HERITAGE
International School

THE INTERNATIONAL HERITAGE HERALD

April 9, 2021

GENERAL

Quote: *"I believe we are here for each other, not against each other"*

John Denver

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

It's been the strangest of weeks this week, and believe me, there are a few contenders to choose from over the past year or so. The view from Dacia Boulevard this week has definitely vacillated between a bright Spring sunshine, at the start of the week, to cold temperatures and a snow storm hitting us on Wednesday, and at the end of the week back to a lovely sunny Spring day. You have to be an optimist and ever hopeful to be in education, no other mindset will do.

Monday started with two wonderful, uplifting events in our Heritage community. The wellbeing of the brilliant, dedicated and outstanding staff at Heritage is something I have never taken for granted as director. None of us should and it is why we have worked all year to also develop a culture around positive communications, work/life balance and respectful relationships throughout our Heritage community. Less time spent on charged, late night emails or messages, when more constructive engagement benefits everyone, not least the very children we are all working together to ensure they have the very best education and opportunities. This latest twist of the crisis these weeks, has added even more pressure on the team of teachers, support staff, families and our children.

It was therefore, a delight on Monday, that a dear colleague from the British Council, Suzi Bewell, could join our weekly online staff meeting to show us a very simple but effective wellbeing tool in "Laughter Yoga". Suzi soon had us all stretching, laughing out loud and allowing ourselves to take a moment for ourselves from the concerns of the crisis. I was even more pleased to see this wellbeing tool being applied in the classrooms and you can see here in the IHH, how effective it was in Mrs. Elize's class. I think we did need to remember to smile more frequently in this crisis, especially as it has taught us to value the simple but precious things of daily life. I should also say seeing the K-classes in the gym with Coach Andrei enjoying the UN's International Day of Sport on Tuesday made me smile this week to see such an ordinary but vital moment of school life.

The second piece of news from Monday to brighten the week was the announcement to say Heritage staff would be able to begin receiving their vaccinations against Covid19 and the feeling on Thursday morning was more than just elation at the significance of this moment to see the next strategy going forward absolutely clearly now. I had to stop myself from opening the window and shouting for joy to any passersby on Dacia Boulevard. The vaccinations programme in schools for all staff is how Education, and wider society will beat Covid19. By putting teachers and support staff as a key priority and children 1st. We can all be proud of what Moldova is achieving this Spring. Last March, as we were still reeling from the blows and shocks of the pandemic overwhelming us all, our national education community worked together, across sectors, without labels, so we could share ideas and expertise to keep education continuing.

This Spring, a national vaccination programme is now underway thanks to the international cooperation and support of the COVAX system, the brilliant hard work of healthcare professionals, the support and collaboration of the international community and the wise leadership at both local and national level. This is how we find a real solution to keep our schools safely physically returned. I am really proud of the hope this moment brings finally to us all. At last, 2021, starts to be the year

we hoped it would be. I am in awe of the brilliant colleagues I work with and their ongoing dedication to children and education in the stressful circumstances we have all worked around the globe for over a year now. This vaccination programme in Moldova should be a model for all education communities. What we need now, especially in light of the daily case numbers reducing, is our children back to physical school ASAP. Especially when we have operated and demonstrated a clear school culture of safe and responsible measures all year on our campus.

Let us hope there is more good news to come along these lines in the coming week. Ford family favourite, singer John Denver was absolutely right; we are here for each other in our school and wider community, not against each other.

Rob Ford
Director

Heritage in the Wider World:

Staff weekly meeting with Suzi Bewell and Laughter Yoga

Mrs Ludmila Gurau, the co-founder of QUBO Communications company and a parent of our school speaking about [media literacy](), disinformation and online safety in our digital era.

The April edition of the [Heritage Globe]() is published! Once again, our students have provided a wonderful selection of articles, stories, and art. Please enjoy all that they are doing:
https://sites.google.com/heritage.md/heritage-globe/home

Articles of Interest

-Director's latest "Mail from Moldova" April 21 blog; Let your life speak: https://mailfrommoldova.home.blog/2021/04/05/let-your-life-speak/

- The Musical Human by Michael Spitzer review – a wide-ranging global history of music; https://www.theguardian.com/books/2021/apr/03/the-musical-human-by-michael-spitzer-review-a-wide-ranging-global-history-of-music

- Destress your kids with a forest-bathing adventure. The Japanese practice provides meditation benefits while getting children outside: https://www.nationalgeographic.com/family/article/destress-your-kids-with-a-forest-bathing-adventure

- Check out the brand-new virtual tour of the 'Becoming Jane @NatGeoMuseum exhibit created in partnership with the Jane Goodall Institute to honour this remarkable individual and force in global sustainability and conservation: https://vr.nationalgeographic.org/615-2/?sf244605213=1

- Thawing a Frozen Conflict: Young People Healing Old Wounds in Transnistria and Moldova: https://www.gmfus.org/blog/2021/03/25/thawing-frozen-conflict-young-people-healing-old-wounds-transnistria-and-moldova

Notes from Ms Elize

After a busy few weeks celebrating our cultural diversity, things have settled a bit, giving teachers and students an opportunity to focus on the task at hand, our academic program. The weather is improving slowly but surely and it is getting dark later. This gives us that extra bit of time to spend outdoors.
With students indoors, busy with lessons for the first part of the day, getting them outside is extremely important to their mental well-being. The outdoors provides an open and constantly changing environment, where children have the possibility to experience the freedom to run, laugh, be noisy and move around unrestricted. They get the opportunity to come in contact with natural elements. While playing outside, children benefit from being exposed to sunlight, natural elements, and open air - all factors extremely important in reducing stress and anxiety in children.

As parents, our hectic modern day lives require us to sit for hours in front of screens as we work, solve our practical day-to-day issues and build social interactions and networks. Making time for outdoor activity with our families lets us reconnect with each other, nature, and our immediate environment. This in turn gives our bodies what they need to find a sustainable balance in this new normal we are navigating.
Outdoor activity puts our bodies in motion, supplies our brains with oxygen and puts us in touch with sunshine, rain, wind, snow and more. It helps us to bring our attention to the present moment and share unforgettable experiences with both loved ones and strangers.
According to the weather forecast, it seems to be a sunny weekend. We do not need to make elaborate plans; a walk in the neighbourhood can open up a world of possibilities if we see it through the eyes of a child.

Have a wonderful weekend filled with sunny memories!

"In the presence of nature, a wild delight runs through the man, in spite of real sorrows."
Ralph Waldo Emerson

Heritage took part in the COBIS Art Competition. There were nearly 600 entries from 99 schools around the world. Our student Eva Zaharcenco is the winner of the Key Stage 2 category! This is an

amazing accomplishment and we extend our warmest congratulation to Eva. The name of the piece is Connections. A fantastic artistic display.
I would also like to mention Ms Iulia. She is a wonderful art teacher and very passionate about teaching our students.

Our Primary School Assembly this week is "Fun Online" done by Ms Allie. This ties in perfectly as we are currently on our DLP. At Heritage active learning and fun is not a victim of Covid 19! We can have fun and learn at the same time.

Fun on a Monday morning. After the weekend it can be a bit hard to get back into the swing of things. Brain exercises and teasers get us going in 3E.

Wellbeing of students at Heritage is a huge part of our daily activities. Especially during the current times, whole child education is a very important part of teaching and learning. 3E did some Laughter Yoga this week. Fun was had by all and set the stage to start the day on a positive note.

Celebrating our International culture students 3E celebrated Easter with some of their classmates this past weekend. We made a fun popup Easter Card on our Saturday recovery day.

School Starter students study the world of insects

UN International Day of Sport 6th April

Artists from the second grade were impressed and inspired by Winslow Homer artworks and painted a clipper ship.

Every day we have to collect beautiful memories that we will be kept in our souls. 1 A students love school a lot, learn with passion. Joy, enthusiasm, amazement and passion shine bright. Light from light! We finished another week full of discoveries and a lot of joy!

emrxsrw57k (jzz-iwrz-dje - Apr 1, 2021)
Ana
1 APRILIE-ZIUA INTERNAȚIONALĂ A PĂSĂRILOR

emrxsrw57k (jzz-iwrz-dje - Apr 1, 2021)
Vlad
ALBATROȘII
ALBATROSUL ESTE SINGURA PASARE CARE POATE SI DORMI IN TIMPUL ZBORULUI

SERJ
Pinguinii
1) Sunt mari ca noi, dar au labute-aripioare mici.
2) Ei traiesc in Antarctica.
3) Pinguinii sunt pasari.
4) Nu pot zbura, dar innoata bine.
5) Sunt cu penaj colorat-spatele si aripioarele negre si burtica alba.
6) Au familie, traiesc in colonii.
7) Vad bine in apa.
8) Ei pot sta sub apa 20 de minute.

PĂUNII

Sofia

Serj

Youtube
I'm so happy!
Action Songs for kids | The Singing Walrus
36M views
99K
17K
SHARE
SAVE
The Singing Walrus - English Songs For Kids
1.27M subscribers
SUBSCRIBE

You

6E celebrated Western Easter in Global Perspectives by learning the origin of decorating eggs, and then painted some themselves!

1C students bring snowdrops for everyone! Snowdrops bring a sign that spring is not too far away.

2A students created Science projects. The theme was the Life Cycle of Plants and Animals. Even though we are at home, we managed to present and admire the outstanding work of our colleagues.

School Starter students enjoy Lego and Arts lessons

Active April 2021
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
1 Commit to being more active this month, starting today
2 Listen to your body and be grateful for what it can do
3 Spend as much time as possible outdoors today
4 Have a day free from TV or screens and get moving instead
5 Eat healthy and natural food today and drink lots of water
6 Turn a regular activity into a playful game today
7 Do a body-scan meditation and really notice how your body feels
8 Get natural light early in the day. Dim the lights in the evening
9 Give your body a boost by laughing or making someone laugh
10 Turn your housework or chores into a fun form of exercise
11 Be active outside. Dig up weeds or plant some seeds
12 Set yourself an exercise goal or sign up to an activity challenge
13 Move as much as possible, even if you're stuck inside
14 Make sleep a priority and go to bed in good time
15 Relax your body & mind with yoga, tai chi or meditation
16 Get active by singing today (even if you think you can't sing!)
17 Go exploring around your local area and notice new things
18 Make time to run, swim, dance, cycle or stretch today
19 Have a 'no screens' night and take time to recharge yourself
20 Spend less time sitting today. Get up and move more often
21 Focus on 'eating a rainbow' of multi-coloured vegetables today
22 Regularly pause to stretch and breathe during the day
23 Enjoy moving to your favourite music. Really go for it
24 Go out and do an errand for a loved one or neighbour
25 Get active in nature. Feed the birds or go wildlife-spotting
26 Try a new online exercise, activity or dance class
27 Take an extra break in your day and walk outside for 15 minutes
28 Find a fun exercise to do while waiting for the kettle to boil
29 Meet a friend outside for a walk and a chat
30 Become an activist for a cause you really believe in
ACTION FOR HAPPINESS
Happier · Kinder · Together

News from Secondary

Choosing and applying for a study programme. With so many world-class higher education programmes on offer across Europe, choosing what to study and where can be difficult! Use this EU website to help look at universities in Europe after A Levels. https://ec.europa.eu/education/study-in-europe/planning-studies/choosing-applying_en

Heritage International School Distance Learning Plan DLP 2020-2021

https://sites.google.com/heritage.md/distancelearning/home

- *Each Heritage student has their own email address, created and owned by the school, on the Heritage school domain.*
- *In order to start their learning online, the students need to access their email account, with the address and email provided.*
- *After getting into their email, the student has to go to Google Tools (the dotted square in the top right corner, press on it, and select 'Classroom'.*
- *There he/she will find all the Google Classrooms they are invited to, a separate one for each school subject.*
- *By entering the Google Classroom (for instance, 1A Math), the student finds the materials posted by the teacher, the assignments and the people that are part of that certain classroom.*
- *In the top bar of the Google Classroom, under the Title of the Classroom, there is a Meet link, generated by their teacher.*
- *By accessing it, the student enters the virtual room, where he/she can meet the teacher and other classmates live, in a synchronous environment.*
- *NB! A student can enter a Google Meet link ONLY after the teacher, as the teacher opens the Meet call. If it doesn't open, it means the teacher is still not there and the student needs to wait to be allowed to be part of the call.*
- *The students do not have the ability to start/create a video Meet call, they can only join an existing call created by their teacher, as of March 23rd, 2021.*

All students that are part of the Heritage learning experience respect the Online Safety policy, Student Behaviour Code and the Netiquette for distance learning. The teacher has the right to dial out of their Meet call the students that do not comply with the stated rules, and further disciplinary measures will be undertaken by the school administration in such cases.

On Saturday and some today, our lessons worked on creativity and speaking by presenting a class they invented. We had all types of classes and ideas shared--I honestly thought that they would have video gaming classes or something like that, but of course, our students came up with some amazing classes and developed them well.

Students were to invent a class that is not usually taught in schools. What will the class be? Why and how should it be taught? What would you learn? What activities would you do? Where would it take place? In the end, the students voted for which class they would want to take. The three favorites were Survival Skills, Mechanics, and Cooking. Other classes proposed included Communication, Global Collaboration, Event Planning, Song Writing, Animation Drawing, and Programming.

5A students learned about the currencies in the world

Math is great

Arts and Creativity

JQA International Environmental Children's Drawing Contest. The theme is "OUR EARTH IN 2030". Links here: https://childrens-drawing.com/drawing/image/21flyerENG.pdf

https://childrens-drawing.com/en/application.html

Global education:

Many exciting things happened at Heritage school this week in global education!
On Monday, Mrs Tatiana Popa got her books delivered from the Irish Embassy in Bucharest and has already shared them with her colleagues to read. If Heritage students are interested, Tatiana can lend them the books, too. The titles can be seen below:

Another eTwinner, Mrs Adriana Bujag, received a parcel from her partners in Greece, containing a puzzle game, designed by the teacher and students at Dionysos Elementary School in Athens. Pure excitement, but students will play only when they get back into school - hopefully, it will happen soon!

This week, we set a collaboration with Bombo Trinity Primary School in Uganda. Our teachers Mrs Larisa Mirza and Ms Allie Martin are planning a group of activities together. More details to follow.

Great news coming from the ambassadors of Climate Action project - the educators are brainstorming and contributing to designing a Climate Action app, to be used by students and their families, in order to contribute to the reduction of the carbon footprint on the planet. More details soon.

Students in grade 8/9E started presenting their team projects about changing communities around the world. Having students from different parts of the world or different backgrounds make their input truly valuable and varied. Students develop their critical thinking and learn more about the world together!

Student Council

Student Council Presents: National Animal Day April 11th 2021

Send us an adorable picture of you and your pet, for a chance to be featured in the Heritage newsletter!!

Send pictures and a short description to
Miss Allie: Allie.Martin@heritage.md
Adam Dacho: Adam.Dacho@heritage.md

We look forward to seeing all of the cuteness!

Congrats to Cristina Railean from 6 A for winning our weekly pet picture contest! Keep sending in your pictures so you can be featured in future newsletters!

COBIS International Public Speaking Competition

Heritage is delighted to participate in the COBIS International Public Speaking Competition and encourages as many students as possible to participate. If you enjoy the art of Public Speaking or if you want to learn more about it, this is YOUR CHANCE! The due date for submissions is the 10th of April 2021! If you desire to participate, here is everything you need to know!

- Firstly, you have to choose a topic for your speech. Here is a list of suggestions, but you can always select another theme or question.

Suggestions:
1. My concern(s) for the future is (are)...
2. Do something, don't just sit there.
3. Kindness will save the world.
4. Are top grades enough?
5. What are the challenges of our youth?
6. Are we living in a fake world?
7. Our teachers, the parallel parents
8. I want to change my community for the better.
9. Every child has the right to education.
10. Can we ever get rid of poverty?

- Secondly, create your speech based on your chosen topic, but make sure to follow the official rules attached below.

-Thirdly, record your speech. Make sure you follow rule number 9: The video must have a neutral background and show head and torso.

-The last step is sending your speech to allie.martin@heritage.md

Then, just wait for the results! Opportunities like this help shape your skillset, as well as boost your confidence! Hope you will take this challenge and represent Heritage and its wonderful community!

We're taking part in the Global Youth Summit #youthmobilize and would like to encourage #CambridgeLearners and #CambridgeSchools to join us!

In collaboration with UNICEF we will be holding a session on Saturday 24th 9am BST entitled 'Global Perspectives – converting classroom learning into community action' as part of the Global Youth Summit.

Students will be able to join a live broadcast, follow along, and ask questions on social.

How Can We Take Action in the Classroom?
@chrisgadbury
TEACH SUSTAINABLE DEVELOPMENT GOALS
www.magicstorybooks.com
PARTNERSHIPS TO ACHIEVE THE GOALS
*HAVE A CLASS TWITTER
*FIND OUT WHAT OTHERS ARE DOING
*SHARE WHAT YOU'RE DOING
*BUILD CONNECTIONS
SWITCH OFF THE LIGHTS WHEN YOU DON'T NEED THEM ON
CLIMATE ACTION
WATER
LIFE BELOW WATER
NO POVERTY
START A CLASSROOM SHOP WHERE STUDENTS SELL THEIR OLD TOYS AND RAISE MONEY TO HELP THOSE WHO ARE LESS FORTUNATE
WE CAN START BY LOOKING OUT FOR ONE ANOTHER. THIS MIGHT NOT SEEM LIKE A BIG DEAL, BUT THE CHARACTER TRAITS THAT WE DEVELOP NOW CAN LAST A LIFETIME
BRING YOUR OWN BOTTLE TO SCHOOL
*BUY A GOOD QUALITY ONE THAT WILL LAST.
*LOOK AFTER IT PROPERLY
FSC
USE PAPER WITH THIS LOGO. THE PAPER COMES FROM A RESPONSIBLE SOURCE.
LIFE ON LAND
ASK YOUR TEACHER IF THEY ARE DRINKING FAIRTRADE COFFEE IF NOT, BUY THEM SOME.
I'M THE FIRST TO FINISH!
ZERO HUNGER
ALWAYS FINISH YOUR FOOD. FOOD COSTS MONEY AND TAKES TIME AND ENERGY TO GROW. FINISH YOUR SNACK AND LUNCH. THEN YOU WILL BE LESS HUNGRY WHEN YOU GET HOME AND LESS FOOD WILL BE WASTED.
FAIRTRADE
TEACHER'S COFFEE
SUSTAINABLE CITIES & COMMUNITIES
USE LESS HANDOUTS!
USE BOTH SIDES
A4
A4
THE GLOBAL GOALS
For Sustainable Development

Can/Should my child go to school today?

Is your child or anyone in the family being tested for Covid19 and displaying symptoms or have self isolated?	**Stay at home**, for 14 days, and inform the school immediately. Monitor symptoms and if any doubt see your medical health care provider for a test and further advice. Lessons will be from the Hybrid model. Inform the class teacher for advice about when you think you are returning safely from isolation. **Do not send into school if any doubt!**
A student in my child's class has tested positive, and the whole class have been kept in their isolation	The school will inform directly the families of the class, any siblings, to go home immediately and where the cluster may have been. To isolate, continuing on Distance Learning.
My child's teacher has gone home with symptoms/tested positive but has been practicing safe measures?	The class can stay in school, to be monitored, because the teacher has kept all safe measures. The class will have a substitute to continue learning if the teacher is not able to teach remotely. Any issues with learning contact the Head of Primary (for primary) or the Hybrid Learning Coordinator or Academic Director.
Will the whole school community be informed each time there is a case or a suspected case?	No. We update our central track and trace spreadsheet continually. The classes are operating in isolation bubbles, the school is deep cleaned several times daily, students are using outdoor spaces and getting fresh air in classes in school and therefore this avoids transmission clusters across the classes. We are working with those directly affected immediately and keep the community informed weekly.
When/if will the school move onto a DLP and how long is this likely?	The country is now on RAG zones of danger from the 1st Oct and we liaise with the public authorities at all times on cases, numbers, operational safety and any developments. The DLP remains immediately operational at all times in the event of the school closing for a few weeks as case numbers are steadied and we can return to physical school. This will likely be the pattern of 2020-21.
What to look for?	**If you are in any doubt, do not allow your child to come to school. The three main symptoms to watch for are:** **1. a high temperature: any new high temperature where your child feels hot to touch on their chest or back (you do not need to necessarily measure the temperature)** **2. a new continuous cough: coughing a lot for more than an hour, or three or more coughing episodes in 24 hours** **3. a loss of, or change in, sense of smell or taste: a noticeable loss of smell or taste or things smell and taste different to normal**

If one of the students is tested positive with Covid-19, the whole class will be quarantined for 14 days. ***Siblings*** *do need to be in isolation as well.*

*For all the children who are in quarantine parents should fill in the e**pidemiological form:*** *https://forms.gle/Qk1DBdfa4BykX8Gq9 All the information provided will be sent to the Public Health Center.*

Necessary documentation for returning to school:

Before returning to school after the quarantine period, parents should present to classroom teacher the ***Declaration***

https://drive.google.com/drive/u/0/folders/1J0WBrE37gjfOQHJAXY3UR0DG_klSi7wc?q=owner:iute%40mail.ru

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.*

FORTHCOMING EVENTS

12-14 April 2021	*Science Week*
16th April 2021	*World Book Day / Shakespeare Day*
16th April 2021	*UN English Language Day*
1st-10th May 20201	***Easter break***

MAIN CONTACTS

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