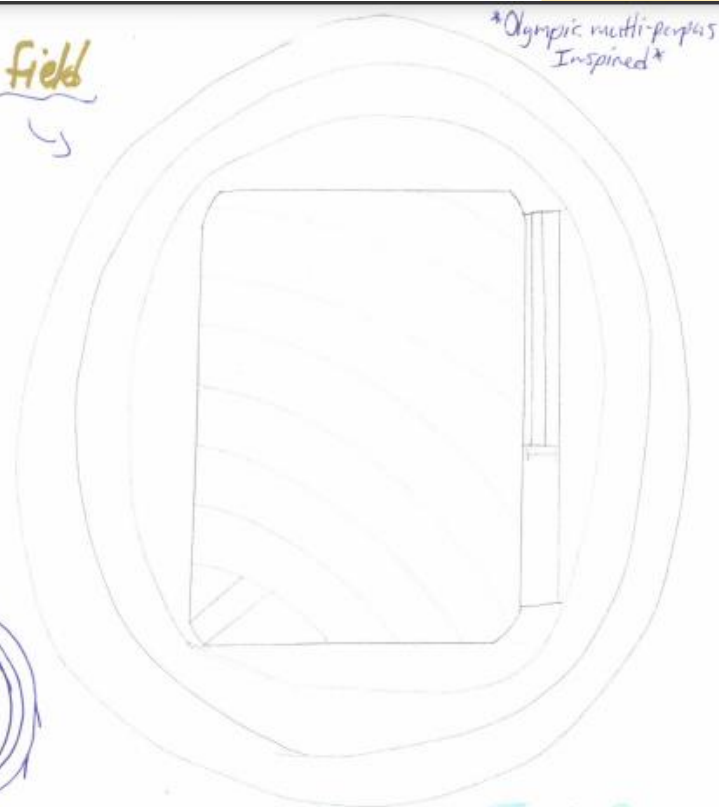
## Outdoor Lunch Area



## Fields + 4 Turf/Court Versions



4 Large Fields  
4 meters apart  
Grass (Sports)  
Each dedicated  
- top spec -



\*Olympic multi-purposes  
Inspired\*

## Veggie + Fruit Gardens



Good Works Fresh food in Cafeteria

\*Each Garden takes a turn to look after the garden/greenhouse (Depends class)

## Greenhouse





# **Physical education**



Lockers with showers



Stretching & Warm-ups



Games (students make decisions about what to do in P.E. lessons)



Water breaks

# Clubs after school hours

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- Clubs that are popular for students like gaming or Pokémon cards
- Clubs are organized by students and are free

