HERITAGE
International School

THE INTERNATIONAL HERITAGE HERALD

December 18, 2020

GENERAL

Quote: *"For last year's words belong to last year's language and next year's words await another voice. And to make an end is to make a beginning." T.S. Eliot*

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

The Winter Solstice next week, cannot come soon enough as the darker, shorter days are not helping as we get the whole exhausted community down to the end of an extraordinary semester 1 in an extraordinary academic year. Although we won't see the changes in lighter days until the end of the winter, the changes will be there and we will have already turned the corner following the shortest day. The community may be exhausted with just a touch of weariness from the pandemic and 2020, but as this final IHH newsletter of semester 1 shows, it is full of hope, light, joy and optimism as we continue to show why we will continue to fight as a school community for our children and to ensure education does not become a victim of covid. When I saw the quote from TS Eliot this week, my thoughts were exactly that we won't have to use the lexicon of the pandemic at some point soon in the future, in 2021. But what we all have to remember over the Winter break is how remarkable it has been to manage the crisis in school as the graph of our cases demonstrates here and that we don't neglect the safe measures to protect us all in the pandemic as we continue to exercise our duty and responsibility to one another. And the responsibility to those key workers in the health professions who are working tirelessly, putting themselves on the line, so our societies can still function.

Next week is a good opportunity to allow a more flexible curriculum with the Winter Activities and preparation as people plan for Christmas and the break safely. The ministry of education has continued to manage the crisis well throughout to allow schools to find their solutions and to ensure it is in the local community how we manage the situation so children come both first and final in all decisions. Their education and their mental wellbeing. We all need to play our part too by wearing our masks and being responsible in our society and 2021 will see the crisis probably get worse before it gets better.

The celebration of the Winter Solstice across Europe has always been associated with light and joy so even in the darkest days we know there is a new beginning in the prospect of our new year. We have missed so many community events this year especially our live Christmas concert. Seeing the incredible creativity across the arts, in music, in the primary school and even the hard pressed gymnasium students taking iGCE mocks, all students and staff have made sure we keep education alive and it is engaging in our school. The Christmas card competition again was one of the highlights of this week as we showcased the incredible creative talent we have here. HE, Ambassador Paul McGarry of Ireland, gave us all hope for the future as he talked about the wonderful example of Ireland as a confident and successful nation in Europe in the 4th Founders' Lecture on Wednesday. I even had a strange moment of being the English voice of future tourists of Chisinau as I recorded the audio tour in a special collaboration with ANTRIM and ARTCOR this week.

The new beginning we can look forward to with hope for 2021, is due to the incredible hard work of the Heritage team and I am in awe of their dedication, professionalism, adaptability and commitment throughout this extraordinary year. I am proud to serve with such amazing colleagues and they put our remarkable, resilient students at the centre of everything. We have come of age as a young school in 2020 with an enviable growing, confident reputation internationally for our ethos, culture and values as an innovative and outward facing positive school. This year couldn't have happened without the brilliant support, patience, understanding and engagement of our families in our wider community. Thank you from the bottom of my heart for your support.

The new families contacting us daily, wanting to come to Heritage from all communities, is a confidence and belief in our education model and the mission of our Founders that we have developed and continue to develop to respond to the changing times we live in and for the challenges we all face. The new Lyceum is an exciting example of this progress and commitment to children. The richness of the education and activities in these weekly newsletters, collated each Friday evening by the extraordinary dedication of Mrs Inga and all contributors, is testament to the school we are all building for now and the future.

I wish our entire Heritage International Community a very restful, peaceful, joyous and safe Winter break and we look forward to seeing you all back again in 2021 to start semester 2 and a new beginning. My warm wishes to you and your families and thank you for your support of me, my team and your school. It is in these difficult times, we understand fully what is truly important and appreciate what actually matters in our lives.

Rob Ford, Director

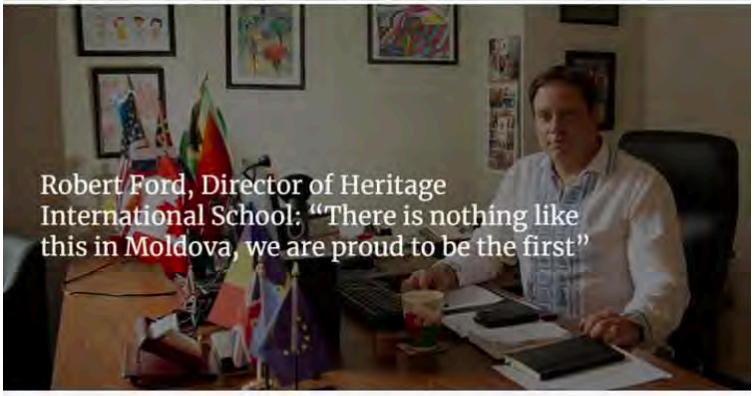
Please take time to have a look at supporting ChildAid, a charity in Eastern Europe supporting vulnerable children and families including the amazing work in the Tony Hawkes centre in Moldova (Child Aid picture here) - https://www.childaidee.org.uk/

Heritage in the news:

Cambridge Assessment International Education
Sponsored ·

'There is so much information out there, but turning that into knowledge and wisdom is still the key of #education. So that's why schools are so important, as well as adding that thread that runs through from young people to old people is really important as well.'

A very interesting and insightful article profiling Heritage International School, a Cambridge school in #Moldova



MOLDOVA.ORG
Robert Ford, Director of Heritage International School, discusses the...
Learn More

adriana.bujag
Chisinau, Moldova

Dragi cititoare, învățătoare și profesoare.

Numele meu este Adriana BUJAG, sunt învățătoare, grad didactic I, la Liceul „Heritage" din or. Chișinău.

Am acceptat, cu drag, provocarea echipei de creație și în revista dată, demarăm, special pentru Dumneavoastră, o rubrică nouă în cadrul Proiectului „Sănătate și frumusețe".

În fiecare ediție vom aduce alături de noi specialiști din domeniile medicinii, înfrumusețării, astfel încât să putem susține un mod sănătos de viață, precum și să menținem frumusețea noastră.

Se știe că elevii învață mai bine, atunci când profesorii sunt bine dispuși și optimiști. De aceea, rubrica nouă va avea drept scop să ne aducă cele mai noi tendințe de îngrijire, dar în același timp care nu implică multe costuri. Totodată, vom prezenta și istorii din viața specialiștilor din domeniile date, așa încât să ne îmbogățim reciproc atitudinile și experiențele de viață.

Ochii sunt oglinda sufletului
În vizită la medicul OFTALMOLOG - Stela Rotaru, Spitalul Medpark

– Cum arată o zi din viața Dumneavoastră profesională?

– Echilibrată și destul de activă, plină de consultații, însă cu mici pauze, de care profit și-mi sun neapărat familia.

– Care sunt problemele de sănătate cu care pacienții vin la Dvs.?

– Putem afirma faptul că în oftalmologie motivele prezentării la medic sunt destul de variate, iar problemele oculare afectează toate vârstele, începând cu nevoia de a purta ochelari până la diverse afecțiuni oculare ce afectează vederea: viciile de refracție (miopia, hipermetropia, astigmatismul), strabismul, ambliopia, infecțiile oculare (conjunctivitele, uveitele etc.), cataracta, glaucomul, patologiile corneene, degenerescențe maculare, dezlipire de rețina, traumatismele oculare etc.

– Care credeți că sunt cauzele acestor probleme?

– Fiecare a doua persoană are anumite probleme de vedere. Pe scară globală, persoanele cu tulburări de vedere sunt în proporție de 30% din populația lumii și acest procent nu încetează să crească. Motivele sunt: **predispoziția ereditară și situația de mediu, modul de viață sedentar, abuzul de aparate digitale, precum și neprezentarea la timp la un medic oftalmolog.**

Cataracta apare ca o modificare firească a cristalinului odată cu înaintarea în vârstă. *Conjunctivita* este o afecțiune contagioasă, ușor transmisibilă în colectivități, mai ales în mediul școlar și preșcolar, dar strâns legată și de măsurile de igienă personală. *Traumatismele oculare* apar în momente de neatenție și prin nerespectarea măsurilor de protecție la locul de muncă.

– Pentru populația generală și, specific, pe grupe de vârstă, cu ce frecvență se face consultul oftalmologic?

– Chiar dacă nu prezintă simptome, un prim consult oftalmologic e necesar a fi efectuat la vârsta de până la 6 luni, apoi anual. Sunt foarte importante vizitele la 3-5 ani deoarece avem patologii oculare „silențioase" sau asimptomatice (ex. Ambliopia, Strabismul), ce determină o vedere deficitară a unui sau ambilor ochi. Copiii nu pot aprecia și realiza că pot vedea mai bine. O depistare la timp și tratare corespunzătoare va crește șansele de recuperare a vederii, în caz contrar vederea pierdută nu se mai poate recupera, dacă nu se intervine înainte de vârsta de 7 ani.

ANTRIM Merges Efforts with Artcor Creative Center to Develop the First Audio Tourism Guides for Chisinau

Robert Ford, Director of the Heritage International School visits Artcor Creative Center facilities and records the English version of the Chisinau audio tourist guides. Credit: ANTRIM

The National Inbound Tourism Association of Moldova (ANTRIM) in partnership with Chisinau City Hall and Artcor Creative Center developed 26 audio tourism guides, recording useful information about the most popular sites in the capital city of the Republic of Moldova. The audio guides, available in Romanian, Russian and English, will be placed on a tourism landing page developed by the Chisinau City Hall. In addition, the tourists will be able to access the audio guides in Chisinau museums and other popular tourist attractions, via a QR code.

To ensure the recording of the tourism audio guides, MCP facilitated the partnership with Artcor Creative Center, which provided its recording studio and offered post-production services. To make the audio guides more interactive, students engaged in the Artcor Music Production course led by the film music composer Elias Tadeus, volunteered to create jingles and sound effects for the audio guides and have later donated the copyrights. The Chisinau tourism audio guides will be available for public use starting early 2021.

Articles of Interest:

- The best children's books of 2020 for all ages; https://www.theguardian.com/books/2020/dec/13/the-best-childrens-books-of-2020 -for-all-ages

- Need a book for a young person? Some suggestions from experts and expert parents, just in time for the holiday season: https://news.harvard.edu/gazette/story/2020/12/faculty-experts-and-expert-parents-recommend-gift-books-for-children/

- Eleven Super-Cool Ways to Wear Your Mask, Ten Months Into a Global Pandemic | The New Yorker; https://www.newyorker.com/humor/daily-shouts/eleven-super-cool-ways-to-wear-your-mask-ten-months-into-a-global-pandemic

- Winter city walks to get some fresh air and be outside safely during the break-Self-Guided Walking Tours to Explore Chisinau; https://www.gpsmycity.com/gps-tour-guides/chisinau-507.html

***The Globe** staff has published the December issue of the school newspaper. Please take a look at all the great content: a short story and poetry in the Literary Corner, artwork from Primary and Secondary, reflections on education, a karting student, a tech review, one student's experience playing the violin, and more. Then, be sure to compliment those students on their great work when you see them.*

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

Notes from Ms Elize

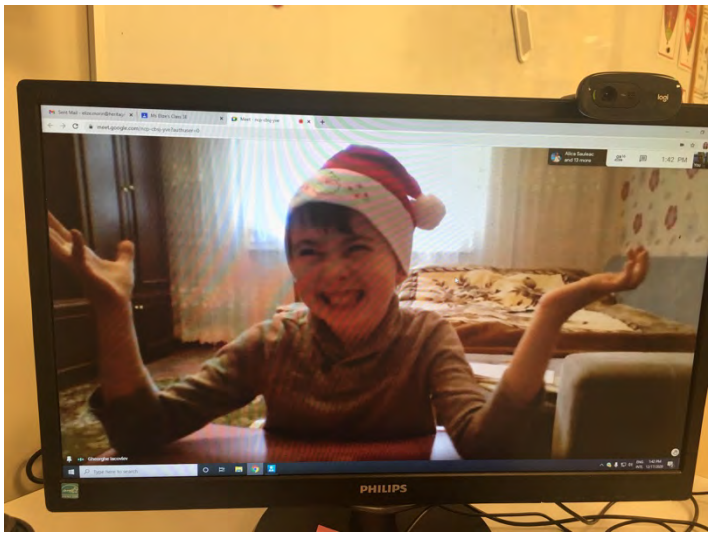
And in the wink of an eye we have come to the last week of the semester. Looking back to the start of the school year in September, I am beyond proud and I feel blessed to be part of such a strong, dynamic outward facing school community. Heritage has become a symbol of hope and light and a testimony of what can be achieved if only there is a will and a dash of courage. As a school community we have managed to create an environment filled with positive learning experiences for our children in spite of many obstacles and drawbacks thrown at us by the current pandemic. Being courageous does not mean being fearless. It's doing what must be done in spite of our fear. With the right attitude, we have overcome adversity. While keeping our priorities aligned with our values, we have built a foundation strong enough to carry us through this ever changing playing field. As a community we chose to be strong, we prioritized what must be done, and worked hard towards accomplishing things that are truly amazing. We kept our heads up and our feet moving.
Thank you to all parents and students. Thank you for your ongoing support and for believing in Heritage, our school!

It was a busy last week of physical school. Next week we will explore and learn actively online through a range of transdisciplinary activities.

We all deserve some down time to reflect, rest and relax. I wish you a safe Holiday Season filled with love, peace and a joyous time spent with family and friends. May the year bring you only good cheer and happiness.

> *"To dream anything that you want to dream. That's the beauty of the human mind. To do anything that you want to do. That is the strength of the human will. To trust yourself to test your limits. That is the courage to succeed."*
> *– Bernard Edmonds*

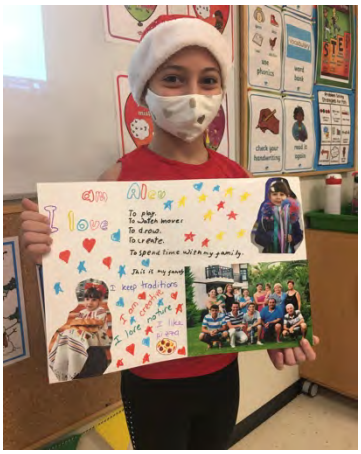
It is always a joy to see children happy and content. Here is Gheorge in 3E showing just that. Not even being home online can demper his spirit!



For our Assembly this Friday kept in the Spirit of Christmas and practised writing paragraphs. The topic was how can we keep the Spirit of Christamas alive all year round.

At Heritage we encourage children to explore and often use research projects to teach skills students can use beyond the classroom. Here we create an environment where students feel safe to learn through mistakes and realise that mistakes are only a way of learning!

Every week we celebrate student of the week in 3E. Students get the opportunity to share more about themselves to their classmates. We all love to learn more about each other.



PRIMARY STUDENT COUNCIL

This week, our newly elected Student Council President, Finn, with the help of our Vice President, Emilia, and Secretary, Romina-Bianca, ran their first meeting for the group. They came prepared with an agenda, and organized a separate election for heads of committees! There are now five committees- Eco Committee, Engineering Committee, Social Activities Committee, Fundraising Committee, and Arts Committee. Each of these committees will work together to organize events throughout the remainder of the year.

Thursday and Friday, the Primary Student Council collected donations for the local orphanage. Masks, hygiene products, and antibacterial materials were collected to help alleviate some of the stresses of the current pandemic. Caring for others is a huge aspect of the Heritage Community Culture, so thank you to everyone who donated! The Student Council wishes everyone a Merry Christmas and a very Happy New Year!

Seasons Greetings and lots of Love from 3E

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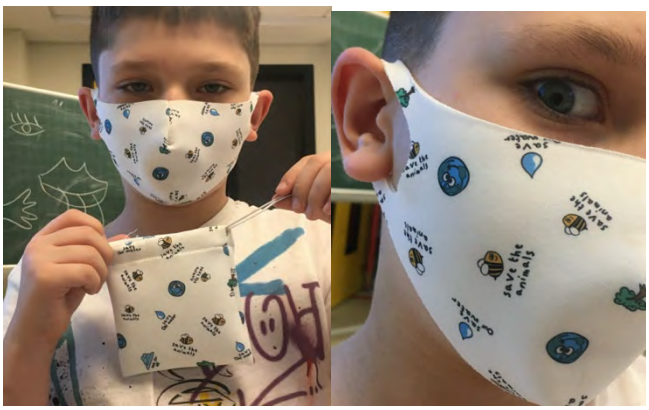
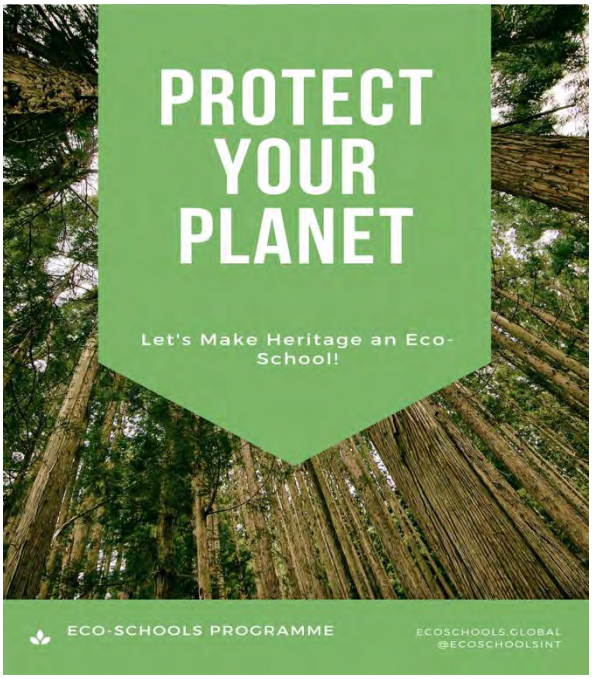
News from Secondary

- DfE (England) confirms that same Covid rule changes apply to international schools; https://www.tes.com/news/coronavirus-international-schools-exam-gcse-alevel-2021-dfe-government-changes

- What universities will be looking for when you apply: https://amp.theguardian.com/education/2020/dec/12/how-to-write-a-personal-statement-for-university-by-admissions-tutors

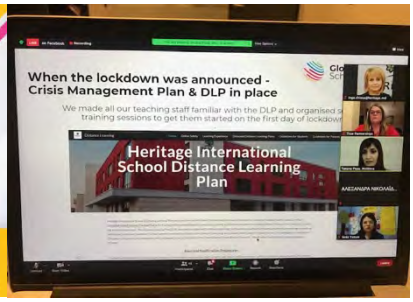
***The Eco-Committee** has had its initial meeting. On our team are students and teachers from both Primary and Secondary. The committee established a plan to begin our first step toward the Eco-Schools award. The first move is to conduct a sustainability audit to ensure that Heritage International School is doing all we can to be environmentally responsible.*





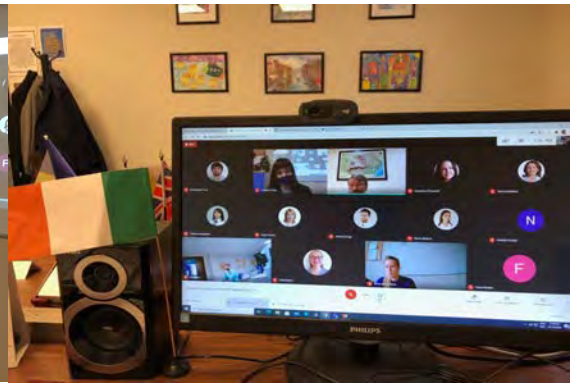
Global Education:

On Tuesday, the 15th of December, our global learning coordinator Tatiana Popa flew the flag for Heritage International School and Moldova as a guest presenter at the Global School Alliance conference- '2020:An unforgettable year- How schools have overcome challenges'.
Tatiana presented what we did as a school in 2020 when the lockdown was announced and after, but also how we continued to offer high quality education to our children. Not the least was Moldova mentioned as a country who could swim in the unknown waters of the Covid pandemic.



This week, on December 16th,Heritage school hosted the fourth Founders Lecture. Our guest speaker was HE Ambassador of Ireland Paul McGarry, who presented the path Ireland took in order to develop the country after the big waves of migration and how diaspora played a crucial role by investing in the country's economy. A very inspiring story of a smal but picturesque country off the western part of Europe. Topics like education, independence and traditions were discussed, followed by an interesting Q&A session.

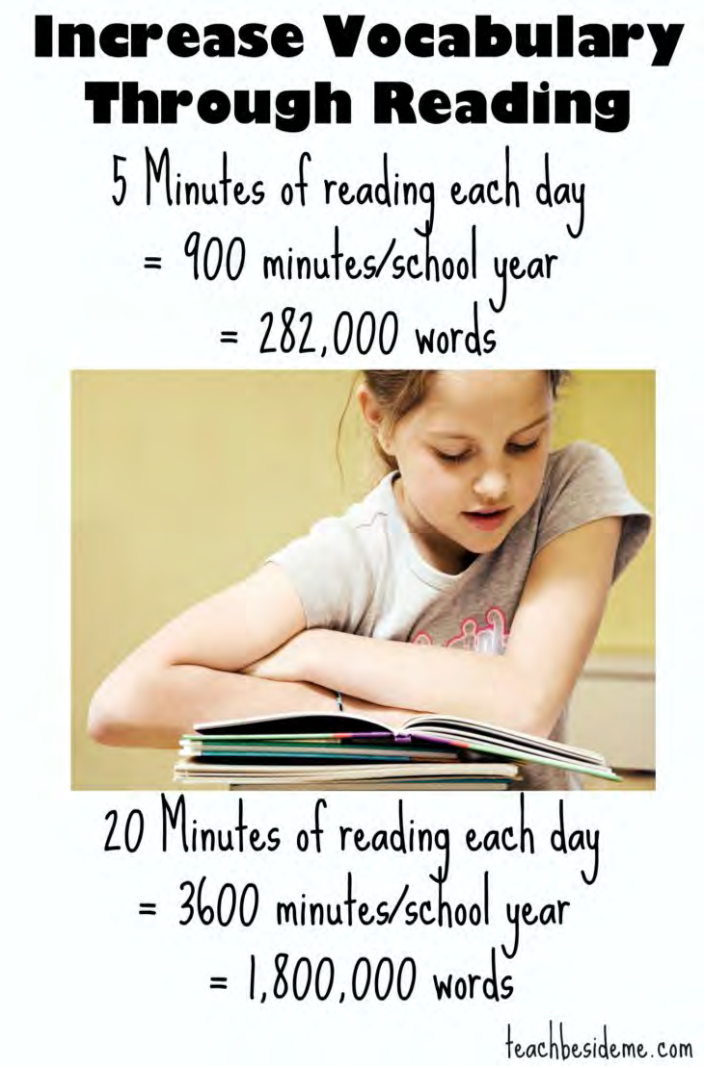
We are looking forward to host Ambassador McGarry one day in our school, too.

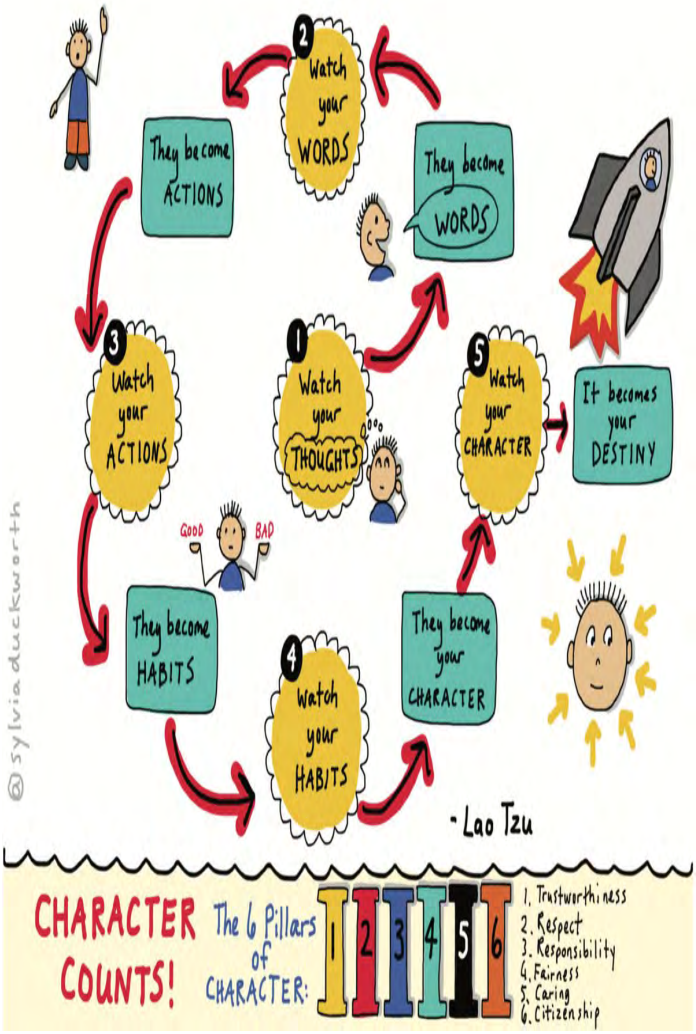


WINTER CONTEST
DESIGN OUR
Christmas card

merry christmas

Merry
Christmas
To
You


Increase Vocabulary Through Reading
5 Minutes of reading each day
= 900 minutes/school year
= 282,000 words
20 Minutes of reading each day
= 3600 minutes/school year
= 1,800,000 words
teachbesideme.com


1 Watch your THOUGHTS
They become WORDS
2 Watch your WORDS
They become ACTIONS
3 Watch your ACTIONS
They become HABITS
4 Watch your HABITS
They become your CHARACTER
5 Watch your CHARACTER
It becomes your DESTINY
GOOD
BAD
- Lao Tzu
@sylvia.duckworth
CHARACTER COUNTS!
The 6 Pillars of CHARACTER:
1 2 3 4 5 6
1. Trustworthiness
2. Respect
3. Responsibility
4. Fairness
5. Caring
6. Citizenship

Students are invited to produce a piece of art that reflects this year's competition theme, 'Connections'.

Our Art Competition is a fantastic opportunity for young artists to compete internationally and showcase their talents. The competition is open to all COBIS schools, including Applicant schools.

*Submissions will open on Wednesday 27 January and close at 3pm (GMT) on **Wednesday 24 February 2021**. Each school will be able to submit up to three entries per category listed below. Many schools choose to run an internal competition to select these entries.*

- *Early Years and Foundation Stage*
- *Key Stage 1*
- *Key Stage 2*
- *Key Stage 3*
- *Group Entries (all ages)*

Entries will be submitted via an online form. Full details about how to submit your students' entries will be made available on this webpage in January 2021.

Winners and Prizes

The winners will be announced on our website and social media channels in April 2021. The winning entries will be published on our website and may feature at our Annual Conference in May 2021.

Discovery Education's student Coding Challenge *Children will gain a firm understanding of coding concepts like algorithms, sequences and variables – while practising computational thinking through problem-solving and the breaking down of tasks into logical steps. Using Discovery Education Coding, students will be guided through a sequence of activities to familiarise themselves with the platform and develop their coding skills - before unleashing their creativity to design their own app!*

*Students can work individually or in groups of up to four. There will be two challenges, one for **children aged 5-7** and one for **ages 7-12**.*

Black Sea Online Maths Cupon the 17th February 2021, *for Year 5 & Year 6 students (UK grades)-your Math teacher will provide the details, we will need to select 10 students to participate*

KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about
7 Leave a positive message for someone else to find	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021			

Let's look beyond our differences and help each other. Every act of kindness matters

ACTION FOR HAPPINESS

#DoGoodDecember

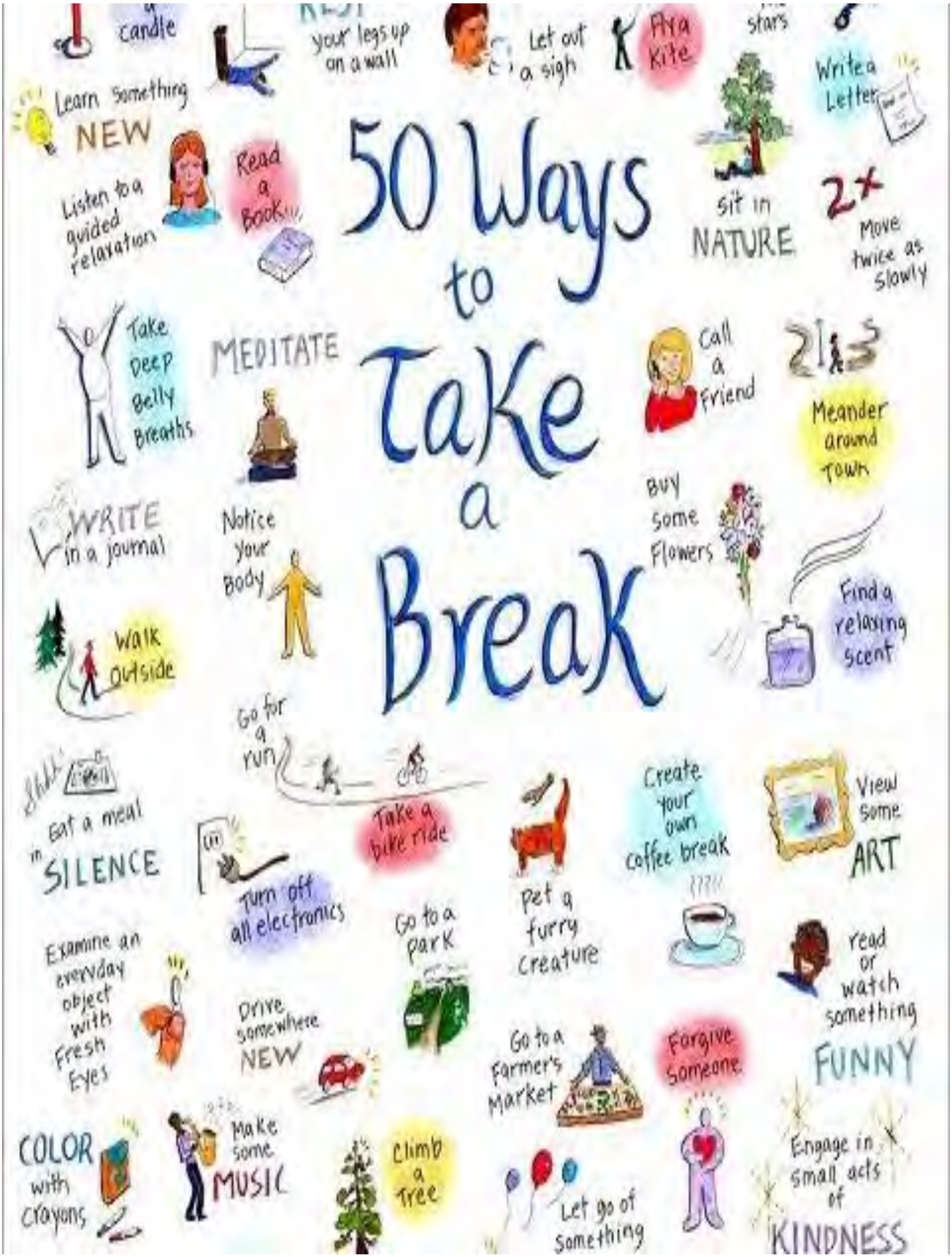
www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind

What Do We Care About Most?

Neuroscientists, psychologists and sociologists agree: our values determine everything we do. Some values are consistently important everywhere on earth, while the importance of others varies.


50 Ways to Take a Break
candle
your legs up on a wall
Let out a sigh
Fly a Kite
stars
Write a Letter
Learn something NEW
Listen to a guided relaxation
Read a Book
sit in NATURE
2x
Move twice as slowly
Take Deep Belly Breaths
MEDITATE
Call a Friend
Meander around Town
WRITE in a journal
Notice your Body
Buy some Flowers
Find a relaxing scent
Walk outside
Go for a run
Eat a meal in SILENCE
Take a bike ride
Create your own coffee break
View some ART
Turn off all electronics
Pet a furry creature
Go to a park
Examine an everyday object with Fresh Eyes
Drive somewhere NEW
Go to a Farmer's Market
Forgive someone
read or watch something FUNNY
COLOR with crayons
Make some MUSIC
Climb a Tree
Let go of something
Engage in small acts of KINDNESS

Social Skills Kids Need

www.thepathway2success.com

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.*

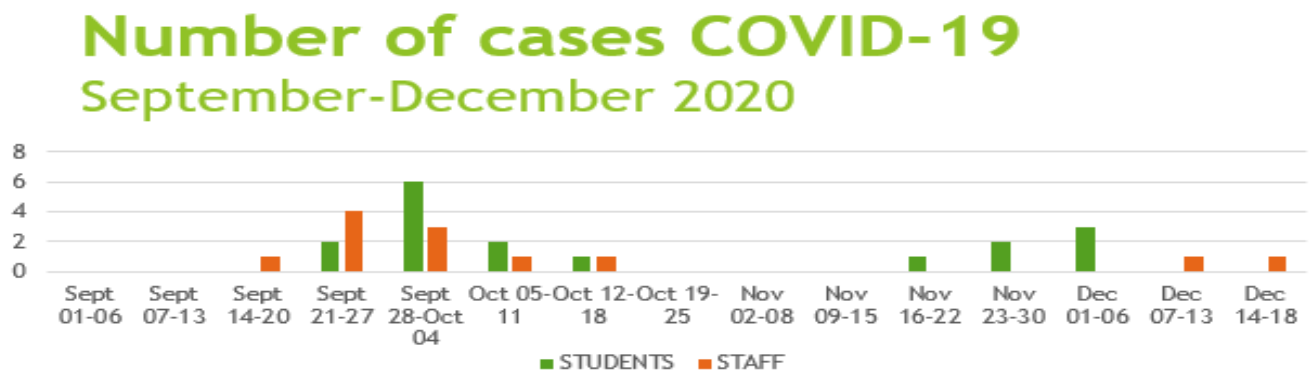
*For all the children who are in quarantine parents should fill in the e**pidemiological form:*** *https://forms.gle/Qk1DBdfa4BykX8Gq9 All the information provided will be sent to the Public Health Center.*

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.*

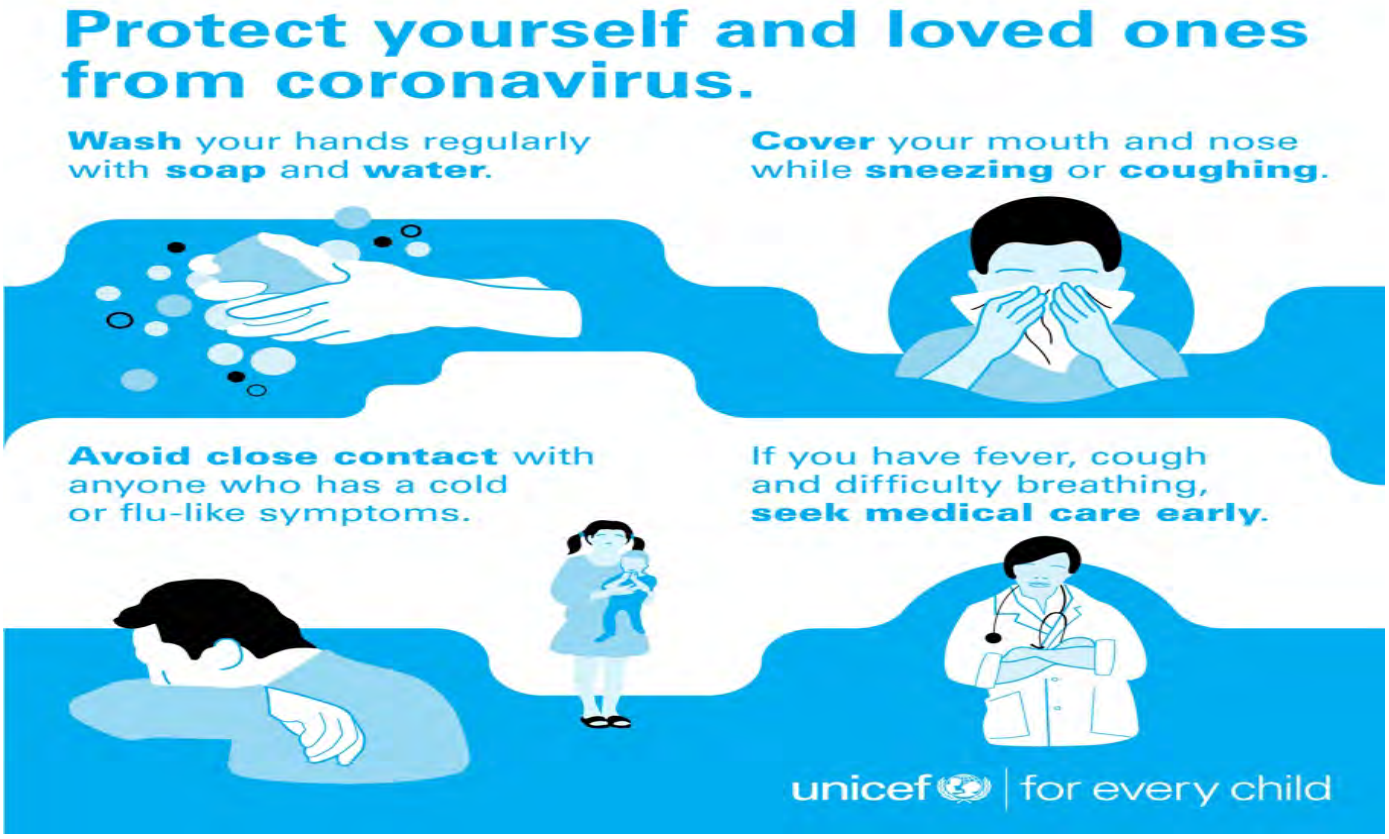


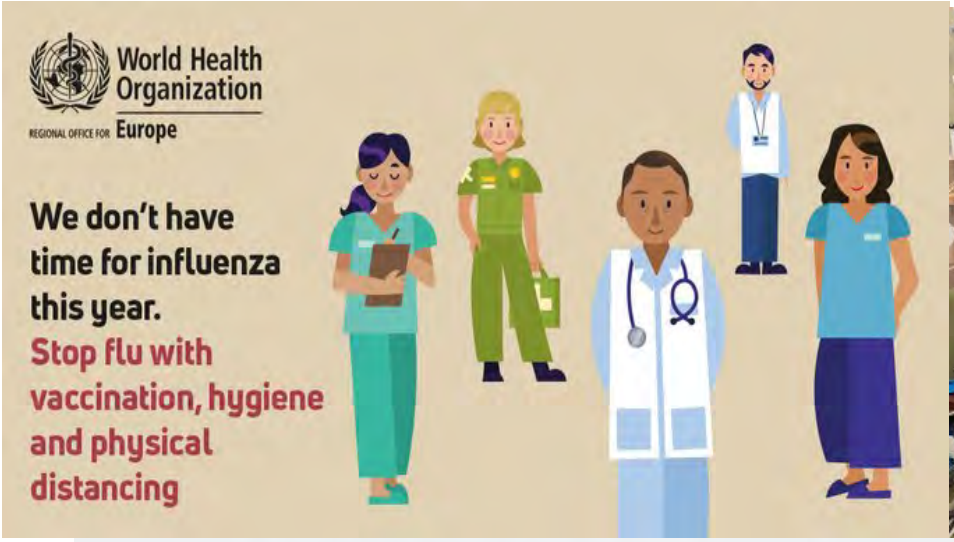
FORTHCOMING EVENTS

21st-24th December, 2020	*Winter Adventures Week*
11th January, 2021	*Semester 2 return date*
18th-21st January, 2021	*Arts Week*
20th January, 2021	*5th Founders' Lecture, Martin Wilcox, Director of the Eastern European families and children charity, Child Aid*
15th February,2021	*6th Founders' Lecture, Baroness Royall, Principal of Somerville College, University of Oxford, former Leader of the House of Lords*

Next IHH Newsletter, Week17, Fri 15th January, 2021

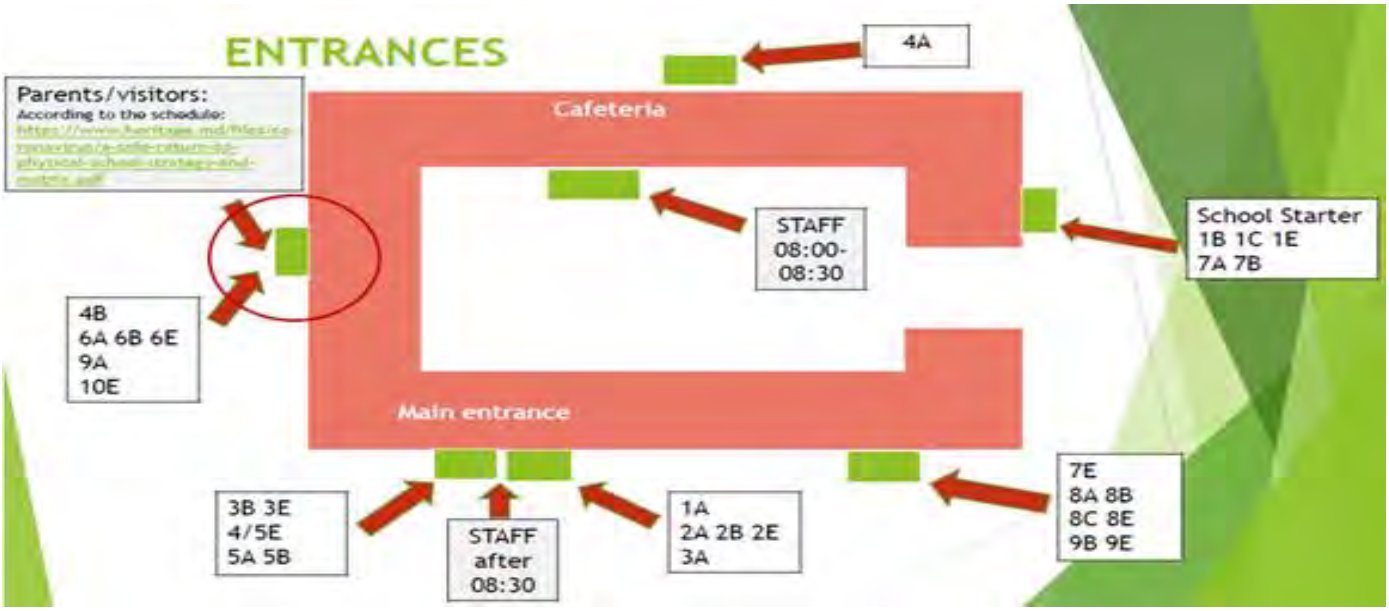
Heritage International Lyceum applications open for 2021-23 students, Week19, 25th January

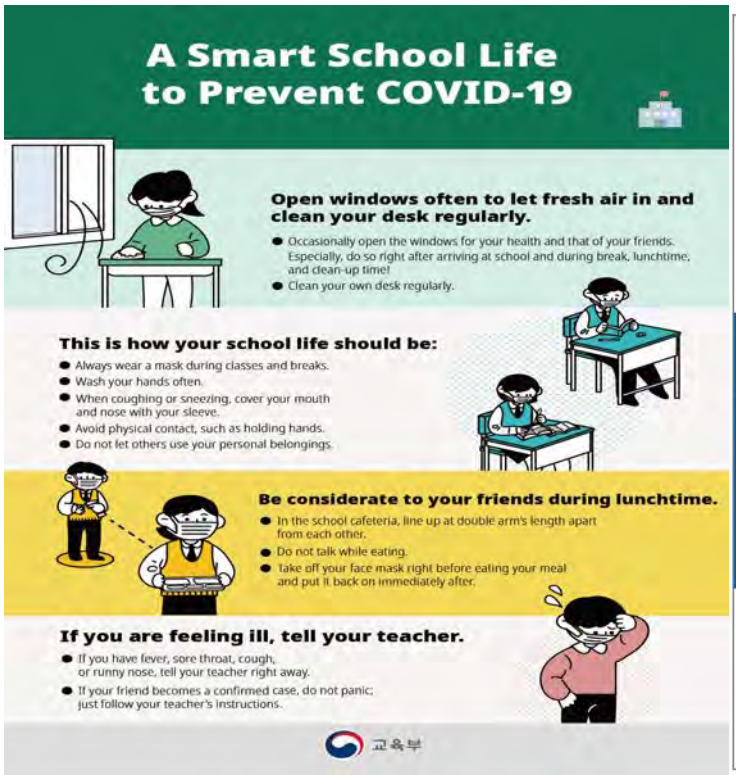




Six things NOT to do when wearing a face covering

- DO NOT use if damaged or damp
- DO NOT wear it around chin
- DO NOT wear loose-fitting mask
- DO NOT pull away from face to speak
- DO NOT touch front of mask
- DO NOT share your mask





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