HERITAGE
International School

THE INTERNATIONAL HERITAGE HERALD

March 18, 2022

GENERAL

Thought for the week:

"The great responsibility I feel is to get people to put power and hope in themselves."

Amanda Gorman, Poet

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

Spring is definitely here but it still is a very cold one as most students reminded me on the gate every morning this week, very much dressed in winter clothes. But there are plenty of signs of change and hope as we finish week 25 and we can see the end of the academic year on the horizon. There are still many things to do, not least getting national and Cambridge classes through their examinations, and as you will see in this week's IHH, (we didn't publish one last week because of the shorter week), school is a hive of learning and activity.

I had the humbling privilege of listening to and talking to my COBIS colleague, David Cole, principal of BISU in Kyiv, as we met online as COBIS school leaders in Europe to discuss the war on Ukraine and the impact on students, staff and the community. David and his school gives us a very strong example of the power of our global values and the enduring power of education, particularly in these times. My prayers and hopes for this younger generation that we are teaching now is for a World where manipulation, mis-information, fear and zero sum outlooks are something that happened only in the early 2020s. The words of poet Amanda Gorman resonate with me when I think about our young people now and our role as a school and as families. I shared with the COBIS group our own experience at Heritage and in Moldova now. We can be proud of Moldova for showing its humanity and compassion in how our government, NGOs and civic society are responding to supporting refugees arriving in our country daily as victims of this terrible war. We all want peace and for the war to stop.

Our outward facing international school and students were the keynote speakers, along with our colleagues in NASA, at the British Council's schools' conference in London last Saturday. It doesn't get much better than this and our UK colleagues as well those in Lebanon, Egypt, India, were very impressed with the ambition of our curriculum and the opportunities in our school for our students. I made a similar point last Friday as a guest speaker and panelist for school leaders in India and SE Asia as I spoke about our model as an international school at Heritage. Our innovation continues as we launch and host the first ever global Spelling Bee tournament for COBIS schools this Spring. We had the privilege of our 7th Founders' Lecture on Wednesday, Mrs. Violeta Agrici, Director of the MFA and former ambassador to Spain, spoke to our students and schools around Moldova. Mrs. Agrici gave a very insightful talk about representing Moldova in the World and what we stand for as a country making this very important in response to a question "We cannot change our geography".

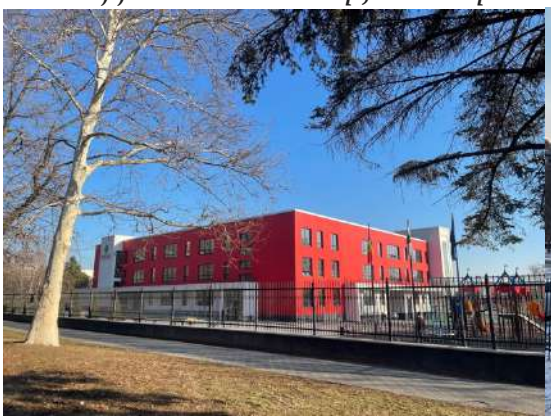
We are all pleased to see the national news regarding the lifting of some pandemic restrictions. As I emailed the community this week, I am waiting to see what the steer is from the city directory of education (at the time of writing) on the 18th March, as the city legally has the delegated powers for Chisinau, private and state schools, for safety pandemic measures. We have here a very clear moral and legal duty to ensure our school community stays safe and as soon as we have the anticipated order from the city, we will update our operational matrix for the pandemic and share with everyone. To anticipate and manage expectations here, a little on campus access for parents/visitors; our campus access arrangements will remain the same from a safeguarding and operational effectiveness point of view. We have a much larger school population now and the arrangements we have over access keep our students & staff safe. This is not about the pandemic, it is about a safe school. Staff and

students have made this very clear to me to keep this as it is and that the days of people wandering around the campus randomly are long gone. I agree wholeheartedly with them.

Happy St Patrick's Day on the 17th March and I will sign off with the wonderful quote from Irish poet Seamus Heaney, spoken at President Biden's inauguration last year.

Have a good weekend and thank you for your ongoing support of me and the school.
Rob Ford

"History says, Don't hope On this side of the grave, But then, once in a lifetime The longed-for tidal wave Of justice can rise up, And hope and history rhyme" Seamus Heaney



Heritage in the Wider World:

Apare la Chișinău din 1991 **limba ROMÂNĂ**
Revistă de știință și cultură

Nr. 1-2, anul XXXII, 2022 PRO DIDACTICA

Robert C. Ford: „Școlile anilor 2020 au lăsat lumea să intre în clasă, renunțând la învățarea abstractă"

Viorica-Ela CARAMAN

limbaromana.md

Limba Romana interview with Director Rob Ford;
https://www.limbaromana.md/index.php?go=articole&n=4223

British Council Schools @Schoo... · 12m
Many thanks from @Schools_British @BritishCouncil to inspirational Rob Ford and @Tatianapopab and all at wonderful @HIS_Moldova..proud to work with you and learn from your support and commitment to international collaboration, communication and sharing trust and understanding..

Heritage International Sch... · 22h
The brilliant @KhaddageRolla speaking at #bc_ambassadors schools' conference - and the fantastic, inspirational @yorkshirejohn @Schools_British @BritishCouncil -so good to be with our global education community from #Moldova 🇲🇩 & looking forward to a great conference #Hope #Peace

2 3

BRITISH COUNCIL

Programme

British Council Schools Ambassadors Conference 2022

12 March 2022

	Title	Presenter
10.30	Welcome/introductions	John Roffe
10.35	Mental Well Being and Gender - Lebanon/Yemen	Rolla Khaddage/Taghreed Galashan/ Myassar Allani/Maha Shhaddeh
11.20	Innovative UK / North America learning	Jo Speak
11.30	Link Online Learners	Alex Bell
11.50	Reflections from a Headteacher in Northern Ireland	Barry Corrigan
12.10	The learning legacy from COP26 in Glasgow	Lesley Atkins/Erin Storer/Claire Mackay
12.25	British Council Schools work – updates	Vicky Gough
12.40	Innovative Global collaboration with Moldova and NASA	Rob Ford/Tatiana Popa/Rick Davis/Bob Cofum
13.20	Thanks and next steps	John Roffe
13.30	Close and lunch	

https://isn.education/articles/open/ukraine-war-the-view-from-moldova/

Heritage Globe:

The March edition of the Heritage Globe is now available! Be sure to check out all the great articles, art, and poetry. You can also go into the Archive to look through older editions. If you don't already, you can follow the Heritage Globe on social media:

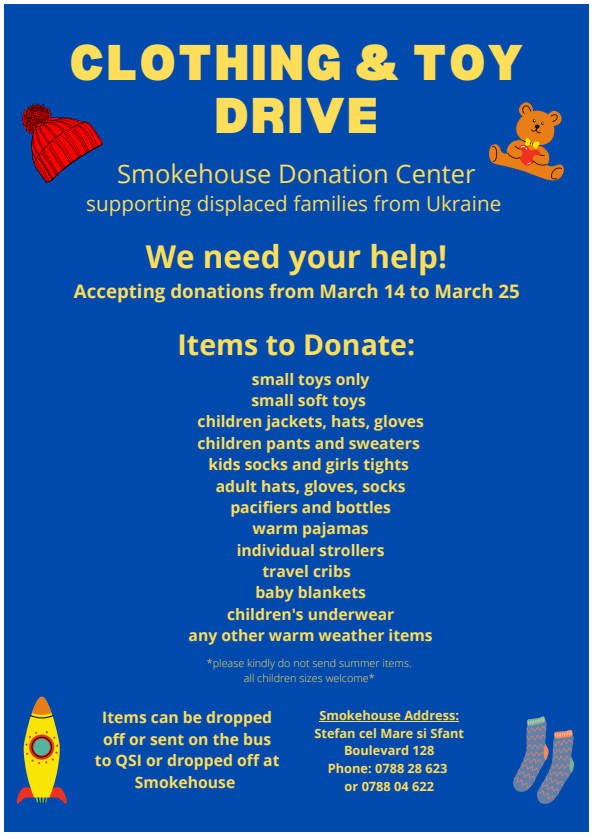
Instagram: heritage.globe
Twitter: heritage.globe

Articles of interest:

- ***Please support refugees from Ukraine! From March 14-25, we will hold a Clothing and Toy Drive to support the Smokehouse Donation Center.*** *Each day, there is an increase of women and children crossing the border in need of warm clothing.* ***Please see the attached flyer for details.*** *Second hand items are encouraged. We also kindly request that toys are small as many families are in transit or are staying in a temporary shelter and do not have much room.*

Drive will be held from March 14 to March 25 at Smokehouse (Stefan cel Mare 128)

Thank you for your support!



Vă rugăm să sprijiniți refugiații din Ucraina! În perioada 14-25 martie, vom organiza o colectie de îmbrăcăminte și jucării pentru a sprijini Centrul de donații Smokehouse. În fiecare zi, există o creștere a femeilor și a copiilor care trec granița care au nevoie de îmbrăcăminte caldă. Vă rugăm să consultați pliantul atașat pentru detalii. Articolele second hand sunt încurajate. De asemenea, solicităm ca jucăriile să fie mici, deoarece multe familii sunt în tranzit sau stau într-un adăpost temporar și nu au mult spațiu.
Drive va avea loc în perioada 14 martie - 25 martie la Smokehouse (Stefan cel Mare 128)

Mulțumim pentru suport!

Пожалуйста, поддержите беженцев из Украины! С 14 по 25 марта мы проведем Акции одежды и игрушек в поддержку Центра пожертвований Smokehouse. С каждым днем увеличивается количество женщин и детей, пересекающих границу и нуждающихся в теплой одежде. Подробности смотрите в прикрепленном флаере. Приветствуются товары, бывшие в употреблении. Мы также просим, чтобы игрушки были маленькими, так как многие семьи находятся в пути или находятся во временном приюте и не имеют много места.

Драйв пройдет с 14 по 25 марта в Smokehouse (Штефан чел Маре 128)

Спасибо за поддержку!

*- **Child Aid; Esther House, Moldova**. Esther House, Moldova is a day centre for children aged 5-15 who are at risk. They are from poor families, often left with relatives or neighbours as parents work abroad, or are in single parent families or from families where there is alcohol abuse and violence. The Centre is open five days a week and children arrive after school from 1pm onwards. It is also open during school holidays. It supports 70 children - with 20-25 attending each day; https://www.childaidee.org.uk/esther-house-moldova-resources*

*- **Supporting Conflict Victims.** Since the annexation of Crimea and the separatist's war in the southern regions of Donetsk and Luhansk, the tragic invasion of Ukraine has shocked the world. Lives which were already difficult have become more precarious. There is a constant flow of refugees and more are becoming homeless, there will be more orphans, there will be more suffering, there will be more hardships. ChildAid's partners in Ukraine and Moldova are, where it is safe and practical, already doing what they can to help and will be doing much more. Our centres are being used as bomb shelters or refugee homes. Clothing, bedding, food, nappies, medicines are all in desperate need; https://www.childaidee.org.uk/Appeal/ukrainewar*

*- **BOOKS ABOUT REFUGEES FOR AGES 8-13;** https://www.whatdowedoallday.com/books-about-refugees-for-ages-8-13*

- UN Inter-Agency Operational Update March 2022. *Ukraine Situation Response; https://moldova.un.org/en/174877-inter-agency-operational-update-ukraine-situation-response*

- Help refugees in Moldova - Aide aux réfugiés; *https://www.gofundme.com/f/soutien-aux-rfugis-en-moldavie*

- Helping Ukrainians Directly. Easy ways to get money to people in Ukraine right now; *https://snyder.substack.com/p/helping-ukrainians-directly?s=r*

- Supporting refugees: *The government of Moldova has opened an account for humanitarian donations in support of the refugees in Moldova. Everyone can make a donation through the Mpay @eGovCenterMD Electronic Payments Service: http://bit.ly/3In9tvg or directly to the bank account: https://mpay.gov.md/Services/Service/UA001?fbclid=IwAR3KwAFWUBrD_ikob_xSdT4s1rSyA3DJXbzBiR8KH0Kr-WMJrQ4vyk7diC4&lang=en http://*

- The New Yorker; *Later. What does procrastination tell us about ourselves? https://www.newyorker.com/magazine/2010/10/11/later*

Heritage Primary:

Preliminary Spelling Bee Competition

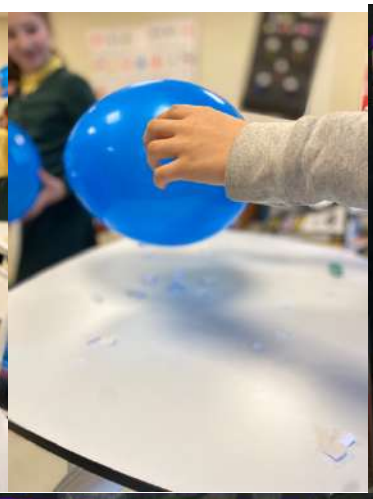
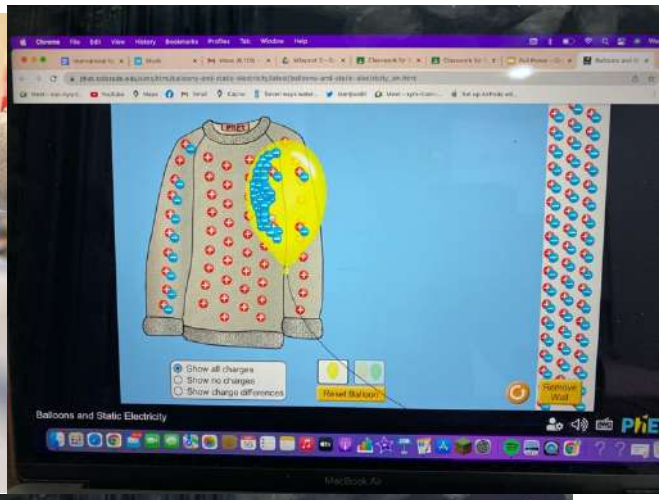
CERTIFICATE OF PARTICIPATION

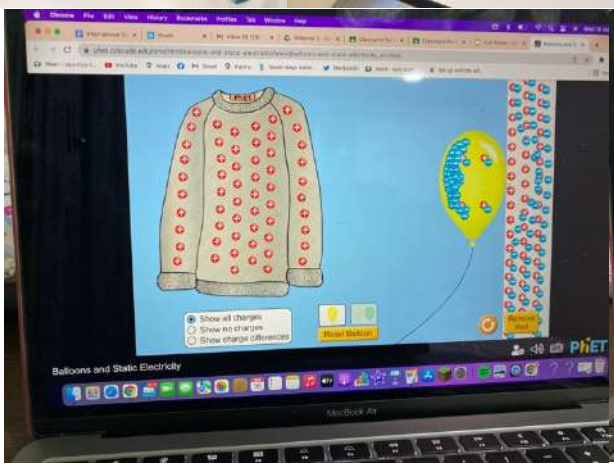
CERTIFICATE OF PARTICIPATION
THIS CERTIFICATE CONGRATULATES

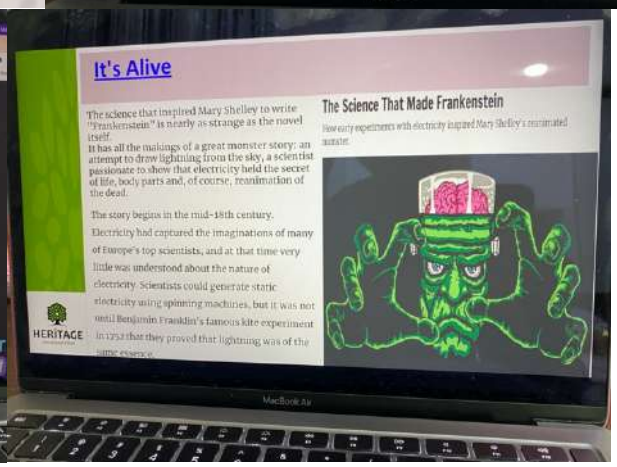
CERTIFICATE OF PARTICIPATION
THIS CERTIFICATE CONGRATULATES

4A Solar System Science Project and creative writing workshop dedicated to mothers

5 E started a new IPC Unit 'Full Power' with an exciting scene from Frankenstein and learned about Static Electricity using simulations. The Static Electricity Balloon Experiment was their favourite!





Origami art in technology lessons

Heritage

Heritage

Third graders participated in the 2022 Goals Project. Students studied, researched, had meetings with partners in the UK, with a nutritionist, created surveys, filled out forms. We all want the best for our planet and its people.

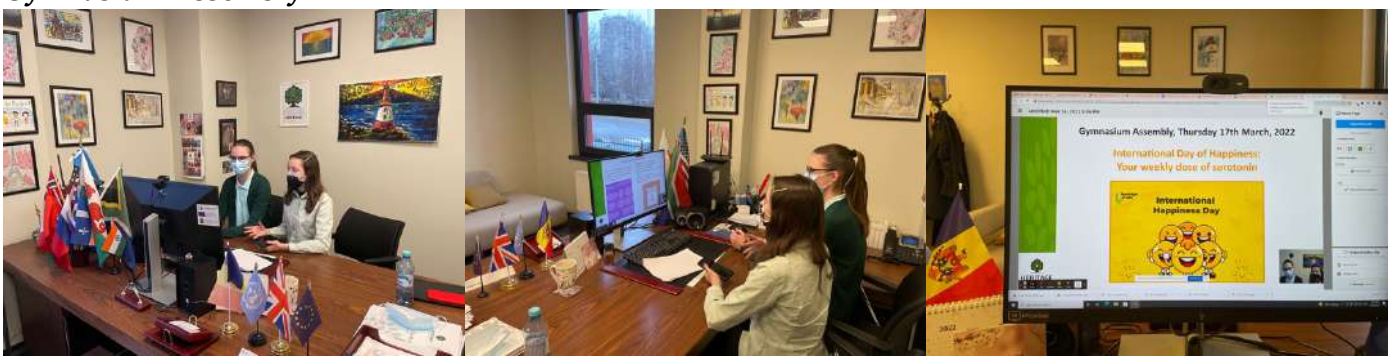
Science is the most popular subject because they know, learn, apply, analyse and create. The project about the favourite biomes brought new information, new learning opportunities, opportunity for presentation, either in digital or traditional format.

School Starter students explored the world of jobs

What color is happiness? Can you explain to me the topic of math? Why is power in union? 2A students looked for answers to these questions.

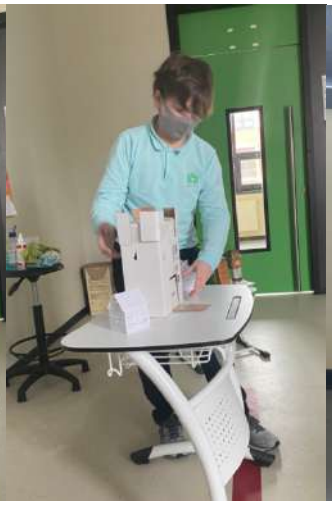
Heritage Gymnasium:

Gymnasium Assembly

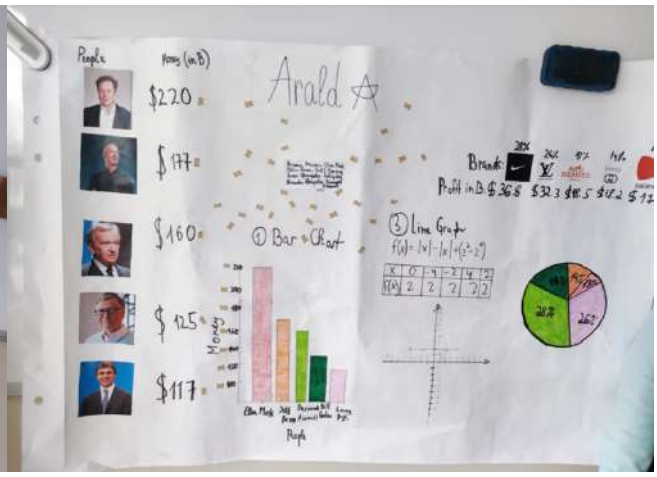


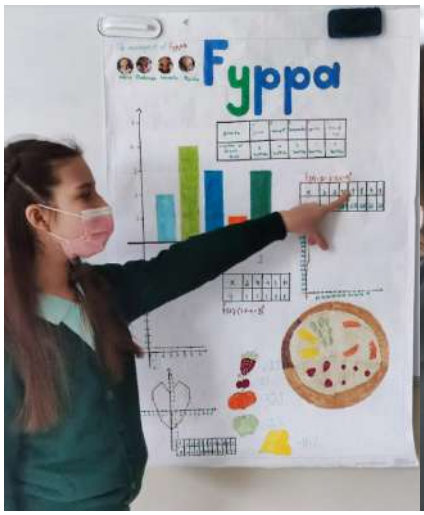
- Tips for effective exam preparation:
https://blog.cambridgeinternational.org/tips-for-effective-exam-preparation/

On Friday grade 6 students plunged into the world of the Middle Ages and presented to our attention "Medieval castles with your own eyes"!
The Middle Ages is the era of romance, knights, lush dresses and voluminous wigs. A medieval castle is the place where the seigneur and his knights lived. People settled around the castle and auctions were arranged. And the entrance to the castle lay through a large suspension bridge.

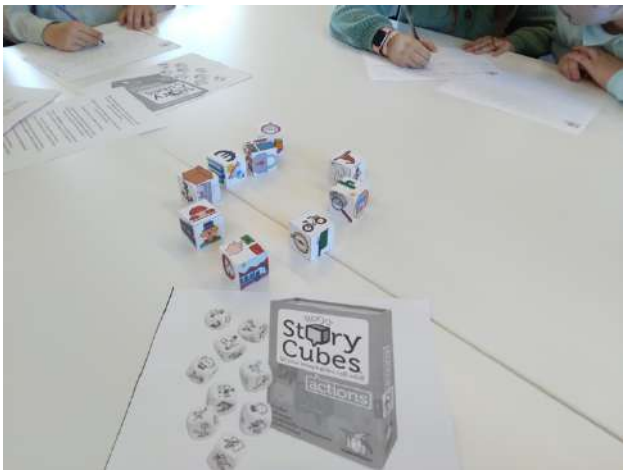


Real-life graphs - Using and interpreting graphs !





On Tuesday, the 6th grade "B" spent the Romanian language and literature lesson in the library. The purpose of the lesson was vocabulary and imagination development in the creation of small texts.



A new achievement of the 7th grade student Zaporojan Teodor at the District Contest for Literary Creation "Young bookbinders - challenges of writing", conducted by the Education Department of the District Council Edinet.

REPUBLICA MOLDOVA

PRIMĂRIA EDINEȚ

DIPLOMĂ

PREMIUL I

se acordă elevului (-ei) **Teodor Zaporojan**

de la **Școala Internațională HERITAGE**

profesor coordonator **State Livia**

pentru rezultatele obținute în cadrul

Concursului raional de creație literară

(cu participare națională/ internațională)

„Tineri condeieri – provocări ale scrisului", ediția a VI-a

Primarul mun.Edineț — *Constantin COJOCARI*

Șef al DE a CR Edineț — *Mariana ODOBESCU*

Coordonator de proiect — *Angela MORARU*

EDINEȚ, 2022

*Congratulations to **Alexander Melnic** on winning the **SILVER medal** in the programming competition "**International Online STEM Olympiad**", category computer science / 8 Grade.*
*Congratulations to **Teodor Zaporojan** on winning the **SILVER medal** in the programming competition "**International Online STEM Olympiad**", category computer science / 7 Grade.*

Heritage Lyceum:

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/aMT0PcPDA0/

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

Cambridge Assessment International Education

Top 20 universities in the world*

The top 20 universities in the QS, Times Higher Education and Shanghai World University Rankings all accept Cambridge International A Levels. Search Cambridge International's recognition database to find out more about the universities below and their admission policies. Go to: **www.cambridgeinternational.org/recognitionsearch**

University name	QS Ranking	THE Ranking	Shanghai Ranking	Cambridge International A Level Recognition
Massachusetts Institute of Technology	1	5	4	✓
Stanford University	2	2	2	✓
Harvard University	3	3	1	✓
California Institute of Technology	4	4	9	✓
University of Oxford	5	1	7	✓
ETH Zurich – Swiss Federal Institute of Technology	6	14	Not in rankings	✓
University of Cambridge	7	6	3	✓
Imperial College London	8	11	Not in rankings	✓
University of Chicago	9	10	10	✓
University College London	10	16	17	✓
National University of Singapore	11	Not in rankings	Not in rankings	✓
Princeton University	12	9	6	✓
Nanyang Technological University, Singapore (NTU)	13	Not in rankings	Not in rankings	✓

Top 20 universities in the world* continued

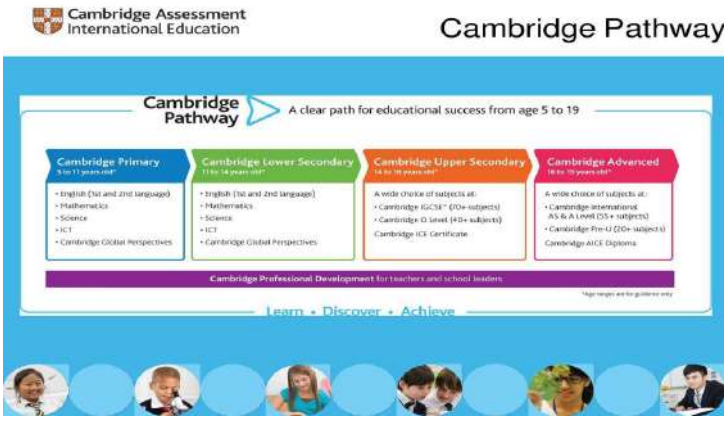
University name	QS Ranking	THE Ranking	Shanghai Ranking	Cambridge International A Level Recognition
EPFL – Ecole Polytechnique Federale de Lausanne	14	Not in rankings	Not in rankings	✓
Tsinghua University	15	=20	Not in rankings	✓
University of Pennsylvania	16	13	15	✓
Yale University	17	8	11	✓
Cornell University	18	19	12	✓
Columbia University	19	17	8	✓
University of Edinburgh	20	Not in rankings	Not in rankings	✓
University of California, Berkeley	Not in rankings	7	5	✓
Paris-Saclay University	Not in rankings	Not in rankings	13	
University of California, Los Angeles	Not in rankings	15	14	✓
Johns Hopkins University	Not in rankings	12	16	✓
University of California, San Diego	Not in rankings	Not in rankings	18	✓
University of Washington	Not in rankings	Not in rankings	19	✓
University of California, San Francisco	Not in rankings	Not in rankings	20	✓
University of Toronto	Not in rankings	18	Not in rankings	✓
Duke University	Not in rankings	=20	Not in rankings	✓

*According to QS, Times Higher Education and Shanghai world university rankings.

Learn more! For more information on recognition go to **www.cambridgeinternational.org/recognition**

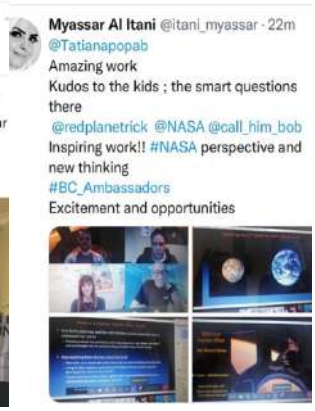
Cambridge IGCSE Guide for parents

https://drive.google.com/drive/u/2/my-drive



Global Education:

Our global education turned into a cosmic one, as Heritage students participated alongside Mr Ford and Ms Tatiana Popa in the British Council School Ambassadors Conference last Saturday. Heritage representatives were the keynote speakers, where they introduced the NASA experts Rick Davis and Bob Collom, and asked them questions. The audience, which consisted only of BC ambassadors,were extremely impressed with the language skills and the quality of the questions asked by our students.



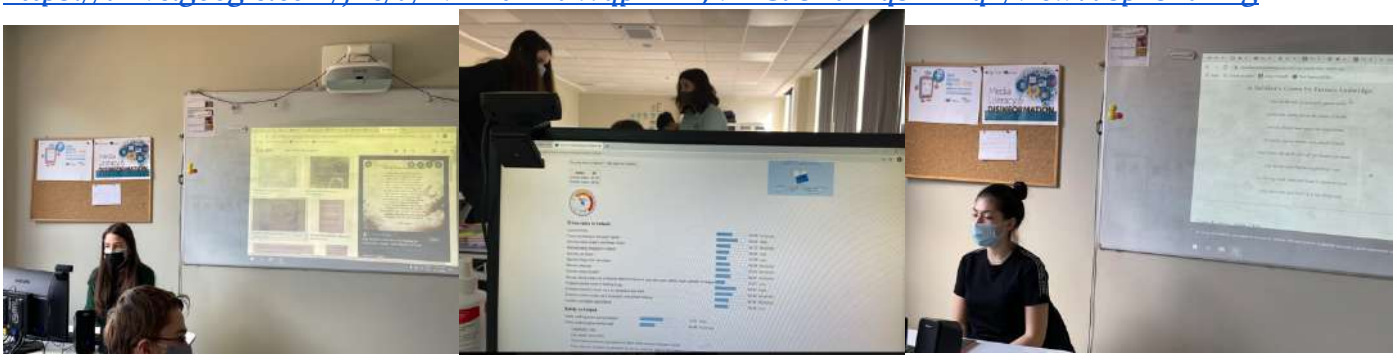
*The **winners of the Media Literacy Competition** were announced this week.*

Primary:
1.Gabriel Postaru
2.Calin Gurau
2.Razvan Hancu
3.Helen-Victoria Hasan
3.Popov Alexandru

Secondary:
1.Sabina Trucan
2.Rucan Paul
2.Loredana Sandu & Andrea Ghimpu
3.Gesica Sirbu & Erik Sirbu
3.Dan Ciobanu & Dan Ciobanu & Ivan Fuentes Bedereu

Heritage students celebrated St.Patrick's Day in different ways - some made drawings of the symbols of Ireland, others researched crime rates in Ireland (9E), while others got involved in a global movement to mark World Poetry Day on Monday, March 21st. More exactly, they found Irish poets and read their poems about Peace on a global Flipgrid, in collaboration with schools from other countries.
It's not too late to get involved and to read a poem about Peace and Freedom in the framework of the war in the Ukraine. The link is here: https://flipgrid.com/4047baaa

Referring to World Poetry Day, some students at Myddelton College in Wales read Tatiana's blog [Letter from Moldova:2022 War in Ukraine]() and watched the [video of our students speaking about the war](), *and they wrote poems about Moldova and Ukraine.*
One such example is a poem written by Thomas, a student in Wales:
https://drive.google.com/file/d/1vLiTtLMuWqpmAnJVlFCa8BdInqb7PHq7/view?usp=sharing



We are very much looking forward to the [2022 International Spelling Bee Competition](), *organised by Heritage for all the COBIS schools, which will take place next Friday, March 25th. The preliminary round took place at Heritage on Thursday and Friday and all the finalists were selected for the international round.*

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.

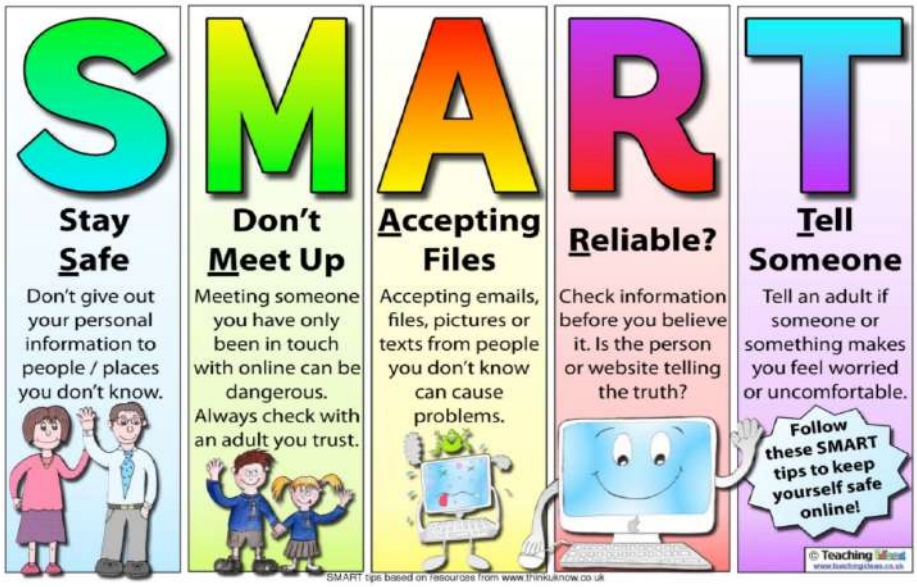
We are therefore delighted to announce that we, at Heritage International School, have shown our commitment to protecting our pupils online by working with National Online Safety - providing resources for all parents and carers.

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.



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 it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

National Online Safety®

www.nationalonlinesafety.com

How to Set up PARENTAL CONTROLS to limit age-inappropriate CONTENT

Android Phone

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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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 mean 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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#WakeUpWednesday

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What Parents & Carers Need to Know about ROBLOX

PEGI 7+

With more than 150 million users worldwide, Roblox is one of the most popular video games of recent times. Roblox allows users to create their own gaming experiences using Roblox Studio: building levels and games then allowing other people to play them. Similarly, players can play each other's creations, either on their own or with other people online. While it's a tool that can help foster creative thinking, Roblox is also intermittently in the news amid concerns over young users' safety.

No Age Rating

Roblox is rated 7+ by PEGI, but the platform itself doesn't have a minimum age requirement. It does ask for a date of birth when registering, but this can be easily fabricated. The sheer quantity of games available on Roblox means that some will fall into teen/adult categories. Users can also interact with each other freely – and the game has, historically, attracted scammers, griefers and online predators.

Chat Functionality

Users can join group chats with almost anyone through the Chat & Party function. While the chat has some filters, predators still try to find ways around these to prey on young children. There have been recent reports of adults pretending to be children, attempting to groom younger players and encouraging them to chat privately in an unmoderated environment away from the game.

In-App Purchases

Robux is the in-game currency used to buy things like special outfits or emotes, and to play certain sections of the game. A subscription service (costing £4.99 per month) called Roblox Premium offers more privileges and more in-game currency. Robux can also be purchased in batches, for up to £4.99. Children can easily pay for these, or purchase a membership, without realising it.

ODers

An 'ODer' (online dater) joins Roblox to find someone to 'date' online. While there's nothing inherently wrong with finding love on the internet, it becomes an issue in a space that's populated by children and young teens, like Roblox. Online dating is against Roblox's community guidelines, but certain player-built games on the platform are specifically for 'ODers' and should be avoided by children.

Online Predators

Roblox's developers aim to maintain a safe place for children; they employ human moderators for their players' protection. But there will, sadly, always be individuals who try to bypass these safeguards so they can chat to children and attempt to communicate outside the game. Anyone asking for your child's personal information or to talk privately should be blocked and reported.

Advice for Parents & Carers

Take Note of Ratings

Recent press reports drew attention to Roblox's issues with potentially offensive content. Some players were using Roblox Studio to create games featuring nudity, sexual activity and extreme political views. In response, Roblox is introducing a ratings system which will rank content by age appropriateness, with clear warnings if a game is not suitable for younger players.

Set Parental Controls

Roblox has controls that allow parents to moderate who their children can talk to and which games they can play. To enable these, add your email address to your child's account through the Security menu, and create a secure PIN to stop settings being tampered with. Then head into the Privacy menu where you can apply moderation to in-game chat, personal messages, invites and more.

Disable Messages

It's advisable to block all messaging if you have concerns over your child's safety. If they're playing with friends they know in real life, encourage them to chat in another way (like on the phone), so you know exactly who they're talking to and how. Accounts can be tweaked to allow messages from specific groups of people, such as friends or users that your child follows.

Block and Report

To report players in a game, find the Roblox symbol on screen (or the 'Settings' button on some devices); identify the offending player and click the flag icon. Clarify why the player is being reported by choosing a reason from the list. If you think a particular game is inappropriate, you can also flag it for a moderator to check by following the same steps but selecting 'Game' instead of 'Player'.

Encourage Creativity

It could prove a little too complex for younger children, but Roblox Studio is a great place to start learning the fundamentals of game design. Many budding developers have created Roblox games which have become popular among the community. There are plenty of tutorials on making games on sites like YouTube. You never know, your child's creation might be the next big thing!

Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGblog. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

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https://nationalonlinesafety.com/guides/roblox-what-parents-need-to-know-about-inappropriate-content-and-safety

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There's a very good chance you've heard of Minecraft. The block building phenomenon is, arguably, the most beloved video game of all time which has managed to maintain its popularity since its first release back in 2011. Nine years later, it still has a huge userbase of 112 million people playing the game every month. Accessible to those 7+, Minecraft can be a gateway into a world of learning and exploration which encourages players to use their imagination to build three-dimensional worlds with virtual building blocks. While Minecraft is considered relatively safe generally speaking, there are some safety precautions parents may want to consider before allowing their children loose on the game.

AGE RESTRICTION 7+

What parents need to know about MINECRAFT

OPEN TO HACKING

Hackers can be a real problem in any online game, including Minecraft. Some individuals can access other people's games to disrupt their play time, or even worse, access private details about players such as their names, email addresses, dates of birth and so on. It would be incredibly rare and unfortunate to encounter a player like this, but it does happen and must be taken as a serious risk.

RISK OF GRIEFING

Griefing is when someone purposely upsets another player during the game. This can be done by ruining somebody's creation or generally doing something to spoil someone's gameplay and can essentially amount to a form of cyberbullying. In open servers, or even private ones among friends, it can be difficult to keep track of who's saying what, and an innocent comment in one person's eyes could be seen as bullying by somebody else. Stealing supplies, destroying things that take hours to build and harassing innocent players can all be commonplace if care isn't taken.

CONTACT WITH STRANGERS

Most players aged 7 and over will be able to play the game comfortably and, whilst creating an account does ask you to input your date of birth for confirmation, there's no way to check if the information is correct nor to check someone's real identity. This could mean that children younger than 7 could access the game. However, what is more concerning is that adults pretending to be children could theoretically be using false information to access the game and be interacting with your child.

ADDICTIVE NATURE

Minecraft can be an incredibly exciting game but it can also be very addictive. Too much time on the game could impact on your child's behaviour, causing them to become irritable or angry when being asked to stop playing. This might suggest it might be time to enforce some time away from the game. Addictive behaviour can be compounded at a young age and encouraging gaming in moderation is always recommended.

'SCARY' CHARACTERS FOR YOUNGER GAMERS

For the most part, Minecraft is not a scary game. Despite this, there are certain characters in the game that younger children in particular may find frightening. Creepers, zombies and various other 'baddies' can be commonplace in some parts of the game and young minds may find it difficult to disassociate them from real life once they switch off the game.

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Safety Tips For Parents

BLOCK STRANGERS AND UNWANTED CONTACT

Despite the fact that private messages can no longer be sent in the game, strangers may still attempt to interact with your child. From the pause menu, players can block chat and friend requests from others in the game. This causes any profanities, email addresses and phone numbers to become automatically blocked, meaning it's harder for people you don't know to potentially contact your child.

LEARN FROM YOUTUBERS / TWITCH STREAMERS

There are a lot of Minecraft focused YouTubers and Twitch Streamers that offer a huge variety of fun, engaging content. Many of them focus on making videos specifically for younger audiences, which don't include bad language or anything scary. If you're unsure about the game, check out some of the biggest streamers and more importantly, ask who your children like. This will help you to understand what the game is about and also make sure that your children are watching age-appropriate content online.

PLAY IN CREATIVE OR PEACEFUL MODES

Playing the game on Creative or Peaceful mode ensures that the experience is strictly safe. Peaceful mode allows children to explore with friends without having the survival element of normal Minecraft, while Creative mode allows imaginations to run wild with unlimited resources, encouraging creation of vast, personalised worlds. There really are no limits as to what can be accomplished and getting involved yourself can make it a great way to bond with your child and give you a long-term project to complete with them.

MONITOR GAME TIME

Being able to play on a wide variety of platforms can be beneficial however it can also make it more difficult to put the game down. Play time should be monitored and it's always a good idea to talk to your child if you feel they are spending too much time on the game or showing signs of addictive behaviour.

CREATE A PRIVATE SERVER

The best way to avoid unwanted strangers or griefers in a server is to simply create your own. Private servers do exactly what they say on the tin by offering a safe, secure place for children to play and create with their friends, free from outside interference. They (and you) control who is allowed in the server and what kind of things they can do in it, making it the closest thing Minecraft offers to parental controls.

LEARN TO PLAY YOURSELF

Minecraft is an incredibly easy game to pick up and play. Furthermore, it doesn't require an expensive console or computer, with versions available for smartphones and tablets. Learning to play yourself and playing alongside your child is the best way to understand the game and will help to put your mind at ease in respect of what your child is viewing and who they may be interacting with.

CREATE SERVER WHITELISTS

Usernames you know to be safe, like your child's friends or relatives, can have their accounts whitelisted as safe. Essentially, this means that server moderators can create a community made up of people they know to be friendly and children will only be playing alongside people both they and you know, reducing any risk of contact with strangers or experiencing griefing.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

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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
Film4Energy Challenge now extended to 31st March!

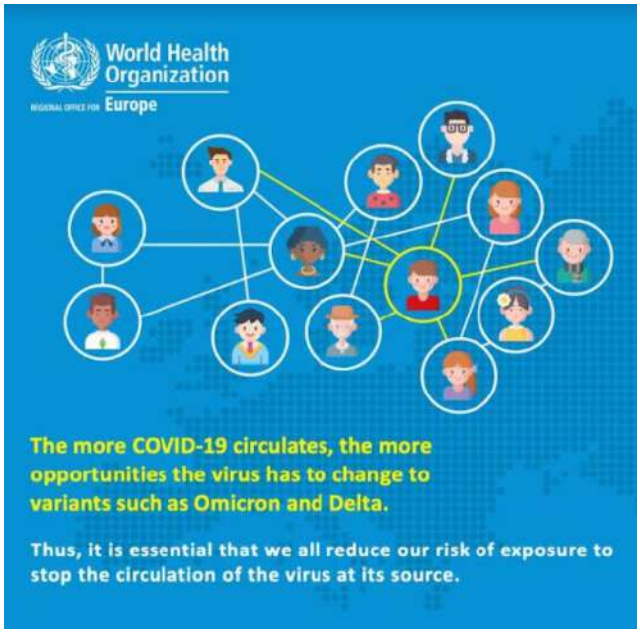
Happy St. Patrick's Day

Collagraph printmaking technique with 6 E grade students. Students used cardboard and foamran to design their own collagraph templates, then they covered the collagraphs with gouache in different colors and got these wanderful prints.

1 E students learned how to use any objects, like sticks or marker cap to create textures on plasticine. Look at these amazing Fairy Fish created by them. Bravo!

In Art lessons 7 E and 7 B students learned about neurographic art and how it works. Neurographic art is a simple way to work with the subconscious mind through drawing. This creative method stimulates new neural pathways by combining art and psychology. Simply stated, connected neurons process information received. enabling people to interact, experience emotions and sensations, create memories and enable learning. Neurographic artists know this type of art is a way to offer someone to transform one's stress and fear by drawing freeform lines and then later using a specific algorithm to transform the stress into a beautiful work of art.

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*

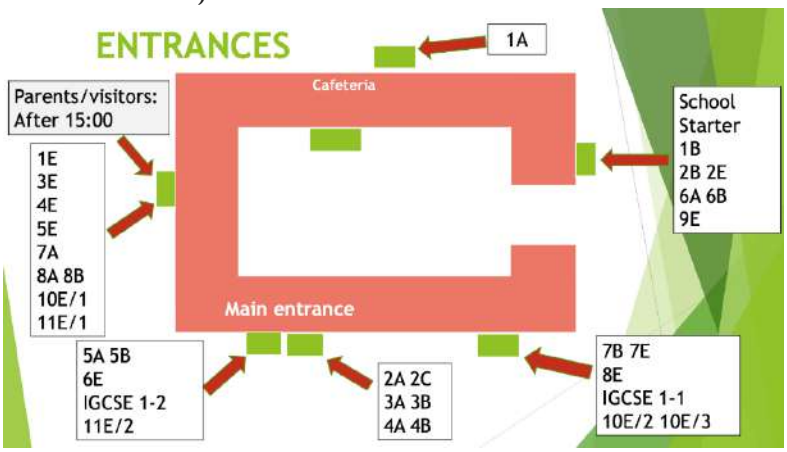
*by **Decision Nr. 60 from 23.08.2021***
https://gov.md/sites/default/files/hotarare_cnesp_nr.60-redactat-ro.pdf

- ***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 **№ 63 from 08.10.2021***
  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 10th day. Vaccinated students or the students who have had COVD 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'.

School Exit Pass:

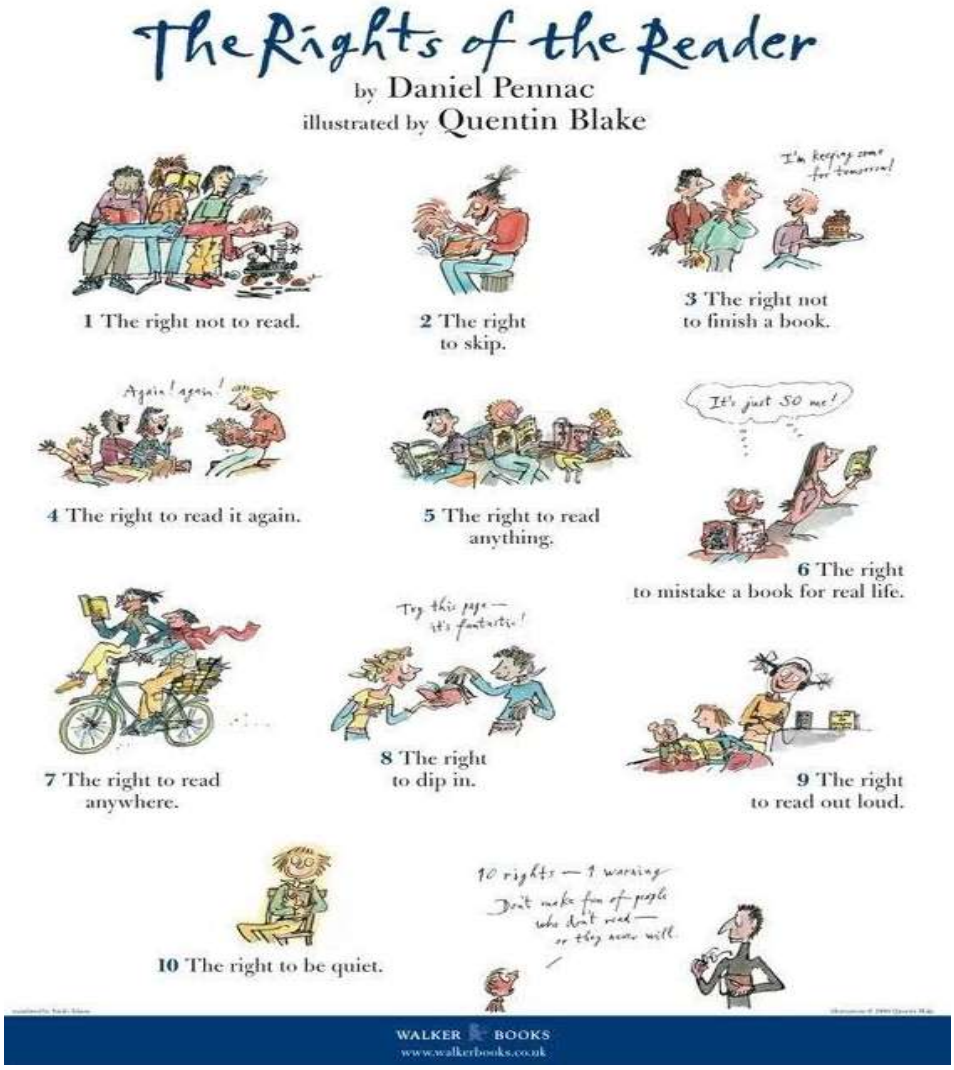
Starting this week, we have a new exit format for leaving the school premises before 4 o'clock provide even more security for your child.
Children will be allowed to leave school only if your permission is confirmed by phone or text message/email to the homeroom teacher or directly to the reception.
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

PHOTO		EXIT PASS 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



Self-regulation coping strategies
Students can use at school

When I feel upset, sad, or unfocused at school I can:

Kids Inspire
Reclaiming Lives, Rebuilding Futures

BREATHE
As I focus my attention on my breathing, I will take extra long out-breaths.

Squeeze a stress ball or use another teacher approved fidget gaget.

Roll my neck and shoulders.

Think of or write a list of three positive things in my life.

Tell my teacher I would like to help or take on a classroom responsibility.

Ask to deliver books to the library or another class.

Imagine a peaceful & calming place.

Ask my teacher for help if I feel upset or overwhelmed.

Count to 10, and back, in coordination with my breath.

Squeeze my fists together as hard as I can... hold... then relax my hands.

Listen to calming music with headphones.

Push my palms together.

Push against the wall as hard as I can & then relax my body.

Use I-statements to express how I am feeling, what I need, or what I hope for.

Move away from the distraction or person who is bothering me.

Write down my thoughts or questions if my teacher can't address them right away.

Doodle, draw or colour.

Think of at least three things I am grateful for.

Tell my teacher I need help with the task or lesson.

Volunteer to help clean or organise the classroom.

Drink water.

Ask to work with a friend.

Focus in on my senses, noticing:
Five things I see
Four things I feel
Three things I hear
Two things I smell &
One thing I taste.

Ask permission to take a short walk down the hallway or up & down the stairs. And then return.

Tell myself a positive affirmation or mantra. Repeat.

Go outside during break time and notice the sky, trees & sounds from nature.

Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.

Slowly trace my hand with my finger, breathing in as I trace my fingers going up... breathing out as I trace my fingers going down.

Remind myself it's ok to make a mistake.

Do an act of kindness.

Talk with my school counsellor/ pastoral support.

Help a classmate or my teacher.

Stretch.

Use an approved break card to let my teacher know I need a break & then use a timer to remind me when to return.

Journal or write a letter.

Ask if I can do my work standing up.

Cross my arms in front of me & do the arm pretzel.

Ask permission to quietly jog in place for a minute or do 20 jumping jacks.

Eat a healthy snack or tell my teacher I am hungry.

Take a 3-5 minute break in a designated classroom 'peace corner'.

Rub or tap my temples.

Ask my teacher to break down the task into smaller chunks so it's not so overwhelming.

Give myself or a stuffed animal a hug.

Invent a secret hand signal with my teacher that communicates I need help.

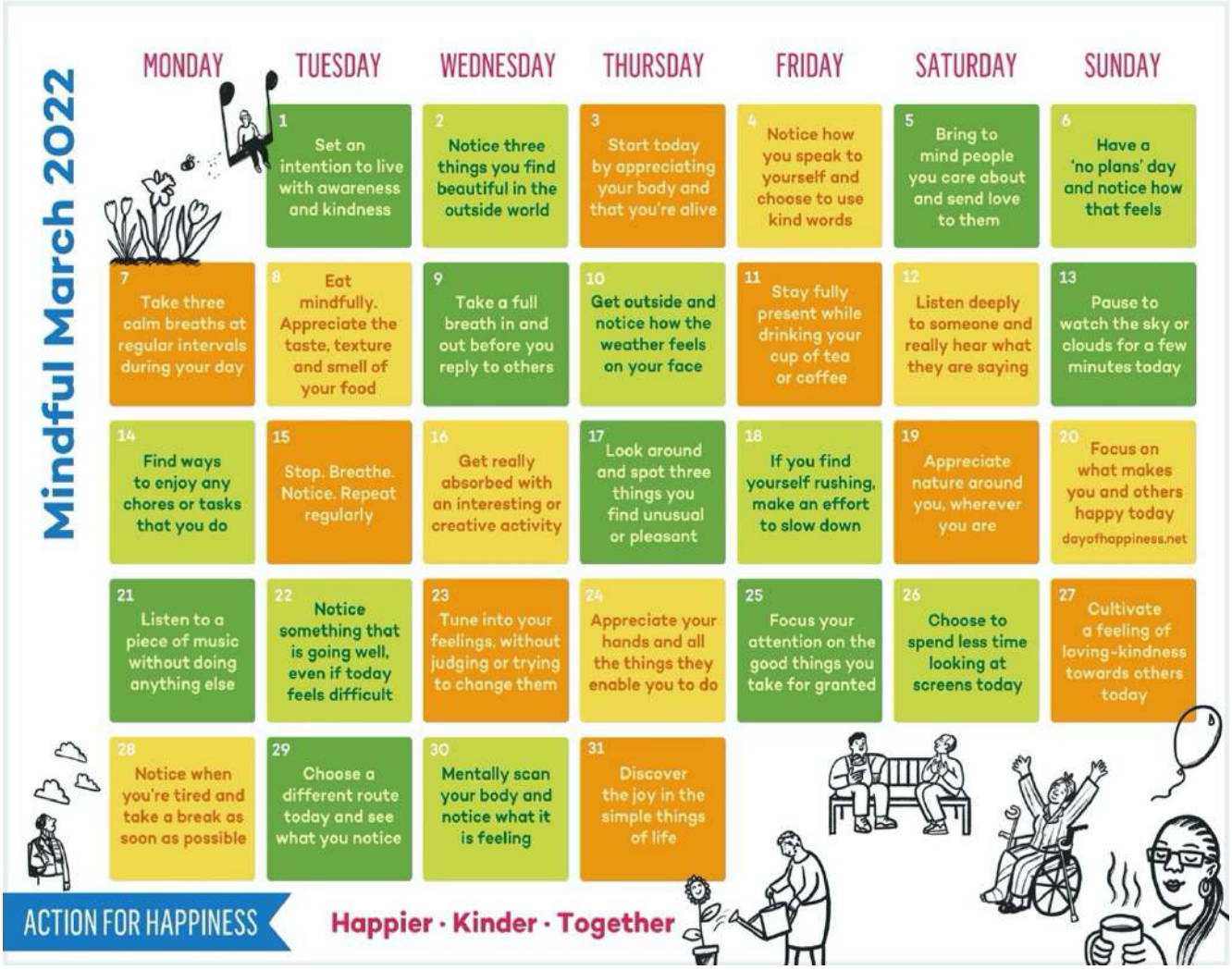
Visualise a person who supports me & cheers me on.

Give myself an arm & hand massage.

Rest my head on the desk for a moment of two.

Devise a secret code word or signal with my teacher that means time to get back on track.

Smile or laugh, even if I have to fake it.



UPCOMING EVENTS

20 March 2022	*International Day of Happiness*
21 March 2022	*World Poetry Day*
21-25 March 2022	*Global Money Week*
22 March 2022	*World Water Day*
11-15 April 2022	*Heritage Science Week*

MAIN CONTACTS

Director: director@heritage.md
Academic/Secondary School inga.chiosa@heritage.md
Primary School: larisa.mirza@heritage.md
Hybrid Learning Coordinator: tatiana.popa@heritage.md
Transportation service:transport@heritage.md
Catering services: meals@hertage.md
Admission: admission@heritage.md
Exam officer: shabbir.anjum@heritage.md
Pastoral Care: olesea.pletniov@heritage.md
Head of English Department: liliana.pulbere@heritage.md
Head of Lyceum: rose.moran@heritage.md
Absences: school.absences@heritage.md
Governors: governorsclerk@heritage.md
English language courses for children and adults: language.academy@heritage.md
Summer Camp activities: summer.school@heritage.md

Cambridge Assessment International Education · COBIS MEMBER · International Primary Curriculum · eTwinning · British Council · Global School Alliance