HERITAGE
International School

# THE INTERNATIONAL HERITAGE HERALD

February 12, 2021

## GENERAL

***Quote:*** *"The more that we can bring our authentic selves, with hope, into the moment – the more that moment will show up for us." Amanda Gorman*

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

*It was the 26th American president, Teddy Roosevelt, who said it was those in the actual arena that counted, making a difference, suffering the setbacks and working for success and for all of us in education that is how it feels right now. It feels like that in school right now too and it was a joy to see the students come to see me this week, proud of their certificates of achievement, from their own hard work given to them in recognition from the school for January's individual efforts. Every day in school is always a day of small victories, minor setbacks, emotions and moments of wonderment of understanding something new. The process of learning isn't always an exact science but we know how to shape it and how to influence it. Amanda Gorman's words resonate strongly for the daily challenges and successes for our students knowing that when they bring their authentic selves to the moment, the moment shows up, especially if we have hope. This has been the story of the last 12 months at Heritage and in all educational settings around the globe. I felt a strange mix of hope and the sense of awe of what we are all doing in schools to keep education happening as I met with my fellow school leaders from our COBIS Black Sea schools group on Thursday listening to what their stories had been these past weeks since we last met and also to share our story at Heritage. These networks and collaborations are so important for us as a school as we continue to be outward facing and have a positive school culture.*

*There was a real moment and sense of our own history and journey as a school too this week as we looked at the first cohort of Lyceum students and the A Level choices as the first and only Cambridge International school in Moldova. When you read their applications and the aspirations they have for universities and their careers, it becomes apparent of that moment showing up for these young people. Our Academic Board meeting this week with the governors and Founders also felt this moment of our school's history, despite the pandemic. Keeping education going for children has been crucial in this pandemic and unfortunately, as the UN Secretary General highlighted in the interview in the article below, the inequalities in education have become more pronounced and the digital divide widens as being at home to study and access full learning isn't a luxury available to so many children. I am also very conscious from my own daughters learning from home in the UK, how tough being out of school is for children and families the longer this continues. There is not a day that goes by that I am not grateful for the wise strategy of the ministry in Moldova in the summer and the tireless work of my hard working colleagues, supported by our families, that has allowed the education at Heritage to support those few at home on DLP and those in physical school. It is hard to think it is Week 22 next week and we have just a third left of the academic year.*

*Our newsletter, as ever, illustrates the learning, the hope and the moments and I am particularly impressed with the primary school's work for Valentine's Day this year. We will be supporting the dog shelter for FOMs/AREAL with a non-uniform day on Monday and yes, every student needs to contribute if they are in non-uniform. If not, it's a uniform day. We hope to take the donations out next weekend. The student leadership in our two councils is thriving and I was very pleased that members joined the weekly Leadership Team meeting to share their ideas and to see what we can put in place. I*

*am also grateful to Mrs Liliya of 6B as we were her guests at the Chisinau airport staff canteen for lunch as we talked about ideas to add more variety to the school menu. It was a great lunch and my favourite dessert in Moldova, cusma lui guguta. A great model of constructive parental engagement to work together to improve the school. We celebrated Women in Science this week and again some great work from our science department. Our congratulations to Mrs Alina and her science students for their success in national competitions this week. We had a fantastic and inspiring Founders' Lecture from Baroness Jan Royall and I was really pleased with local schools and some of our partner COBIS schools joined us in a first joint lecture across educational sectors. Next one is the brilliant John Rolfe of the British Council for March.*

*I am going to finish with the full quote of Teddy Roosevelt as food for thought, knowing our entire school community is in the arena right now, as we go into what the weather forecasters are promising to be a very bitterly cold few days with strong winds for good measure. Stay safe and stay warm. Happy Valentine's Day for Sunday. We need more love in the World. I just hope my flowers for Mrs Ford gets there in time...*

*"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."*

*Rob Ford*
*Director*

***Heritage in the news:***

***Reportaje about Heritage at TVR Moldova channel***
*https://www.facebook.com/watch/live/?v=347411374948106 2&ref=watch_permalink*

***The February edition of the Heritage Globe*** *has been published! Please visit the newspaper to explore all that is going on and what our students are doing.*
*https://sites.google.com/heritage.md/heritage-globe/home*

*This edition has such a great array of content, including sports, book reviews, tech, holocaust rememberance, video game review, editorials, short stories, a trivia quiz, and art. We also introduced a new chatbot feature.*

***Articles of Interest:***

**-** *UN Moldova launched the COVID19 Response & Recovery web page United Nations (UN) Moldova COVID19 Response and Recovery Plan can be now easily accessed: https://moldova.un.org/en/111109-un-moldova-launched-covid19-response-recovery-web-page*

*- 19 Easy Recipes for Valentine's Day. Love means never having to spend hours cooking a special meal: https://www.nytimes.com/2021/02/10/dining/easy-valentines-day-recipes.html#click=https://t.co/fHTdNh5kyB*

*- EDUCATION CANNOT WAIT INTERVIEWS UNITED NATIONS SECRETARY-GENERAL ANTÓNIO GUTERRES: "As we enter 2021, education must be at the core of pandemic response and recovery efforts. Without resolute political commitment by global leaders, as well as additional resources for Education Cannot Wait, and its UN and civil society partners, millions of girls and boys may never return to school.*

*Investing in the education of these vulnerable children and youth is an investment in peace, prosperity and resilience for generations to come – and a priority for the United Nations" https://www.educationcannotwait.org/anotonioguterres/*

*- "Perspective and agency for now; any potential paradigm shifts are for later" - Director Rob Ford's, Mail from Moldova blog, Feb 2021: https://mailfrommoldova.home.blog/2021/02/07/perspective-and-agency-for-now-any-potential-paradigm-shifts-are-for-later/*

*- View from space on the air we breathe in Moldova. UNDP partners with the European Space Agency to complement the existing air monitoring data: https://www.md.undp.org/content/moldova/en/home/presscenter/articles/2021/view-from-space-on-the-air-we-breathe-in-moldova.html*

*- 11 februarie este marcată ca Ziua Internațională a Femeilor și Fetelor în Știință. Astfel, am decis să enumerăm 11 femei din Republica Moldova au adus o contribuție importantă la crearea lumii în care trăim astăzi: https://www.moldova.org/11-femei-de-stiinta-din-moldova-care-au-scris-istorie/*

***https://sites.google.com/heritage.md/artgallery/home***

***Notes from Ms Elize***

*As we celebrate Valentine's Day this week I thought it a good opportunity to talk to my students about the meaning of friendship, the qualities of a good friend and how to handle conflict between friends. In all cultures friendships are important relationships throughout a person's life span. We realised that friendships are not always harmonious, however, and we can often engage in conflict with our friends. In fact, we acknowledged the fact that friends tend to engage in more conflict than nonfriends. Yet, we also understood that friends make a bigger effort to resolve conflict and are more successful at such conflict resolution than nonfriends are.*

*Conflict resolution is frequently seen as one of the important social skills that young children develop within their earliest friendships. As adults we are important role models and can through our daily dealings with our friends, acquaintances and other contacts set an example of appropriate conflict management. In addition as parents and teachers we should have continuous discussions with our children about conflict management. By including conflict resolution skills and strategies as part of our daily routine we can equip our children to be able to navigate friendships and to be a good friend.*

*It was all about Valentine's day this week in the Art Club with Ms Iulia.*

*As part of our entry point for our new IPC unit, Material World, 3E made paper sculpture. The students made a self portrait and we arranged the end product in such a way that it created a face. This symbolises our individuality but also our connection as a unit.*

*6E students, while reviewing chemical reactions, mixed vinegar, dish soap, and baking soda to create a mini-eruption. They created a hypothesis, and carried out a fair test to determine what quantity of each ingredient led to the quickest reaction!*

*This week in the IT club students learned a new web tool. They created projects using the  SweetHome 3D application.*

*We are always looking for ways to incorporate movement into our daily routine. Our Dance Club provides students with a fun workout while also incorporating gross motor skills, coordination and flexibility.*

*3B discussed good and bad habits presented a nice tale staged by them*

## *Student Council:*

*Student council had their hands full this week decorating the halls of Heritage for Valentine's Day. They decorated the windows with hearts and created a collage made of the hearts decorated by all primary students and teachers.*

*Members of the Student Council visited the leadership team to discuss some ideas and proposals they would like to be implemented at school. This is an amazing opportunity for Heritage students to take personal responsibility and investment not their school environment.*

*Valentine's day agamograph*

*Our hardworking 1st graders*

*2B students are good at reading*

*3A learnt about inventions that changed the world*

*We can also read digital books on devices. At the Romanian language lesson, we study how to navigate the text in eBook and our 2A students are eager to read a new story.*

*4A grade were challenged to implement their own menu at school. Learners used presentations, apps and others. Mrs. Inga Corlateanu invited them to write and present the food learners would like to have daily.*

*4/5E Learn, play and discover*

*4/5E completed their IPC Unit" Making new materials" by making muffins which allowed them to explore processes that change materials such as dissolving, combining and heating.*

*Proud of our School Starter students*

## *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](https://ec.europa.eu/education/study-in-europe/planning-studies/choosing-applying_en)

*•Grade 10 Lyceum applications need to be completed so we can get working on the subject choices offer and staffing for 2021+*

*•Cambridge Case Study - Celinie Nguyen, Brown University, USA, including a year at the University of Oxford, UK:*
[https://www.cambridgeinternational.org/programmes-and-qualifications/recognition-and-acceptance/alumni/all-student-stories/celinie-nguyen/](https://www.cambridgeinternational.org/programmes-and-qualifications/recognition-and-acceptance/alumni/all-student-stories/celinie-nguyen/)

*6A: Graphs* *Plotting Coordinates.Cambridge Maths Year 7*

*6B Science: natural indicator and reactions with acids and basis. First awards for the students who contributed with breathtaking projects and participated actively.*

## *Global Education:*

*This week, Heritage International School celebrated the Safer Internet Day on Tuesday, February 9th. Lots of teachers and students had activities in their classrooms to learn about esafety while playing games from Google for Education, Commonsense Education, Insafe or Safer Internet Day. We were part of a Guinness World Records attempt, to get the title for 'Most pledges received for an internet safety campaign in 24 hours'.*

*Heritage International School students received lots of certificates after taking part in the offered online games.*

*On Friday, we had the 6th edition of Founders Lectures series, with Baroness Royal of Blaisdon, Janet Royall. Jan is the principal of Somerville College, Oxford. She was Leader of the House of Lords and is a British Labour Co-operative Party politician.*
*We had 3 more schools from Moldova joining for this event - from Drochia (Gymnasium nr.2), Ialoveni (Lyceum Zimbreni) and Orhei (Alexandru Donici Lyceum,Peresecina).*
*Baroness Royall was impressed with our idea with the Founders Lecture series, saying that 'it's a brilliant idea to bring the world into the classroom'. She complimented the Heritage community on having English as a lingua franca, saying: 'Your English allows you to be citizens of the world'.*
*Janet commented on the role of women in society, quoting Isaac Newton:'To make the most effective change, we have to stand on the shoulders of the giants', but then she added about herself: 'My giants are often women'.*
*Our lecture was also joined by the Deputy Head of Mission at the British Embassy in Chisinau, Mr Gary Davies, who spoke about the Chevening scholarships and how Moldovan students get them.*

*4/5E Goal Project*

*On Tuesday, 9 February 2021, we celebrated the 18th edition of* ***Safer Internet Day*** *along everybody around the globe. Grade 2A made a presentation for the entire Heritage community. Students from 2A made cute posters about rules for staying safe on the web, made social media logos with play dough and organized a meet with eTwinning partners from Turkey, Portugal, Romania.*

*3 A students learn about inventions at IPC. They did the research on the invention of the Internet, explored its advantages and disadvantages, made the timeline of its development and discussed rules of exploring the Internet.*

*Internet Safety Tips by Heritage students*
https://sites.google.com/heritage.md/safer-internet-day/home

*We will once again hold a drive to bring in donations for the shelter. The animals are cold and hungry! The last drive was very successful--let's see if we can do even better this time.*

*Donations can be brought at the start of school on Monday, February 15. Student volunteers will be collecting donations in front of school from 8:00-8:25. Only students who donate will be awarded a no uniform day.*

*The following are items that can be donated:*

*Dog and Cat Food*
*Metal Bowls (no plastic!)*
*Old Blankets and Towels*
*Brushes and Scourers*
*Bottles of Disinfectant*

*Please consider bringing donations to help animals in need.*

**WHO/Europe** @WHO_Europe

Physical distancing doesn't mean social isolation!

During #COVID19, reach out to friends & family members online or by phone if you're unable to meet in person. It's important everyone stays safe & connected.

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
Take a bike ride
Eat a meal in SILENCE
Turn off all electronics
Create your own coffee break
View some ART
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

Compromising

Expressing Feelings

Thinking Before Speaking or Acting

Using Flexible Thinking

Following Directions

Using Self-Control

Showing Empathy

Having a Positive Attitude

Disagreeing Respectfully

Getting Along with Others

Self-Advocating

Using Coping Strategies

Dealing with Anger & Frustration

Seeing Someone Else's Perspective

Expressing Ideas, Feelings & Thoughts

Taking Responsibility

Using Positive Self-Talk

Understanding Choices

Understanding Personal Space

Taking Turns

Being a Good Sport

Appreciating Differences

Staying Calm in Times of Stress

Being Reflective

Brainstorming Solutions

Self-Regulating Emotions

Dealing with Worries

Reading Social Cues

Sharing

Dealing with Problems & Conflicts

Apologizing

Accepting Consequences

Clipart by Kate Hadfield, Teacher Karma, & Sarah Pecorino

## 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.

## 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:**<br>**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)**<br>**2. a new continuous cough: coughing a lot for more than an hour, or three or more coughing episodes in 24 hours**<br>**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

| | |
|---|---|
| *25th January,2021* | *Heritage International Lyceum applications open for 2021-23 students* |
| *15th-19th February 2021* | *Literature Week* |
| *18th-19th February 2021* | *Movie Night - Primary School* |
| *19th February 2021* | *Readers Cup* |
| *21st February 2021* | *UN International Mother Language Day* |
| *22nd-26th February 2021* | *German Language Week* |
| *22nd-26th February 2021* | *Cambridge Lower Secondary Checkpoint - Mock exams* |
| *25th-26th February 2021* | *Movie Night - Secondary School* |
| *1st March 2021* | *Heritage Spring Fest* |
| *4th March 2021* | *World Book Day* |
| *3rd-4th March 2021* | *Parent-Teacher Conferences* |
| *March 2021(date tbc)* | *7th Founders' Lecture, John Rolfe MBE, Schools' Manager for the British Council* |
| *5th-8th March 2021* | *Spring Break* |

## 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

## MAIN CONTACTS

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*Follow Heritage on social media: FB (@heritage.moldova) Webpage (www.heritage.md) Twitter(@HIS_Moldova*

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eTwinning SCHOOL 2020-2021

ipc INTERNATIONAL PRIMARY CURRICULUM

Global School Alliance MEMBER