



HERITAGE  
International School



# THE INTERNATIONAL HERITAGE HERALD

March 19, 2021



GENERAL

**Quote:** "The way we are living, timorous or bold, will have been our life"  
Seamus Heaney, Irish Poet & Nobel Laureate.

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



*The view from Dacia Boulevard this week, has reminded me more of the streets of Bristol or London as the rain poured down and made a gloomy mid-March feel even more gloomy. I was also worried that the Spring break and the shorter week would mean a IHH newsletter not as full as other weeks. How wrong I was. The quality of our learning and educational opportunities at Heritage continues to get better and better as we enter these final weeks of the academic year. It is hard to believe we have got to Week 27 next week but we have thanks to our remarkable community. We had a wonderful celebration online for St Patrick's day. A huge thanks to the ever brilliant support from the Honorary Irish Consul in Moldova, Dr Suzie O'Connell, the Irish Embassy in Bucharest and the Deputy Head of Mission, Eoin Egan, Mrs Tatiana Popa and her global students and last, but not least, the amazing Kate Murray and students of Clontuskert School in Galway, for an afternoon that would lift any gloom and ensure we all had the craic. Mr Frans and I both felt*

*we would respect Dr O'Connell and it was not the place to mention recent rugby results though. We even had time for a mini Eurovision song contest, an event loved by both Moldova and Ireland.*

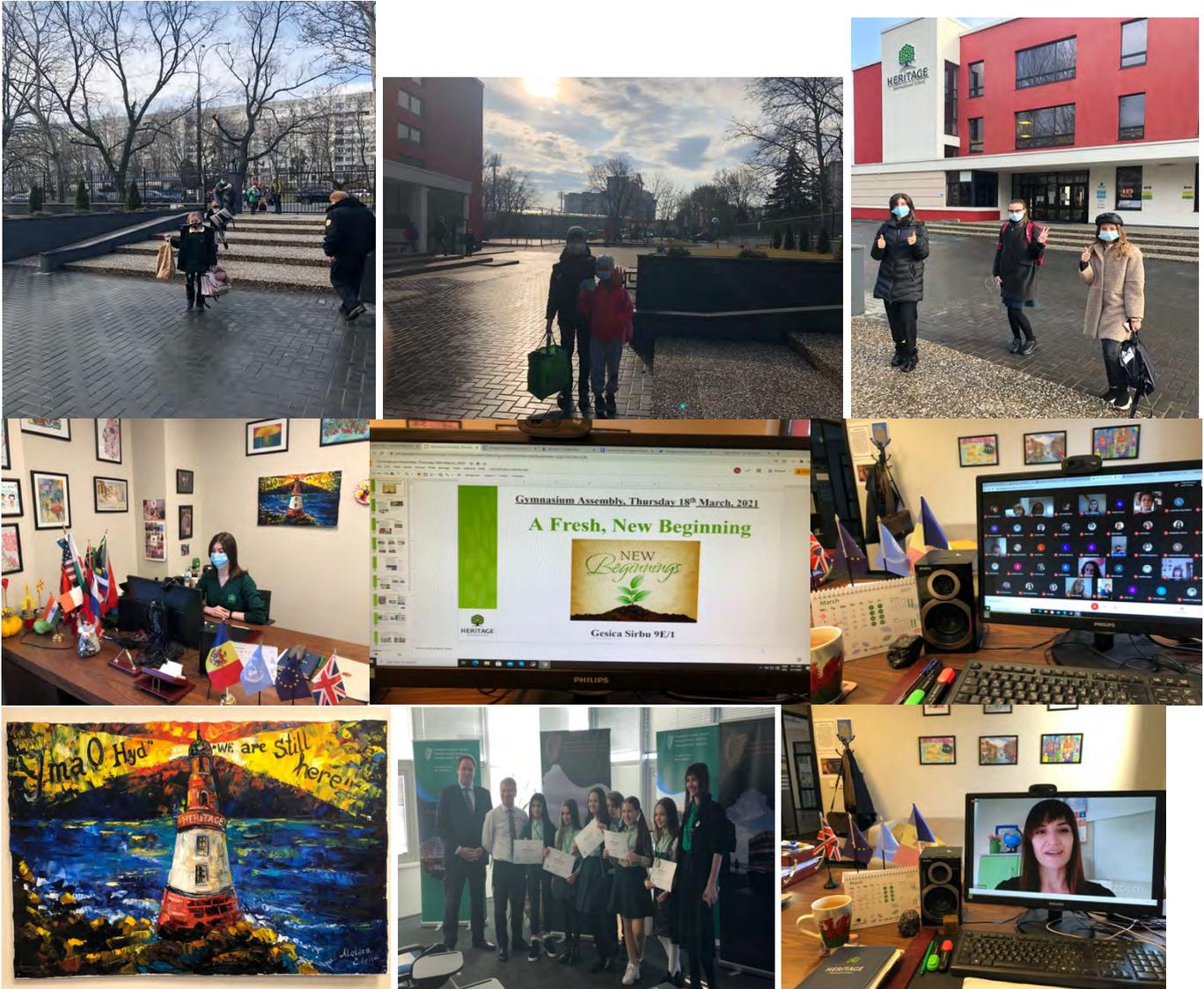
*Our student leaders, with Mrs Allie, continue to impress and show how important it is for our education to not just continue but to thrive and be bold in these difficult times. Grade 9 student, Gesica Sirbu, wrote and took the Gymnasium assembly this week, looking at the theme of fresh starts and new beginnings linked to Spring. On Saturday, as we hold our second online Open House, it is our student ambassadors who are the real stars of our school and why we have so much interest in school places for September from Moldova and around the World. You only have to hear Heritage students and know the future is in better, safer hands. Baroness Royall, made the same point about our students after her Founders' Lecture last month and it was inspiring to see how she led the debate in the British House of Lords to change laws to ensure women have more protection from violence in the UK. An incredible role model for girls and boys as we shape these citizens of the future with such decent values. Our grade 10 students are showing their responsibility working with Mrs Rose on the details for the new Lyceum and it is very exciting to be planning such a unique, innovative and academic World Class institution for Moldova, all starting this September. We are also planning with our students what our Sports day and International Week will look like in May. It is nearly that time! To commemorate the International Day of Happiness on the 20th March, Mrs Larisa and Mrs Olesea are coordinating a great idea for staff and for students both on hybrid and physically in school, to share our thoughts on what makes us happy. Our health, safety, family, education and community, are definitely at the top of my list.*

*We all know, when you work in education and with children/young people, nothing ever compares with the moment you see your students again, even after a short period of time. They all seemed pleased to be back, physically and online this week. We cannot control the outside beyond the school gates, but we can control the education experience, the culture of our school and the positive atmosphere in our corridors and classrooms. These are extraordinary times we are living through but we continue to live in hope and optimism. Our children and young people need to come through this time knowing we can face and overcome challenges, even in the face of adversity. We have an incredible team of professionals, students and families and I am so proud of our school and what we stand for here at Heritage. We will make the next 10 weeks count and ensure the creative, innovative and global learning opportunities*

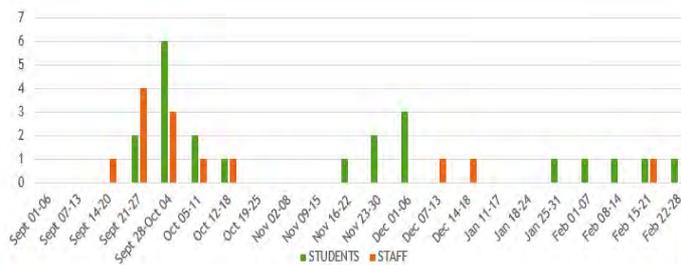
continue and our students are cared for and have the certainty that is so important right now. This is what we will remember and take from this time. Our children deserve a bold, happy life.

Stay safe and have a good weekend,

Rob Ford  
Director



Number of cases COVID-19  
September 2020 - February 2021





### *Heritage in the news:*



<https://www.facebook.com/events/2727775434150571/>

### *The March edition of the Heritage Globe*

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

## Our Student Newspaper The Heritage Globe

Click Below

<https://sites.google.com/heritage.md/heritageglobe>

*This edition features another wonderful array of work from our students. Read about one student's experience acting in a web series. Explore whether graffiti is art or vandalism. See if one man can create an independent state on a platform built off the coast of Italy. Read about Heritage's second successful food*

*drive for the animal shelter. This edition also features sports updates, entertainment reviews, fashion, a restaurant review, the monthly tech report, and more. You can visit the Heritage Art page to see beautiful work by Primary and Secondary students. Finally, sit back and enjoy the students' short stories in the Literary Corner.*

### *Articles of Interest:*

- *Supporting Women and Girls in Crisis - A micro project by ChildAid to Eastern*

*Europe: <https://www.globalgiving.org/microprojects/supportingwomenandgirlsinspiringchange/>*

- *Aiming at supporting the country to respond and recover better from the pandemic, UN Moldova Country Team has conducted six dialogues with development partners,*

*government representatives on projects presented in the [Socio-Economic Response and Recovery](#)*

[Plan. https://moldova.un.org/en/116315-dialogues-development-partners-government-mobilize-resources-un-moldova-covid-19-serr-plan](https://moldova.un.org/en/116315-dialogues-development-partners-government-mobilize-resources-un-moldova-covid-19-serr-plan)

- Creating bonds between generations to overcome challenges of the COVID-19 pandemic; <https://gis.unece.org/portal/apps/sites/#/unece-sdg-report-2021/app/7a31318da2b44a14ae3c672ab2c6d15b>

- UN Moldova COVID-19 Weekly Situation Report nr50; <https://moldova.un.org/en/116390-un-moldova-covid-19-weekly-situation-report-nr50>

- This is what leadership looks like: How three women mayors in Moldova are making a difference every day; <https://www.unwomen.org/en/news/stories/2021/3/what-leadership-looks-like-women-mayors-in-moldova-are-making-a-difference>

- Director Rob Ford's latest "Mail from Moldova" blog piece; "Adaptability, Resilience and Responsiveness. Characteristics needed for the 2020s"; <https://mailfrommoldova.home.blog/2021/03/14/adaptability-resilience-and-responsiveness-characteristics-needed-for-the-2020s/>

- The Tony Hawks Children's Health Centre in Chisinau, improves the life quality of chronically ill children from socially vulnerable families. More information on how to support this work is here: <https://www.childaidee.org.uk/tony-hawks-centre>



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

## Notes from Ms Elize

*This Saturday we are celebrating International Day of Happiness. The pandemic tends to, on occasion, overshadow our everyday lives. We often refer to the days before Corona as “The Good old Days”. So, does this imply that we were happier before the pandemic hit? In my opinion I think that in the past year, we’ve learned what Happiness really meant. We have realised that it is actually the simple things in life that really makes us happy. It is things like family and friends, nature or a good book that gives us that feeling when we know life is good and we can't help but smile.*

*The answer to the question: “What makes you happy?” will have as many answers as people asked.*

*In the end, that sense of wellbeing, joy or contentment comes from within us and those closest to us. We can be happy if we make others happy.*

*This weekend, I hope that you will have the opportunity to spend some time with those closest to you and share some very happy smiles!*



*We celebrated Happiness Day with a Happiness Wall created by 3E. Students and staff at Heritage all participated by posting the things that made them Happy!*



*Happiness is.....*

*According to 3E it is family and friends and everything else!*



*There was a buzz in the cafeteria as we kicked off our International Menus! This Friday it was a delicious trip to the USA complete with a burger and some lemonade.*



In our Material World Unit in IPC, 3E decided to create some awareness about the devastating impact plastic has on our oceans. They used plastic bottle caps to create a very striking poster. We aim to increase plastic recycling at our school.



2nd, 3rd and 4th "A" classes on celebrating St. Patrick's Day!



2 E students listened to the story about Saint Patrick and drew shamrocks



Our great boys prepared a surprise for the International Woman's Day! They created lovely flowers and sent much joy to all girls and women!

Click on the link to see all photos and videos in the Surprise-

Exhibition: <https://sites.google.com/heritage.md/artgallery/exhibition-flowers-for-girls-and-women>



2 A students made a common project, a jigsaw puzzle in the Science lesson. Each student colored a piece, then we assembled the puzzle and created the picture of the signs of spring.



*3 B students created a palm flower. The work process was very fun. Each child will keep their palm flower on the table to use it when they have to raise the hand for answering during the lesson. I think any teacher would be very happy to enjoy seeing so many colorful raised hands. Especially children can use this gesture on DLP .*



1A students were detectives. They looked for answers to the questions, "What is happiness? Can you learn to be happy?" Their discovery was amazing: If you want to be happy - be! There is a sun in each of us, let it shine!



Happiness is a decision.  
You are as happy as you decide to be.



## Happy Birthday to Mr. Robert Ford!



6 E students have learned how to reuse unused objects creating pieces of art. This way of expression is often used by modern artists. A simple paper plate could also be reused, decorated and painted like a mandala to use it as a decorative element in the house on a wall.

The students used mixed media techniques of painting and drawing.



*School Starter students welcome spring*



**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)*

**HERITAGE**  
International School

**Recommended Cambridge International A Level subjects for the most popular careers**

*Heritage Lyceum is the only one in Moldova providing the Cambridge curriculum and globally recognized AS and A Level qualifications.*

**Heritage Lyceum learners become:**

- confident**
- responsible**
- reflective**
- innovative**
- engaged**

**HERITAGE**  
International School

**Within the Cambridge International AS & A Level Program**

*Heritage Lyceum is the only one in Moldova providing the Cambridge curriculum and globally recognized AS and A Level qualifications.*

*-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)*

- **Tips for effective exam preparation.** In some parts of the world, it's a time of year when both teachers and students are thinking about exam preparation. Even the most relaxed students decide it's time to study hard, and teachers are often focusing on revision in lessons. Here are a few of my favourite strategies for helping students to revise effectively; <https://blog.cambridgeinternational.org/tips-for-effective-exam-preparation/>

5A students calculated the perimeter of the school in a more interesting way



Congratulations to one of our brilliant students, Gesica Sirbu from grade 9E1, for winning **second** place in **Key stage 4 age group** at the 2021 Black Seas Schools Writing Competition. Gesica crafted an exquisite short story on the topic 'The Imposter' and it absolutely won the hearts of those who read it. We are so very proud of her!





### **Student Council:**

Primary student council representatives have been "busy bees" organizing the final details for Heritage's first Key Stage 2 Spelling Bee! Students from Year 3-Year 6 in Primary will be able to use their knowledge of spelling in a constructive way, increase self confidence in their public-speaking and communication skills, and begin to master their ability to thrive under pressure.

The deadline for students to register is April 2nd! This is a way to bring students from all ages together, for fun.

Sign up using [this form](#).

Once students have signed up, they will receive a welcome packet, with suggested words to study, **for each year group** (chosen by the SC), and the rules of the Spelling Bee. If you have any questions, please email [Ms. Allie](#).



The brand new, student built webpage for all things Gymnasium Student Council is [here](#)! On the page, you will be able to: stay updated with all of the upcoming, ongoing and completed amazing projects, "meet" the council, and give suggestions regarding upcoming events!

One of these ongoing projects is the mentoring program designed for Primary Students. There is a very limited amount of time left to sign up for the **first ever** Heritage Student Led Tutoring Program! The



Gymnasium students will be able to tutor in any subject, online, and in all of the languages offered at our school. Use [the form](#) below to sign up!

<https://forms.gle/DVwfgP5CGuEFoLsZ8>

Heritage International School is delighted to organize its first international **Public Speaking Competition**, which marks our collaboration with the Black Sea Schools Group. The contest will be a fantastic opportunity for the students of Heritage to discover the captivating art of public speaking, as well as engage themselves in an elaborate research. The excited pupils will prepare a wonderful speech on a topic of their choice, by using their knowledge and the limitless information available online. It will be an outstanding experience, that will sharpen their logic and expand the horizons of their creativity.

The competition will be held online, which implies that the students will record their speech and submit it to the contest. The due date is the 10th of April, so you can start preparing! The list of topics that you can choose from along with the rules will be presented to you. Make sure you respect the necessary requirements, but let your imagination flow freely whilst creating your presentation.

We encourage everybody to participate! Don't miss out on the chance to receive an amazing experience and represent Heritage at an international competition!

**Public Speaking Competition**

We will host the first round of the contest here, at Heritage. Each participant will record a video of them presenting their speech, **due 10 April!** One winner from each of the 3 age groups will have their video submitted to the final round. You can win certificates, trophies and of course, a great experience!

**Deadline**

The date of the competition here at Heritage is the 10th April. Start preparing! You will have to submit your videos before the due date- 10th April!

**10 April**

If you love public speaking, this is **YOUR CHANCE!**





## Global Education:

Heritage International School celebrated St.Patrick's Day this week, as it is a worldwide celebration on March 17th every year. On this occasion, our teacher Tatiana Popa organised a video conference, where guests from Ireland joined: Ms Kate Murray, principal of St. Augustine's N.S. Clontuskert, together with her students, Mrs Suzanne O'Connell, Honorary Consul of Ireland to Moldova and HE Mr Eoin Egan, Deputy Head of Mission at the Irish Embassy in Romania. Students spoke about St.Patrick and told about traditions of the day, presented the most beautiful places to visit in Ireland and other interesting facts, while the Moldovan students presented the tradition of Martisor to mark the coming of spring in Moldova and sang the song 'Cât trăim pe acest pământ', with words written by Nicolae Dabija.

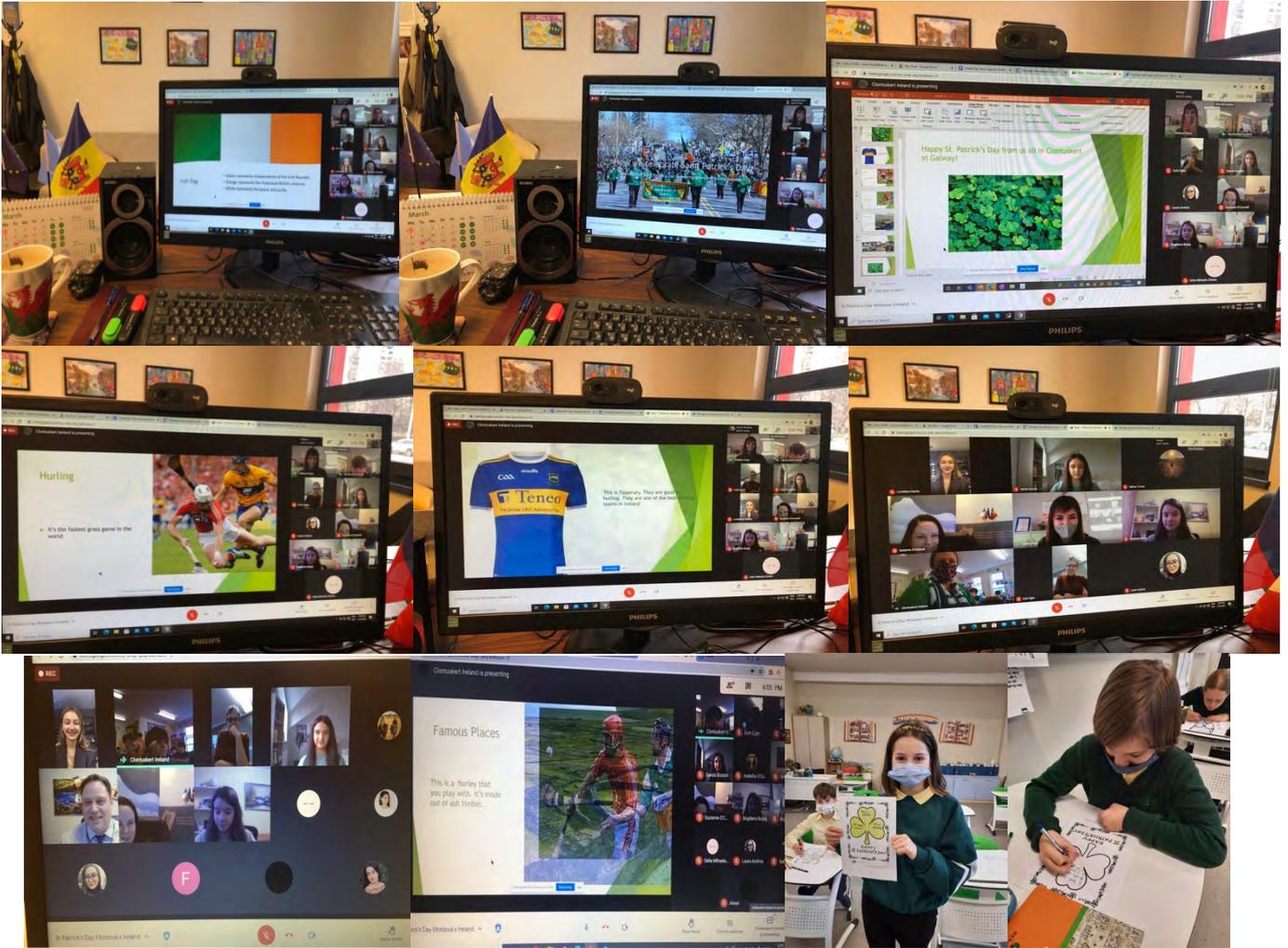
The celebration was embraced by the entire school community, with many teachers preparing various materials to perform activities with their classes on the topic. For example, the Music teacher Nina Dorin explored the Irish musical instruments and music in her lessons. A fragment can be watched here:

<https://fb.watch/4kq9WvseBo/>



St Patrick's Day celebrations (online)

[https://drive.google.com/file/d/1DdqHSgN2WBoLyGcIVqey-uIjsATOow\\_F/view?usp=sharing](https://drive.google.com/file/d/1DdqHSgN2WBoLyGcIVqey-uIjsATOow_F/view?usp=sharing)



On Wednesday, the Irish Embassy in Bucharest organised a virtual reception, as all the Irish missions around the world do so, with singers and dancers from Steysha School of Dance and the Blackbeers band. The video recording can be accessed here:

<https://youtu.be/rs-wgfNiixY>

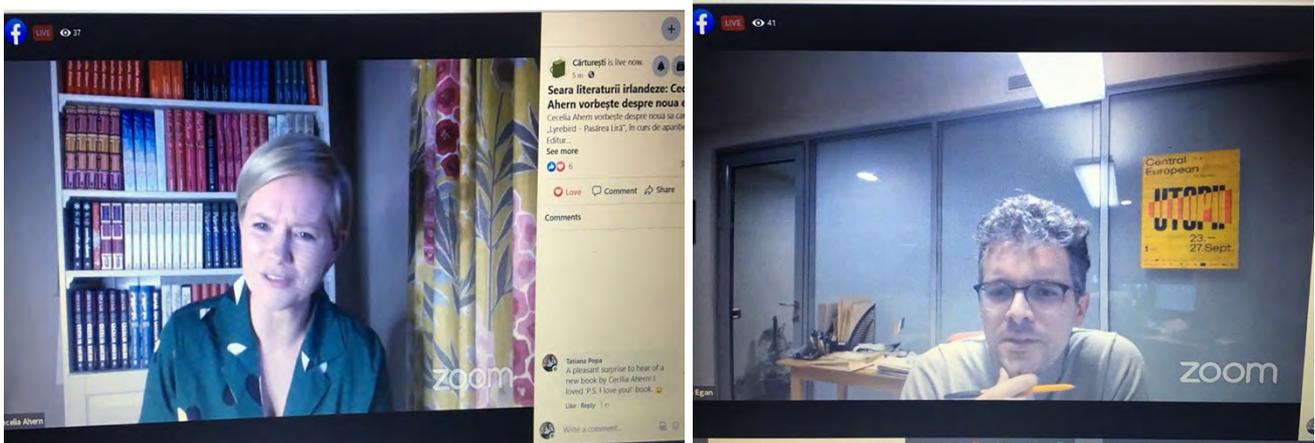




On Thursday, the Irish Embassy in collaboration with Carturești bookstore organised an Irish Literature Evening with the writer Cecelia Ahern, who spoke about her new book Lyrebird. Tatiana Popa attended and our Heritage school was mentioned and Tatiana's questions answered by the writer.

Here is the video recording:

<https://fb.watch/4kpDx8CF5z/>



Last week, Tatiana Popa was asked to speak about global collaboration at the Education Exchange webinar as part of Schools Now! Online Conference on March 11th, organised by the British Council. Alongside two school principals from the UK and Egypt, Tatiana told our Heritage story about how we bring the world into the classroom at [Heritage International School](#)

, the platforms we use, projects we ran in this pandemic, how experienced teachers mentor the new teachers in global collaboration at [eTwinning Moldova](#)

, communications companies offering free internet traffic for educators ([Moldcell](#), Orange Moldova), how educators share their best practices in order to inspire and help others [European Union Center at the University of Illinois](#),

[Future Classroom Lab by European Schoolnet](#)

[Bart Verswijvel](#)

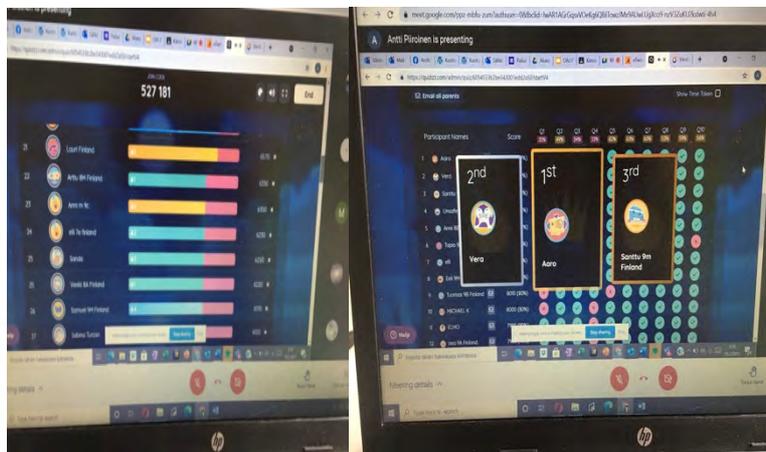
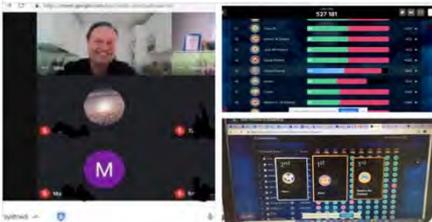
[eTwinning \(unofficial group\)](#)

and how the greatest educators change all their daily habits in order to offer education to their disciples, even if that means teaching from their own kitchen table.

On Friday, students in grade 8B played a Quizizz game online, together with their counterparts in Espoo, Finland, as well as another group of students from Poland. This activity is part of a long partnership with Mankaa Secondary School in Espoo and our students took part in many European online quizzes before.

You Retweeted  
**eTwinning Finland** @eTwinningFIN · 1h  
 Come and play with us at #eTwinning!

**Tatiana Popa** @Tatianapopab · 1h  
 Great video conference just now with Mr Antti Piironen, @eTwinningFIN Ambassador, & his students, as well as some Polish students to play a @quizizz game together! Thousands of kms disappear in a shot, when there's a wish to connect to the world! 🌍 @eTwinningEurope @HIS\_Moldova



# How Can We Take Action in the Classroom?

@chrisgadbury

## TEACH SUSTAINABLE DEVELOPMENT GOALS

**NO POVERTY**  
 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**  
 START A CLASSROOM SHOP WHERE STUDENTS SELL THEIR OLD TOYS AND RAISE MONEY TO HELP THOSE WHO ARE LESS FORTUNATE.

**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.

**WATER**  
 LIFE BELOW WATER  
 \*BUY A GOOD QUALITY ONE THAT WILL LAST.  
 \*LOOK AFTER IT PROPERLY.

**CLIMATE ACTION**  
 SWITCH OFF THE LIGHTS WHEN YOU DON'T NEED THEM ON.

**LIFE ON LAND**  
 FSC  
 USE PAPER WITH THIS LOGO. THE PAPER COMES FROM A RESPONSIBLE SOURCE.

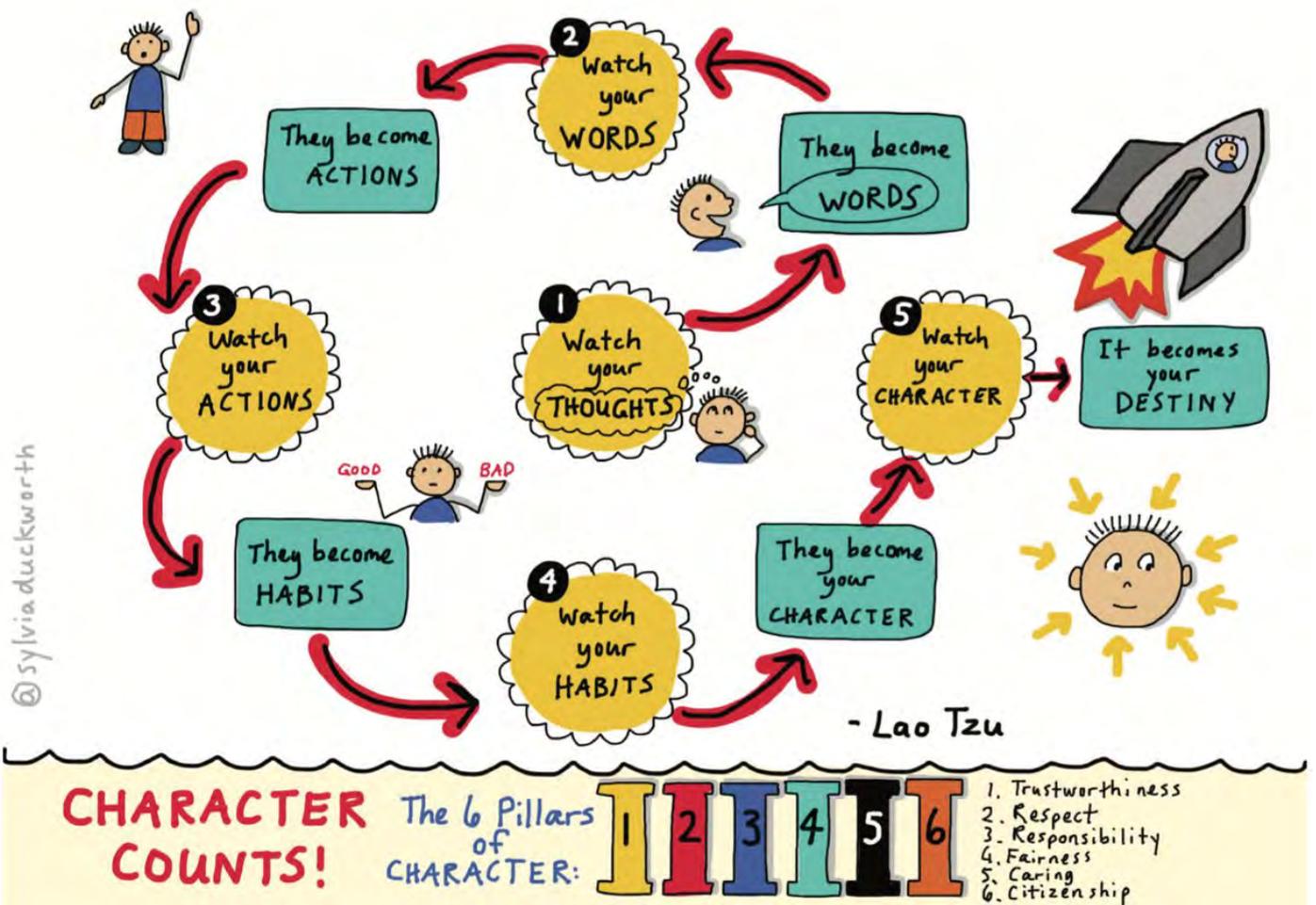
**USE LESS HANDOUTS!**  
 A4

**TEACHER'S COFFEE**  
 SUSTAINABLE CITIES & COMMUNITIES  
 ASK YOUR TEACHER IF THEY ARE DRINKING FAIRTRADE COFFEE. IF NOT, BUY THEM SOME.

**PARTNERSHIPS TO ACHIEVE THE GOALS**  
 \*HAVE A CLASS TWITTER  
 \*FIND OUT WHAT OTHERS ARE DOING  
 \*SHARE WHAT YOU'RE DOING  
 \*BUILD CONNECTIONS

www.magicalforbooks.com

THE GLOBAL GOALS For Sustainable Development



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.

**Keeping each other safe and connected is everyone's responsibility**

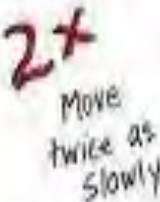
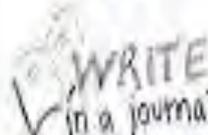
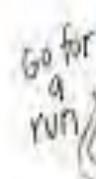
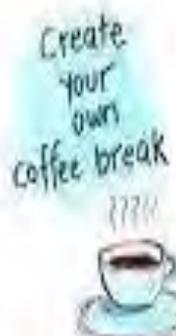


**Physical distancing is not social isolation**

Together we can beat COVID-19

#covid19

# 50 Ways to Take a Break

-  candle
-  Learn something **NEW**
-  your legs up on a wall
-  Let out a sigh
-  Fly a Kite
-  stars
-  Write a Letter
-  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
-  Walk outside
-  Find a relaxing scent
-  Go for a run
-  Take a bike ride
-  Eat a meal **SILENCE**
-  Turn off all electronics
-  Pet a furry creature
-  Create your own coffee break
-  View some ART
-  Examine an everyday object with fresh eyes
-  Drive somewhere **NEW**
-  Go to a park
-  Read or watch something **FUNNY**
-  **COLOR** with crayons
-  Make some **MUSIC**
-  Climb a tree
-  Go to a Farmers Market
-  Forgive someone
-  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



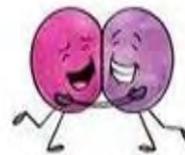
Showing Empathy



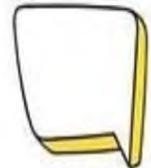
Having a Positive Attitude



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



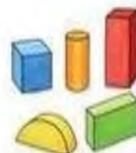
Self-Regulating Emotions



Dealing with Worries



Reading Social Cues



Sharing



Dealing with Problems & Conflicts



Apologizing



Accepting Consequences

Clipart by Kate Hadfield, Teacher Karma, & Sarah Pecorino

## Can/Should my child go to school today?



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 **epidemiological form**:  
<https://forms.gle/Ok1DBdfa4BykX8Gq9> 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/1J0WBrE37gjfOOHJAXY3UR0DG\\_klSi7wc?q=owner:iute%40mail.ru](https://drive.google.com/drive/u/0/folders/1J0WBrE37gjfOOHJAXY3UR0DG_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.

# Media Literacy & **DISINFORMATION**



## FORTHCOMING EVENTS

*March 2021 (date tbc)*

*7th Founders' Lecture, John Rolfe MBE, Schools' Manager for the British Council*

*20th March 2021*

*International Francophonie Day*

*20th March 2021*

*International Day of Happiness*

*22nd-26th March 2021*

*Global Money Week*

### Primary Checkpoint exam timetable, 2021

| Subject     | Day                        | Time  |
|-------------|----------------------------|-------|
| English     | Monday, April 12, 2021     | 09.00 |
| Mathematics | Wednesday, April, 14, 2021 | 09.00 |
| Science     | Friday, April, 16, 2021    | 09.00 |

### Lower Secondary Checkpoint exam timetable, 2021

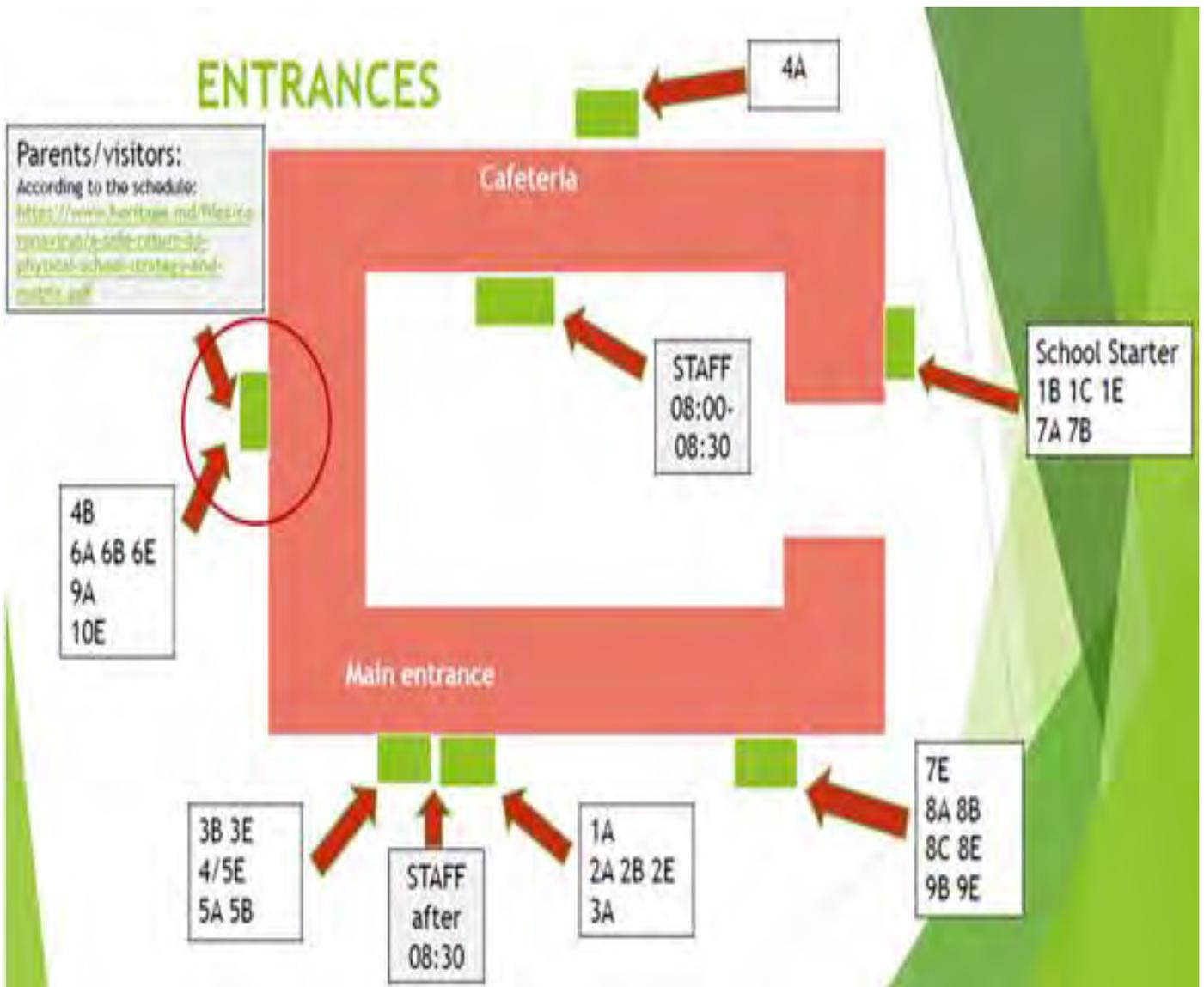
| Subject                      | Day                        | Time  |
|------------------------------|----------------------------|-------|
| English                      | Monday, April 19, 2021     | 09.00 |
| English as a Second Language | Monday, April 19, 2021     |       |
| Mathematics                  | Wednesday, April, 21, 2021 | 09.00 |
| Science                      | Friday, April, 23, 2021    | 09.00 |

## 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



## A Smart School Life to Prevent COVID-19



### Open windows often to let fresh air in and clean your desk regularly.

- Occasionally open the windows for your health and that of your friends. Especially, do so right after arriving at school and during break, lunchtime, and clean-up time!
- Clean your own desk regularly.

### This is how your school life should be:

- Always wear a mask during classes and breaks.
- Wash your hands often.
- When coughing or sneezing, cover your mouth and nose with your sleeve.
- Avoid physical contact, such as holding hands.
- Do not let others use your personal belongings.



### Be considerate to your friends during lunchtime.

- In the school cafeteria, line up at double arm's length apart from each other.
- Do not talk while eating.
- Take off your face mask right before eating your meal and put it back on immediately after.

### If you are feeling ill, tell your teacher.

- If you have fever, sore throat, cough, or runny nose, tell your teacher right away.
- If your friend becomes a confirmed case, do not panic; just follow your teacher's instructions.



# CORONAVIRUS SOCIAL DISTANCING



## PLEASE KEEP APART

## Protect yourself and loved ones from coronavirus.

Wash your hands regularly with soap and water.

Cover your mouth and nose while sneezing or coughing.



Avoid close contact with anyone who has a cold or flu-like symptoms.

If you have fever, cough and difficulty breathing, seek medical care early.



unicef | for every child

## HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com

- LOVE**  
Be there for your child and show care and love
- EXERCISE**  
Encourage play, exercise and sport
- BEHAVIOUR**  
Keep an eye out for any changes in behaviour
- SUPPORT**  
Regularly support, encourage and praise your child
- REST TIME**  
Help your child to manage stress by building in some rest time
- BE PROUD**  
Tell your child that you are proud of them
- PATIENCE**  
Be patient. Don't pressure your child
- HELP**  
Don't be afraid to seek help from professionals
- FEELING**  
Get to know how your child is feeling
- EDUCATE**  
Educate yourself about mental health problems
- PROBLEM SOLVING**  
Help your child to effectively problem solve
- LISTEN**  
Make sure you take time to listen to what your child has to say
- COPING**  
Help your child to learn some simple coping skills such as relaxation
- SYMPTOMS**  
Be aware of signs and symptoms
- CONVERSATION**  
Encourage your child to engage in conversation
- ENVIRONMENT**  
Provide a positive environment for your child where they can thrive

## MAIN CONTACTS

Director: [director@heritage.md](mailto:director@heritage.md)  
 Academic/Secondary School [inga.chiosa@heritage.md](mailto:inga.chiosa@heritage.md)  
 Primary School: [elize.morin@heritage.md](mailto:elize.morin@heritage.md)  
 Hybrid Learning Coordinator: [tatiana.popa@heritage.md](mailto:tatiana.popa@heritage.md)  
 Buses/meals: [tatiana.arnautu@heritage.md](mailto:tatiana.arnautu@heritage.md)

School psychologist: [olesea.pletniov@heritage.md](mailto:olesea.pletniov@heritage.md)  
 Head of English Department: [liliana.pulbere@heritage.md](mailto:liliana.pulbere@heritage.md)  
 ESL Cambridge primary: [larisa.mirza@heritage.md](mailto:larisa.mirza@heritage.md)  
 Absences: [school.absences@heritage.md](mailto:school.absences@heritage.md)

Follow Heritage on social media: FB (@heritage.moldova) Webpage ([www.heritage.md](http://www.heritage.md)) Twitter (@HIS\_Moldova)