



HERITAGE  
International School



# THE INTERNATIONAL HERITAGE HERALD

February 18, 2022



## GENERAL

### ***Thought for the week:***

*“When I look back, I am so impressed again with the life-giving power of literature. If I were a young person today, trying to gain a sense of myself in the world, I would do that again by reading, just as I did when I was young.” - Maya Angelou*

## *Director's weekly notes- "The view from Dacia Boulevard"*

*It was a nice way to start the week with the Valentine celebrations in school and let's face it, the better narrative of this week is definitely around the values of peace, love and friendship. The student councils again showed their suburb leadership and energy in ensuring the schools marked and celebrated the good moments. The 'extra mile' the teachers and staff are always willing to go at Heritage never ceases to amaze me and there have been a number of wonderful public lessons held for observation as part of the national attestation process over the last few weeks. This puts an extra layer of pressure on hard working teachers already at full speed but if anyone had seen Mr. Vasile's lesson Beowulf this week and the incredible use of digital pedagogy and learning in action, as some of us did, they would have been as blown away as the observers. Examples like this will always do the talking for Heritage and education in general and whatever is happening in the wider World, I am so proud of the calm, certain and collected purposeful learning atmosphere in our schools. Children need this more than ever right now. Mrs. Tatiana was sharing it globally this week as part of the Microsoft Education ambassador work and it's a hallmark of our innovative education we continue to develop. Again this week saw another informative teaching and learning briefing, this time from Mrs. Elena Turker, on using digital libraries.*



*Thank you for the comments, the supportive ones and even the not so supportive ones, but all in healthy respectful dialogue, around continually improving the school with new ideas and making systems work even better. I am especially pleased with the new arrangements of secondary students signing out officially with parental permission at the front of the school's new booth and I know it is working well when some grade 9s told me not to do it and to remove it. No chance. The school's commitment to SDGs being a daily part of our lives, in simple ways continues and we have been 'meat free Monday' for a while now. It's not too much to ask to have on average one meal out of 21 a week, to be meat free and make such a simple commitment. We cannot just say we believe in such values if we don't practice them. I was very pleased to see 9E and Mrs. Johnson take the Gymnasium assembly continuing our monthly theme for Black History Month and for WK21 around music and talent. One of the best parts for me was seeing the montage of the amazing 9E showing off their musical, sporting and community talents. We have incredible students in our schools at Heritage.*



*I think the best part of the week for me has been the whole week's celebration around reading for Literacy Week. I love our Eminescu school library, my favourite room in the whole school, the Oak Centre a close second. The activity and energy coming from there this week, as you can see in the photos in this edition of the IHH, really did make for fantastic and fun learning across the schools. My thanks to everyone who has made this happen and it underlies the importance of all children being able to read, enjoy reading and to read things that challenges them and makes them think. This is what schools should be about. We saw a couple of classes go back to quarantine but with the new regulations on student vaccinations and antibody tests, there is a supportive shift in ensuring students can be back in school sooner and why we all still need to keep practicing the safe measures as we get into the last third of this academic year. Exam classes*

*don't like me pointing out how the time is going fast but it is and inevitably, summer examinations are on the horizon. We need to make every day in school count here.*

*Have a great weekend and keep safe,*

*Rob Ford*

*Director*



### **Heritage in the Wider World:**



### **Articles of interest:**

*-How one Moldovan town achieved a COVID vaccination rate more than twice the national average. While the vaccination campaign has been progressing at a slow pace throughout Moldova, the latest Ministry of Health data shows that about 70% of the inhabitants are vaccinated in Stauceni, a suburb of Chisinau. This figure compares to the vaccination rate in many large cities in the European Union; <https://tol.org/client/article/stauceni-70-solution.html>*

*- Hope, Opportunity for 2,500 kids in Eastern Europe - GlobalGiving; <https://www.globalgiving.org/projects/hope-opportunity-for-2500-kids-in-eastern-europe/>*

*- In Eastern Europe, the new wave of feminism is considered by many as a Western idea. Young initiatives are trying to change this narrative by unearthing and sharing the local roots of the battle for women's rights. One group of artists in Moldova set out to tell this forgotten history in a visually compelling way, by making an illustrative series paying tribute to Moldovan women who fought for*

equality; <https://www.calvertjournal.com/features/show/13483/moldovan-pioneering-women-celebrated-in-illustration>

- Exploring Moldova; <https://www.calvertjournal.com/countries/moldova>

- Fragonard to Frozen: how French art inspired Disney animators. London's Wallace Collection to explore Walt Disney's fascination with French 18th century art; <https://www.theguardian.com/artanddesign/2022/feb/15/fragonard-to-frozen-how-french-art-inspired-disney-animators>

- There's Good Reason to Be Optimistic About Omicron | Time Magazine; <https://time.com/6146694/covid-19-omicron-optimism/>

- Here's what actually happens to all your online shopping returns - Rest of World; <https://restofworld.org/2022/shein-online-shopping-returns-what-happens/>

- Education Cannot Wait – a unique United Nations Success Story Interview with Yasmine Sherif, Director Education Cannot Wait; <https://divainternational.ch/education-cannot-wait-a-unique-united-nations-success-story-interview-with.html>

- Harmful subsidies: why is the world still funding the destruction of nature? | Environment | The Guardian; <https://www.theguardian.com/environment/2022/feb/17/harmful-subsidies-why-is-the-world-still-funding-the-destruction-of-nature-aoe>

### Heritage Globe:

The Heritage Globe: February Edition. In the Literary Corner, you can read a student poem that is competing internationally. Pictures of Art Week can be seen in the Art Corner. There are also an array of articles with topics such as Valentine's Day, Moldovan music, visiting Santa's Workshop in Finland, crypto mining, and more. Enjoy!

<https://sites.google.com/heritage.md/heritage-globe/home>



### Heritage Primary

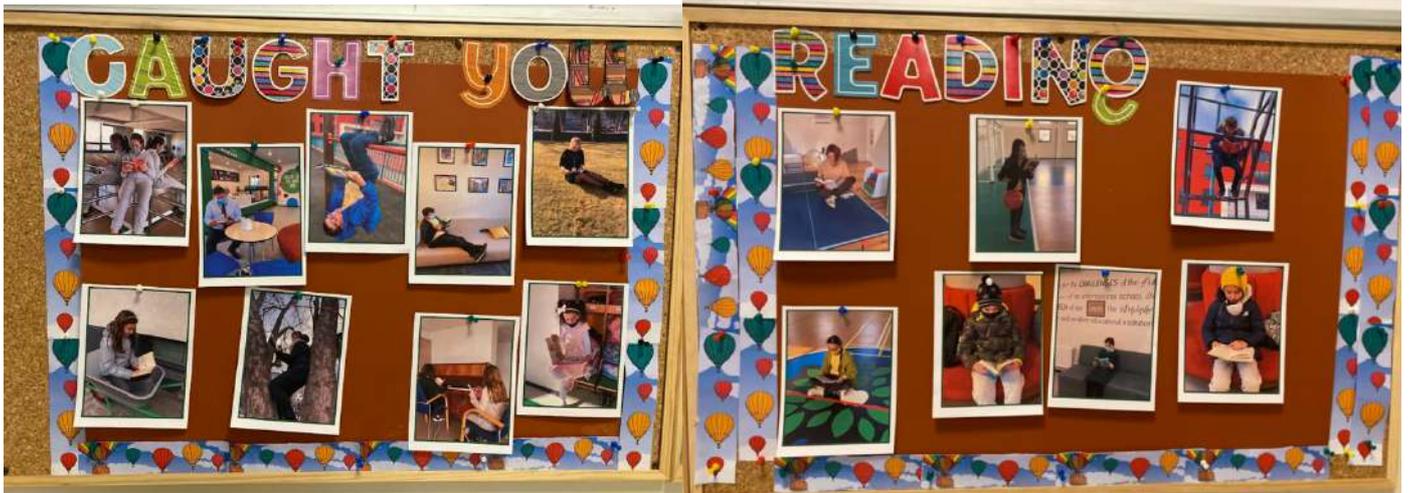
Literature week started with Primary classes decorating their classroom doors as their favourite books. Can you guess what these books are?





“Caught you reading” campaign





*Primary DEAR: Drop Everything And Read*



*2C reading activity with parents*





Literature week in 4A: Book presentation and the garland with quotes



St. Valentine's Day!



*Science project presentation: Human Body Mini book by 4A students*



*A novelty? Today, in the eTwinning activity, the third grade A students used the cat alphabet. The students then made sentences in English and in their mother tongue using the letters in the shape of the cats. We love cats!*



*Students in 2C tried using Google Jamboard during their English lesson. They enjoyed working together in real time - drawing, sketching, searching Google and inserting images.*

*That was definitely the most engaging and effective way of using gadgets during literature week!*



Today, the third graders read with two ladies, the mothers of our students. Ms. Gurău and Ms. Popov recommended reading books to students, read an excerpt from their favorite childhood book, and gave tips that will improve students' reading quality. The curiosity and admiration of the students will make this lesson unforgettable.



Engineering with paper at technology lessons: Students learned how many muscles and joints a human hand has and how to design a movable hand using paper and other recycled materials.



Inventions that changed the world: Have you ever dreamed about becoming a famous inventor to help people have an easier life? Students from 3rd A were as creative as possible and presented their inventions as part of the Exit Point of the IPC unit "Inventions that changed the world".



*Students from 2-E celebrated the Literacy Week by acting out *The Bremen town Rappers*, based on *The Bremen town Musicians* fairy tale.*



*Music education lesson is always a moment of joy for 2C students, especially the singing activity. Each lesson begins with a musical greeting, followed by vocal exercises and then the performance of the songs.*

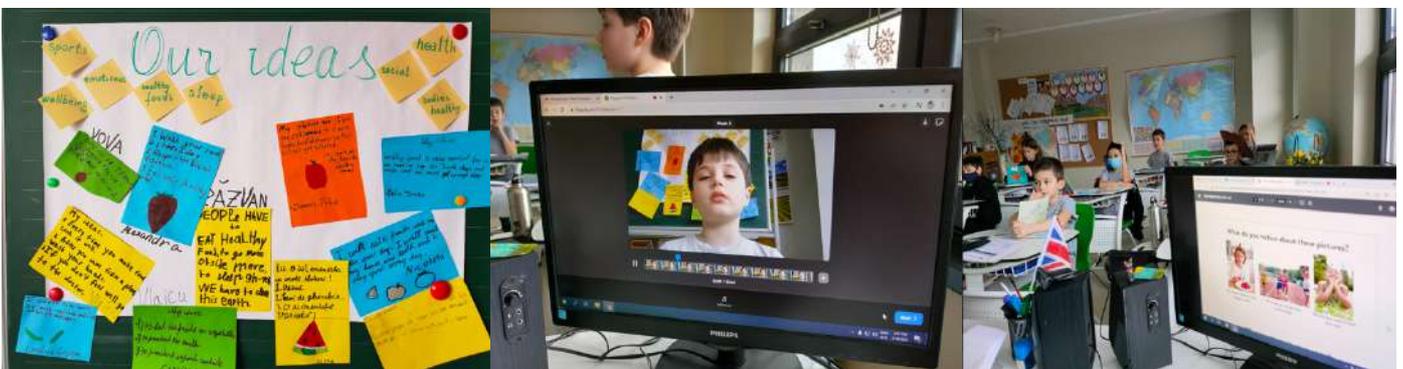


*Week 4 of Goals Project 5E started implementing their newly acquired skills in making our ocean sustainable by creating a litter free under water environment using Minecraft. Young stewards showed*

*how to responsibly use and protect the environment through managing, recycling, conserving, regenerating and restoring and taking responsibility for each individual choice.*



*Third graders discover the wonderful world of SDG3. Today we talked about health, about happy and healthy children, about healthy eating and the importance of sports for health. The students created a poster and presented 3 own ideas about staying healthy.*



*Music in School Starter: This week, the Romanian School Starter Group performed songs based on Grigore Vieru's lyrics, thus paying homage to the great poet.*



*Fantastic Literature Week in 2A and 2B*





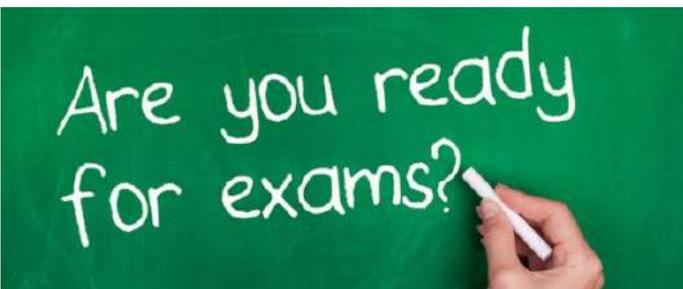




*This week School Starter students learnt the poems by Grigore Vieru, the great children's poet*



**Heritage Gymnasium**



- Tips for effective exam preparation:  
<https://blog.cambridgeinternational.org/tips-for-effective-exam-preparation/>

- ISIC (International Student Identity Card). For full-time students. If you're a full-time student at school, college or university and aged 12 or over, you can apply for a student card with ISIC. ISIC offers both virtual and plastic cards, allowing students around the world to instantly prove their official student status and access over 150,000 student discounts and offers worldwide:

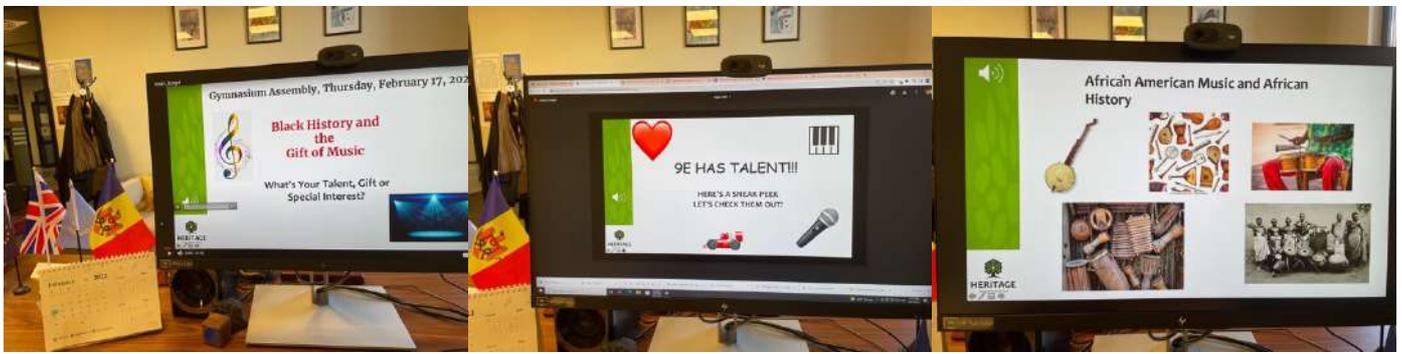
<https://www.isic.org/cards/>



- Cambridge International Guide here: "We believe #education works best when curriculum, teaching, learning, and assessment are closely aligned. Find out more about our approach to #InternationalEducation which is informed by research and underpinned by over 150 years of practical experience working with schools and governments worldwide.

<https://www.cambridgeinternational.org/Images/417448-overview-brochure.pdf>

### Gymnasium Assembly



On International Reading Day, 7 A students, lead by their Romanian language and literature teacher Livia State, paid a visit to the school library and wrote down their favorite quotes.



### DEAR : Drop Everything And Read in 5B





7A Programming virtual Robots for drawing hearts



*Congratulations to our students Zaporojan Teodor, 7A and Melnic Alexander, 8B qualified for the Final round of the I-STEM Olympiad! Go Heritage!*



*The International Chemistry Contest „iChemist Altfel” took place in January 2022. In this competition, our school was represented by Teodor Zaporojan, from 7A, Teodor was helped by his Biology and Chemistry teacher – Ms. Alina Trofim, by his Romanian language teacher – Ms. Livia Stati, and his Cambridge Science teacher – Mr. Vasile Chiperi. Due to his knowledge and the help of these wonderful teachers, Teodor could claim very good results, despite to the big number of participants and being one of the youngest competitors.*

*Congratulations to Teodor 7A on the 3<sup>rd</sup> place for his essay in the Romanian section, and a Mention for his English essay!*



5th graders are very passionate about reading. During the literature week, they carried out several activities dedicated to their favorite books. Reading lessons are the most interesting, students are eager to participate in discussions. On Friday they unleashed their imagination and wrote letters to Momo, the main character in M. Ende's novel "Momo"



### Heritage Lyceum:

**Heritage Lyceum learners become:**

confident   
 responsible   
 reflective  
 innovative   
 engaged

- US admissions leaders share their thoughts on #CambridgeLearners and the Cambridge curriculum: <https://youtu.be/YhRtpaOHqtA>

- Testing times – why test anxiety is an important issue for schools - Cambridge Assessment International Education; <https://blog.cambridgeinternational.org/testing-times-why-test-anxiety-is-an-important-issue-for-schools/>



- Study UK Online Universities Event - Subject Specific 14-25 Feb; How to make the most of this event: Register for updates about our webinars and one to one meetings 14-25

February: <https://study-uk-events-eu.britishcouncil.org/about-this-event>

Do not forget you can also:

Watch any of our recorded videos from our [calendar of webinars](#).

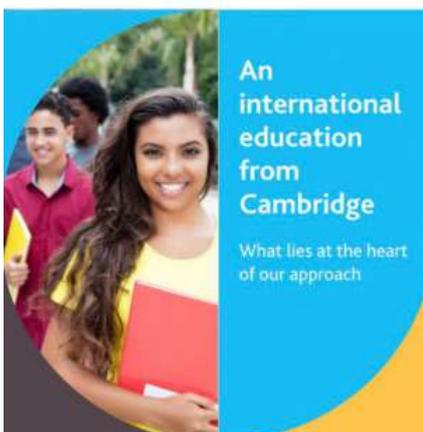
Browse the [list of universities](#), check their summary pages, entry requirements, special offers and scholarships. Check out the latest Study UK guidance for [EU students](#) and the fully comprehensive Study UK guides in English and [Spanish](#)

- At Cambridge International we offer two routes to university, watch this video to find out more #StudyAtUniversity:

<https://youtu.be/XcL9zRkE1gs>

**SIX SOFT SKILLS YOU WILL NEED IN THE NEW ERA OF WORK**  
As we begin to enter a new era of work, develop these in-demand soft skills to ensure your success:

- 1. ADAPTABILITY**  
Employers are increasingly looking for people who can move out of their comfort zone and see change as an opportunity for growth and innovation
- 2. A WILLINGNESS TO LEARN**  
Showing that you are willing to learn is key to understanding any new developments and ultimately helping your organisation to progress
- 3. EMOTIONAL INTELLIGENCE**  
Developing your emotional intelligence will not only protect you as you approach difficult times, but it will also set you in good stead to become a top performer
- 4. COMMUNICATION**  
Employers continue to favour those who possess exceptional communication skills and are comfortable building relationships and collaborating in an increasingly hybrid working world
- 5. PROBLEM-SOLVING**  
The changing world of work has created a demand for people who are able to solve problems efficiently and effectively
- 6. CREATIVITY**  
Employers are looking for professionals who can come up with creative ideas and solutions to ensure deadlines are met and results achieved



- Cambridge International Guide here: "We believe #education works best when curriculum, teaching, learning, and assessment are closely aligned. Find out more about our approach to #InternationalEducation which is informed by research and underpinned by over 150 years of practical experience working with schools and governments worldwide.

<https://www.cambridgeinternational.org/Images/417448-overview-brochure.pdf>

**The admission campaign for Heritage Lyceum (grade 11) is now open.**

A world-class education, studying exclusively in English, Cambridge International qualifications and a phenomenal academic experience – it can all be yours!

We recommend you send your application by 31st March 2022.

Learn more and apply here:

The Admissions Process for our Lyceum and Cambridge International A Levels 2022-24 is now underway. Further details here:

<https://fb.watch/aMTOPcPDA0/>

<https://www.heritage.md/en/learning/lyceum>

<https://www.heritage.md/en/admissions?fbclid=IwAR1YzgWV9dBU0iDHtRGnX7uZcwzoRHGSRFmBDQQHc6g87ryyhAbvJs3g7nc>

## Global education:

On Monday our Heritage community marked St. Valentine's Day - students wrote and shared Valentine cards, got dressed in colourful clothes and the celebratory spirit was present even in the canteen, with a special lunch for the day. A delicious meat-free Monday lunch, by the way.

On Tuesday, February 15th, our Hybrid Coordinator Tatiana Popa was invited to be a host for the Teams Edu Chat from Microsoft Education, to discuss and give recommendations on the topic of Hybrid Learning. Tatiana participated alongside other 14 educators from different corners of the world. The feedback after the activity on social media, as well as from the organisers, was excellent!

The slow chat took place on Twitter and people are free to join in still, by using the hashtags #TeamsEduChat and #HybridLearning.

Read more about the event here:

<https://techcommunity.microsoft.com/t5/education-blog/hybrid-learning-teamseduchat-tweetmeet-on-february-15/ba-p/3144517>



As we celebrated Literature Week this week, many activities took place in parallel in different classrooms, as well as in the entire school.



The celebration was crowned with the Book Review Competition in the school library, which gathered more than 100 students who presented a book each. We even had guest students from Thessaloniki in Greece, who work with our students in the eTwinning Project 'Tell me what you read'.

**HERITAGE LIBRARY**  
INVITES YOU TO:

# Book Review Competition

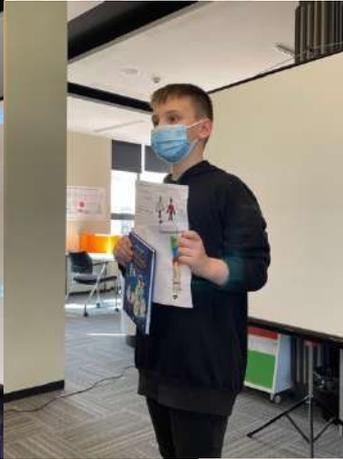
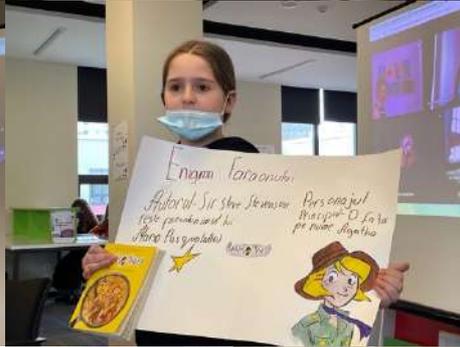
on February 18th, 2022

Make a **Book Talk!**  
This is a speech (2-3 min maximum) designed to encourage someone to read a book, giving an idea of plot, characters, or themes of the book, but, unlike a book report, does not summarize the whole plot or give away the ending or major plot points. In other words, **no spoilers!**

WHEN?  
11AM - PRIMARY  
1PM - SECONDARY

VENUE: HERITAGE LIBRARY

For students on hybrid: on Google Meet





*This week we had our Week 4 of the Goals Project. Our students shared their findings with others and created a class list of 10 ways to be a better ambassador for the planet and the people. According to our students, learning about SDG3 is very important, especially for the young people.*



Heritage International School,  
grades IGCSE 1

**10 ways to be a better Steward for the planet and the people**

- Implement climate education in schools
- Volunteer in environmental projects
- Reduce meat consumption - Meat-free Mondays in school/at home
- Reduce carbon Footprint - transportation, food, use of electricity
- Conserving water
- Planting trees
- Reuse, reduce, recycle
- Buy local food from local farmers / grow your own
- Encourage healthy lifestyle
- Compost your natural waste
- Avoid the use of plastic

THE GOALS PROJECT

### **Responsible digital citizenship corner**

*The online world is posing an ever-increasing risk to children, and it is important that schools, parents and carers work together to take an active role in teaching children about online dangers. Learning how to act safely when using the internet is an incredibly important part of safeguarding our children.*

*We are therefore delighted to announce that we, at Heritage International School, have shown our commitment to protecting our pupils online by working with National Online Safety - providing resources for all parents and carers.*

*The resources include Parents & Carers courses, online video resources and weekly guides covering a huge range of topics, including:*

- Online Relationships
- Fake Profiles & Social Bots
- Online Bullying
- Online Grooming
- Child Sexual Exploitation
- Sexual Harassment & Violence
- Sexting
- Live Streaming
- Online Identity
- Screen Addiction
- Online Challenges
- Overspending
- Social Media Platforms
- Online Gambling
- Radicalisation, Terrorism & Extremism
- Age-Inappropriate Content



- Copyright & Ownership
- Hacking
- Fake News
- Online Fraud
- Online Reputation
- Personal Data
- Pornography
- Targeted Adverts & Pop-Ups
- The Dark Web
- Games & Trends

To create your account, please follow <https://nationalonlinesafety.com/enrol/heritage-international-school> and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including via our brand-new smartphone app. To download the app, please go to:

<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

Answers to frequently asked questions and customer service can be accessed at <https://helpdesk.thenationalcollege.co.uk/helpcentre>.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel this is needed. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guidance, hints and tips for adults.

## What Parents & Carers Need to Know about TIKTOK

**AGE RESTRICTION 13+**

TikTok is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-synching and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

### AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

### EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-synching and dancing to music. Inevitably, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

### TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become 'TikTok famous'. While most aspiring stars hoping to be the next big thing will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

### HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profiles and downloading their content. The majority of these interactions are harmless, but because of its abundance of teen users – TikTok has associated problems with predators contacting young people.

### ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next means it's easy for a 5-minute visit to turn into a 45-minute stay.

### IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £89 bunches. TikTok is also connected with Shopify, which allows users to buy products through the app.

## Advice for Parents & Carers

### TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school's home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

### MAINTAIN PRIVACY SETTINGS

The default setting for all under 18s' accounts to 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The 'Duet' (which lets users splice clips from other people's videos into their own) and 'Duets' (where you build on another user's content) by recording your own video alongside their original) features are now only available to over 18s. This might clash with your child's ambitions of social-media stardom, but it will fortify their account against predators.

### LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

### ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's safety centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

### USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app (in increments ranging from 30 minutes to two hours). This provision can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

### Meet Our Expert

Naevan Kaur is a social media expert and digital media communications specialist about providing digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of 1038Niche, a web resource that helps parents and children thrive in a digital world.

**NOS National Online Safety**  
#WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.11.2022

# What Parents Need to Know about SQUID GAME

**AGE RESTRICTION**  
**15+**  
Suitable only for 15 years and over.

With themes of horror and violence, it's important for parents and carers to understand the potential risks posed for young audiences by the viral TV show, Squid Game. The nine-episode Netflix-exclusive TV show is rated 15+ and is about a world where contestants who are deeply in debt play children's games in order to win cash prizes. The losers, however, are violently killed. The show's popularity has meant it has spread across online platforms, and there is a great risk of young people being exposed to unsuitable scenes, meaning parents and carers have to be vigilant when allowing children to use devices.

## INAPPROPRIATE CONTENT

Some might argue that Squid Game contains content that might not even be suitable for older teens, let alone young children. Characters are brutally tortured and killed through stabbings or getting shot as a result of rules developed and enforced by a masked game master. The show also features sexual content and threats of sexual violence, as well as a strong theme of gambling that runs throughout the whole show.

## APPEAL TO YOUNG PEOPLE

Whilst the content is very much adult-themed, some features of the show seem to appeal to young children at face-value. The name "Squid Game" may be interpreted as a programme aimed at children rather than adults. The content itself, such as the bright and childish aesthetics, may also appeal to young children, particularly as there's a focus on playground games to go with it.

## SIMILAR CONTENT SUGGESTIONS

When using social media and streaming sites, content is recommended based on what the user has consumed i.e. what they have watched or searched for. Therefore, there is a greater chance of your child being exposed to similar violent or horror-themed content on social media after watching a show like Squid Game.

## VIRAL SPIN-OFFS

As well as Netflix, Squid Game has grown in notoriety and prevalence on other platforms, like TikTok and YouTube, with clips of the show going viral. On YouTube Kids, a number of successful channels have taken advantage of the Squid Game trend, creating content such as "How to Draw Squid Game Characters" videos. Its popularity has also led to the creation of app games that put the player in the role of a contestant who is killed if they lose a game.

## SCENE RE-ENACTMENTS

Squid Game's pervasive presence on social media has encouraged many content creators to re-enact scenes from the show, which has led to reports of children wanting to also imitate those scenes displayed on social media at home and in school. Much of this content stems from the "Red Light, Green Light" game from the first episode, where contestants attempt to make it past a giant animatronic girl before she shoots them. episode, where contestants attempt to make it past a giant animatronic girl before she shoots them.

## Advice for Parents & Carers

### USE PARENTAL CONTROLS

Netflix has easily accessible built-in parental controls that allow you to set up a profile for your child with a specific age rating, block them from watching certain shows and even lock their account so it can't be accessed by anyone else. Netflix also allows you to access your child's viewing history to make sure they're not watching anything inappropriate for their age.

### CHECK AGE RATINGS

Age ratings on TV shows and films are a way to gauge what is suitable for audiences of different ages. If you are unsure about the content your child is watching, check the age rating to see if the TV show or film is deemed suitable for their age group. If not, try watching the show yourself or talking to other parents who have seen it before to get a better understanding of why it's been rated a certain way.

### MONITOR ONLINE ACTIVITY

Squid game has become a social media craze and it's possible your child will see some content related to the show on various platforms. Therefore, it's important to be aware of which websites your child has visited on their smartphone, tablet or laptop, and to also keep an eye out for which accounts they are following on social media platforms, such as Instagram and TikTok.

### HAVE OPEN CONVERSATIONS

Making sure your child is comfortable telling you about what they see online can go a long way to ensuring you are kept in the loop about their online use. Showing an interest in what your child is doing online gives you the opportunity to discuss what is and is not appropriate for their age group, and how they might recognise their own feelings towards content they see.

### MONITOR BEHAVIOUR

Due to the viral nature of the show, even if your child has not seen Squid Game, it's important to keep an eye on their behaviour. There have been reports from schools of children "playing Squid Game" in the playground and acting aggressively towards the losers as a way to replicate the consequences of losing in the TV show. Viewing content that makes your child feel uncomfortable could also cause them to feel distressed or distracted, so it's important you can easily spot the signs.

### WATCH THE SHOW

If you're trying to figure out whether you should let your child watch Squid Game, it might be a good idea to watch the show yourself first. Doing so will allow you to get a better understanding of the show's content and themes, as well as help you decide if this is something you'd feel comfortable with your child being exposed to.

## Meet Our Expert

Carly Page is an experienced and highly respected freelance technology journalist, editor and consultant. Previously the editor of tech tabloid The INQUIRER, Carly now works as the news editor for Computer Shopper and IT Pro and writes for a number of publications including Forbes, TechRadar, Tes, The Metro, uSwitch and WIRED.



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Sources: <https://www.theguardian.com/tv-and-radio/2021/oct/11/english-council-urges-parents-not-to-allow-children-to-watch-squid-game>  
<https://theparentsreview.com/2021/10/11/parents-should-consider-whether-to-allow-their-children-to-watch-squid-game/>



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# 10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

## 1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

## 2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

## 3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

## 4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

## 5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

## 6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

## 7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

## 8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

## 9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

## 10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could make a lot to them.

## Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



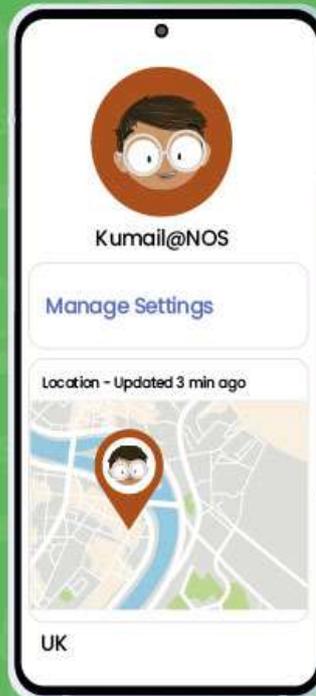
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# How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT Android Phone



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The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.



## Set up parental controls with Google Family Link

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

## Set up parental controls with Google Play

- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 4 Enable Parental Controls
- 4 Create Pin
- 4 Tap the content you would like to restrict
- 4 Choose how to filter or restrict access



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## Heritage Creativity:



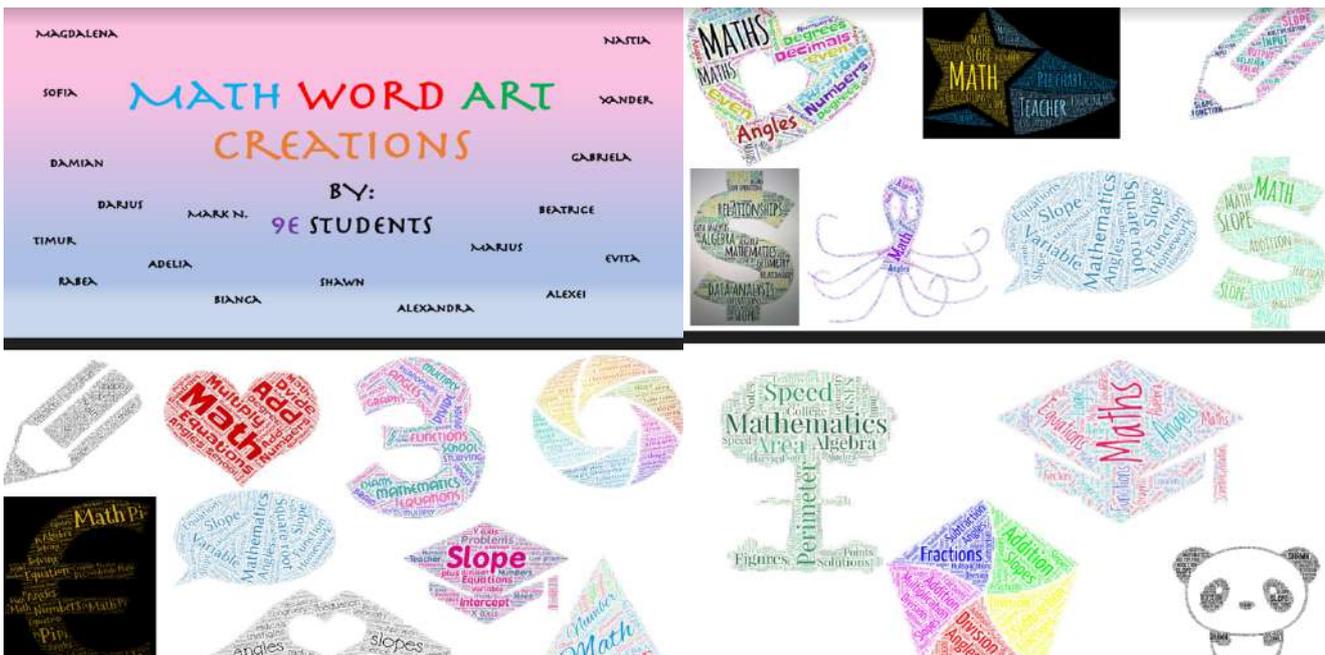
- Video competition on energy efficiency. The "Film4Energy Challenge" encourages students aged 12-15 to create short videos on energy efficiency and benefits of saving energy: [https://energy.ec.europa.eu/topics/energy-strategy/energy-youth/video-competition-energy-efficiency\\_en](https://energy.ec.europa.eu/topics/energy-strategy/energy-youth/video-competition-energy-efficiency_en)

- In the conditions of the COVID-19 pandemic and the organization of distance learning, UNICEF launched the #TeenZ sports project, for boys and girls, from 10 to 18 years old, which aims to popularize sports, as a means of maintaining physical and mental health: [https://www.youtube.com/playlist?list=PLUjLd9hMbSSxogHNzRwLY\\_CSccuYlu3B](https://www.youtube.com/playlist?list=PLUjLd9hMbSSxogHNzRwLY_CSccuYlu3B)



## 9E Word Art

What terms would come to your mind when you think of MATH? Taking a break from calculations, have a look at the creative ways 9E displayed their thoughts of mathematics using digital art.



### School Exit Pass:

Starting this week, we have a new exit format for leaving the school premises before 4 o'clock provide even more security for your child.

Children will be allowed to leave school only if your permission is confirmed by phone or text message/email to the homeroom teacher or directly to the reception.

At the moment children receive a temporary Exit Pass that allows them to leave school. In order to have better functioning it is very important to use a permanent Exit Pass. In this case we ask parents to complete the attached form with the time they allow our students to leave the school, and present it to the homeroom teacher or leave it at the reception.

Thank you very much for your involvement. The safety of your children is our priority.

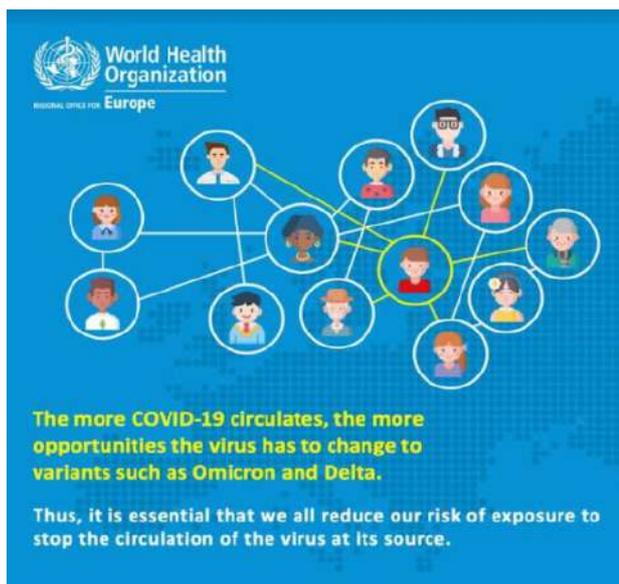
#### Temporary Exit Pass



#### Permanent Exit Pas

EXIT PASS				
PHOTO		Name, Surname		
Grade				
M / L	T / M	W / M	T / J	F / V
13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00
15:00	15:00	15:00	15:00	15:00
16:00	16:00	16:00	16:00	16:00

### COVID-19 measures:



Below are presented legal requirements in conditions of epidemiological safety for the prevention of the disease with the virus SARS-CoV-2:

· **Order no. 1070 of 22.09.2021** "On the intensification of precautionary measures, prevention and epidemiological control in primary and secondary education institutions, cycle I and II"

<https://chisinauedu.md/ordinul-nr-1070-din-22-04-2021/>

· Instructions regarding the measures for organizing the activity of the primary, gymnasium, high school educational institutions for the 2021-2022 academic year, in conditions of epidemiological safety for the prevention of the disease with the virus SARS-CoV-2, approved by **Decision Nr. 60 from 23.08.2021**

[https://gov.md/sites/default/files/hotarare\\_cnesp\\_nr.60-redactat-ro.pdf](https://gov.md/sites/default/files/hotarare_cnesp_nr.60-redactat-ro.pdf)

· **Decision** of the Extraordinary Public Health Commission of Chisinau **No 42 from 25.08.2021**

<https://chisinauedu.md/hotararea-cespmc-nr-42-din-25-08-2021/>

· **Decision** of the Extraordinary Public Health Commission of Chisinau **Nº 63 from 08.10.2021**

[https://gov.md/sites/default/files/hotarirea\\_cnesp\\_nr.63\\_08.10.2021.pdf](https://gov.md/sites/default/files/hotarirea_cnesp_nr.63_08.10.2021.pdf)

Due to Covid restrictions this academic year our school follows the rules according to the "A safe return to physical school strategy and matrix 2021-2022":

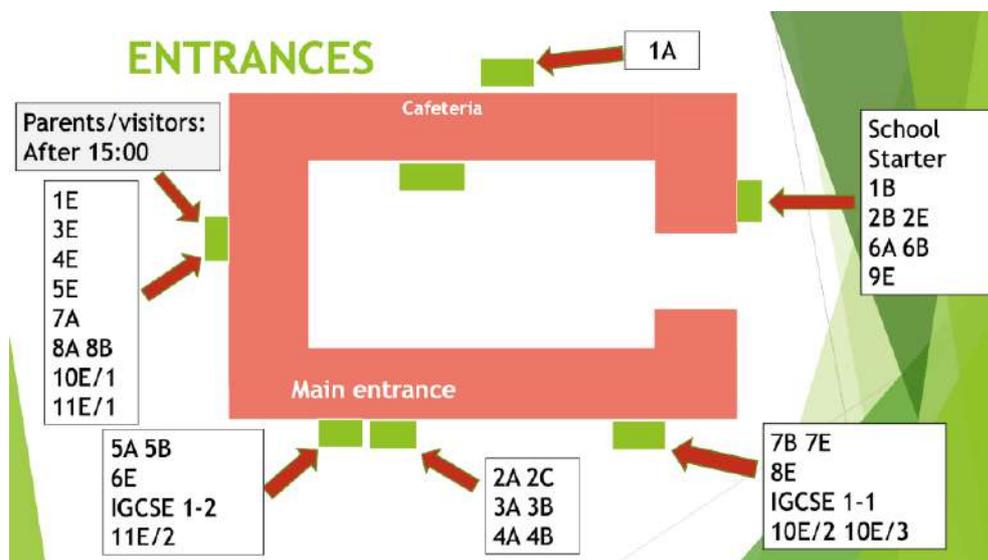
<https://www.heritage.md/en/school/coronavirus-updates>

**IMPORTANT UPDATE:** according to the **Decision** of the Extraordinary Public Health Commission of Chisinau **from 03.02.2022**, in case of a class quarantine for 10 days, the return to classes with a physical presence can be resumed after the 5th day from the date of confirmation of the positive case for those pupils who present a negative test result for the SARS-CoV-2 virus, performed in the last 24

hours. Negatively tested pupils may end the quarantine period after 5 days if in this period no symptoms of COVID-19 have been reported. For pupils who end the quarantine period after 5 days based on a negative test, daily monitoring of symptoms is mandatory until the 14th day. Vaccinated students or the students who have had COVID within the last 90 days should not quarantine.

If your child has **any symptoms** of acute viral respiratory disease, including temperature higher than 37.0°C, parents should not send the child to school and ask for a medical assistant. For children who have been tested positive with Covid-19 and in case of any disease, for return to school it is mandatory to present the **medical certificate** with the 3 stamps, as a confirmation that the child can attend groups of children.

Distribution of the **entrances** for each grade is presented below



**Uniform:**

We remind you that wearing uniform is mandatory for all the students grade 1-10. Following the link below, you can find the [School Uniform Presentation](#) Lyceum students' dress code will be black and white smart casual to 'office wear'.



# Friendly February 2022

MONDAY



TUESDAY

1 Send a message to let someone know you're thinking of them

WEDNESDAY

2 Ask a friend how they have been feeling recently

THURSDAY

3 Do an act of kindness to make life easier for someone

FRIDAY

4 Organise a virtual 'tea break' with a colleague or friend

SATURDAY

5 Make time to have a friendly chat with a neighbour

SUNDAY

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

## UPCOMING EVENTS

21st February 2022

21<sup>st</sup>-25th February 2022

1st March 2022

2<sup>nd</sup>-3<sup>rd</sup> March 2022 (Wednesday-Thursday)

International Mother Language Day

German Language Week

Heritage Spring Fest

Parent Teacher Conferences

## MAIN CONTACTS

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 Summer Camp activities: [summer.school@heritage.md](mailto:summer.school@heritage.md)