



HERITAGE
International School



THE INTERNATIONAL HERITAGE HERALD

May 14, 2021



GENERAL

Thought for the week: "I live my life in widening circles that reach out across the world"
Rainer Maria Rilke

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

Looking out on a very grey and colder Dacia Boulevard at the end of Week 33, it now seems a complete contrast to the sun and blue skies that met the wonderful return of all our grades back to school on Tuesday to complete these last three weeks of this academic year. We are living through that kind of year. The atmosphere in and around school is very positive with all grades back as we complete all the activities and tasks to close our 4th year of 2020-21. I think it is fair to write here, this is an academic year unlike any other and not one any of us will forget. One of the tasks we needed to complete was an incredible Founders' Lecture series and on Wednesday, we were joined again by students and teachers from schools around Moldova to listen to our final speaker, Madalina Bubioc. The brilliant assembly from 8B reflecting on the series with the theme "Words Matter" made me feel very proud and when we have spoken to potential new families this week wanting to join us for September, we have talked about how the wider educational opportunities and the commitment to developing all students holistically happens every day in our school. Students leading on the assemblies for their peers is one way in how we develop their leadership, communication and confidence and the wonderful 3B delivered a corker of an assembly for primary this week. Well done guys and Mrs. Luidmila. Mrs. Inga, who works so tirelessly as academic director for our school, even found the time from all she has on her daily schedule from class substitutions, exam sessions, meeting with parents, recruiting new staff, ad infinitum...to take the weekly Teaching and Learning briefing on "collaborative learning" and the commitment and professionalism of our teachers is very much modelled directly by Mrs. Inga.



This week has brought into focus starkly the "normal" World before the disruption of the pandemic as we have witnessed the shock of a school shooting in Kazan, bombs detonated by a school in Kabul and the horrific impact of the escalation of conflict in Gaza and Israel. All of us wish our World were a safer and more peaceful place for our children and students. The path of a more interdependent, collaborative and tolerant World has never been more needed than in these times as we face global challenges together as one humanity, providing the examples of hope to our children through our families, love and education. I find hope every day in the optimism of our education, learning and students and the better World they want to see and create. The routines and normality of school plays a central role in the lives, decency, values and development of our children.

The routines of school include the ongoing hard work of our Cambridge IGCSE classes & staff, amassing their portfolios for their assessed grades this summer, Grade 9 national classes facing their examinations and Grade 4 just completing their tests and they have done so well as they now prepare for transition into secondary. Our COBIS accreditation is about to culminate in our compliance online visits and meetings with the COBIS team at the end of May as we seek to benchmark our international school with the global standards of the very best schools around the World. A huge thanks to Mrs. Rose for her leadership here. We had a wonderful International Food Friday (IFF) from Ukraine and I am looking forward to Turkey and Mexico to close the year. And yes, this idea will continue into next year and there are a lot of countries we would like to cover for IFF. We hope all our communities celebrating Eid had a peaceful and happy day and even though we have a recovery day on Saturday (4/5) this will be online and I wish all of you a wonderful weekend and thank you for your ongoing support of me and Heritage. We have two great final weeks coming up to close our academic year and celebrate our education and young people.



Rob Ford
Director

Articles of Interest:

- Run, walk or cycle during May and support ChildAid. Since its humble beginnings in 2020, Run For Heroes has raised more than £7 million for NHS Charities and founder Olivia Strong has been awarded an MBE. After the success of the original fundraiser, the nation is once again being encouraged to get active in the name of charity as lockdown restrictions continue to ease. Run for Heroes is launching its latest challenge by turning the month of May into a celebration of physical activity with their 5kMay campaign: <https://www.childaidee.org.uk/blog/run-walk-cycle-during-may-and-support-childaid>

- Forests the size of France regrown since 2000, study suggests; <https://www.bbc.com/news/science-environment-57065612>

- Now more than ever: Reinventing the UN in the time of pandemic. Mr. Simon Springett "We remember our history, but we must always look afresh at our work. Always reform. Always improve. The people of the world demand no less and deserve no less": <https://unsdg.un.org/latest/blog/now-more-ever-reinventing-un-time-pandemic>

- The Empire State Building's Green Retrofit Was a Success. Will Other Buildings Follow Suit? Time Magazine and Sustainability; <https://time.com/6026610/empire-state-building-green-retrofit/>

- Deforestation is leading to more infectious diseases in humans. As more and more forest is cleared around the world, scientists fear that the next deadly pandemic could emerge from what lives within them. National Geographic: <https://www.nationalgeographic.com/science/article/deforestation-leading-to-more-infectious-diseases-in-humans>

- The UN weekly situation report to understand how the Covid-19 situation is evolving in Moldova: <https://covid19response.un.md/files/UN%20Moldova%20Covid-19%20Weekly%20Situation%20Report-11%20May%202021.pdf>

- In Moldova, women lead the statistics on young people with higher education, single-parent families, gender-based violence, with lower rankings on well-paid jobs and representation in leadership positions; <https://medium.com/undp-moldova/moldovan-women-mps-in-solidarity-to-support-women-and-vulnerable-groups-to-face-the-pandemic-e207d9cb0845>

- Why is the world still being hit by wave after wave of Covid when we know how to stop it? Leaders failed to act fast enough when Covid-19 appeared. They must not keep making the same mistakes; <https://www.theguardian.com/global-development/commentisfree/2021/may/12/why-is-the-world-being-hit-by-wave-after-wave-of-covid-when-we-know-how-to-stop-it>

Notes from Ms Elize:

Welcome back after the Easter Break. I hope everyone has rested and is ready for the last two weeks of this extraordinary academic year.

This Saturday we are celebrating Family Day in Moldova. As we have navigated the pandemic and worked through various stages of lockdown, I think one thing is safe to say and that is that the one constant we could count on is our families. When we could not go anywhere or see anyone, we drew upon this circle for love, support and all our social needs.

The importance of the family unit and the values we learn through this unit forms the foundation of social development in young children. Many people do not think about their family values until a crisis arises that forces them to make decisions that may go against their beliefs. While they may have never identified their values, all of sudden they are faced with the realization that something does not quite fit into what they believe in. This is when people realize how important family values are to the structure and operation of not only their family system but also the world as a whole.

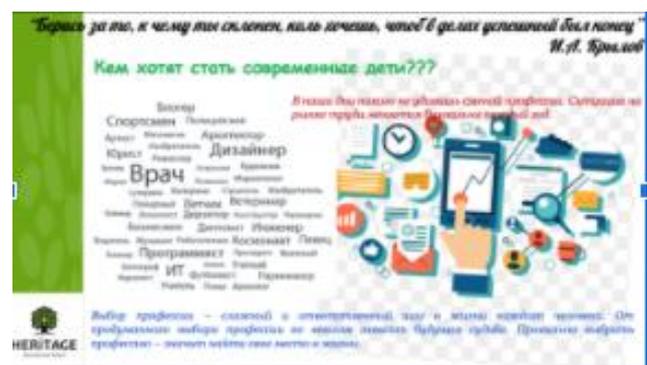
Families with defined values are able to stand strong on their views despite other people's efforts to break through with opposing beliefs. In addition, when family members feel weak from the cold outside world, they know they can come into their family for a warm comforting connection. It is this connection that carries us and supports us when we are down and out. For our children this is even more significant. This is where they can be themselves, feel loved and accepted unconditionally. Within their family structure, they gain the confidence and self-esteem to go out in the world, become their own person, and feel validated.



Playing board games, going for a walk or having dinner together are just a few of the many ways we can celebrate our families and strengthen bonds and relationships. Adding these activities to our schedules also forces us to slow down and take some time out of our busy schedules to make time for our children and ourselves.

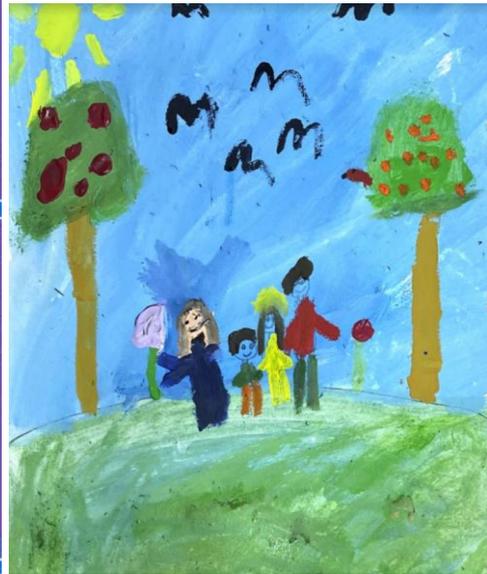
I hope you have a wonderful weekend spent with family and friends.

This week's Primary Assembly was done by Ms. Liudmilla and 3B. They took a trip around the world exploring different professions.



This Saturday we are celebrating Family Day. 3E created a family portrait and wrote a paragraph about their family values and what family means to them.





With only a couple of weeks left before the start of summer vacation 3E students enjoyed some time outside in the sunshine making memories.



The recipe for happiness from School Starter students: Lego Education + Play + Arts





Team activity in the Romanian language lesson. The "Thinking Hats" method.





My wonderful family lessons in School Starter





In the Science classes, 2A students were ecological detectives.

The students have shaped and cut out cutouts. Then they calculated and estimated the number of plants crushed by man's trace. An eco-friendly activity had second grade students.



The project in which students from our school participated was awarded. Thanks to the 4A and 5A grade students for their involvement and collaboration. Our project *The Book of the Four Seasons* was the best in Moldova in primary education category.



In the Art lesson, 4th grade students learned about masks from different cultures and created their own mask inspired by the renowned Venetian Carnival.



To finish our unit on WW2, 6E students created timelines for the ten most important battles, in their opinion. Students were very creative, with projects ranging from colorful clotheslined projects, 3D posters, and maps with the location of each battle.



Students also used recycled newspapers and magazines to create physical maps highlighting elevation of various countries in Latin America.



Student Council:

Congratulations again to all of our wonderful contestants in the first Heritage Spelling Bee! We had over 40 participants, making the competition fierce. The students who made it to the finals- Sebastian Istrate 3E, Goran Dacho 5E, Aidan Bexeit 3E, Armands Mikuts 5E and Anthony Vural 6E- received their certificates and enjoyed celebrating their accomplishments together. We are all very proud of these students and hope they decide to participate again next year!



FOMS/AREAL shelter for dogs and cats holding a stall this Saturday and Sunday from 12-4pm at Cathedral Park in central Chisinau. Please visit and support if you are in the area



Сбор помощи для 300+
обитателей приюта "Живи"
и 160 кошек Милы Черкесовой
15 и 16 мая с 12⁰⁰ до 16⁰⁰
 в парке Кафедрального Собора
 (лестница со стороны ул. А. Пушкина)
 мы с благодарностью примем от граждан:
 пледы, полотенца, ветошь-б/у сухой и
 баночный корм, медикаменты, средства
 гигиены, денежные средства (под роспись)
 Нам очень трудно, поддержите нас,
 пожалуйста.
 * тел. 079 989 969



Meaningful May 2021

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Make a list of what matters most to you and why	2 Do something kind for someone you really care about	3 Focus on what you can do rather than what you can't do	4 Take a step towards an important goal, however small	5 Send your friend a photo from a time you enjoyed together	6 Look for people doing good and reasons to be cheerful	7 Let someone know how much they mean to you and why
8 Set yourself a kindness mission to help others today	9 Notice the beauty in nature, even if you're stuck indoors	10 What values are important to you? Find ways to use them today	11 Be grateful for the little things, even in difficult times	12 Listen to a favourite piece of music and remember what it means to you	13 Look around for things that bring you a sense of awe and wonder	14 Find out about the values or traditions of another culture
15 Do something to contribute to your local community	16 Look up at the sky. Remember we are all part of something bigger	17 Show your gratitude to people who are helping to make things better	18 Find a way to make what you do today meaningful	19 Send a hand-written note to someone you care about	20 Reflect on what makes you feel valued and purposeful	21 Share photos of 3 things you find meaningful or memorable
22 Find a way to help a project or charity you care about	23 Share a quote you find inspiring to give others a boost	24 Recall three things you've done that you are proud of	25 Make choices that have a positive impact for others today	26 Ask someone else what matters most to them and why	27 Remember an event in your life that was really meaningful	28 Focus on how your actions make a difference for others
29 Do something special and revisit it in your memory tonight	30 Today do something to care for the natural world	31 Find three reasons to be hopeful about the future				

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

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**

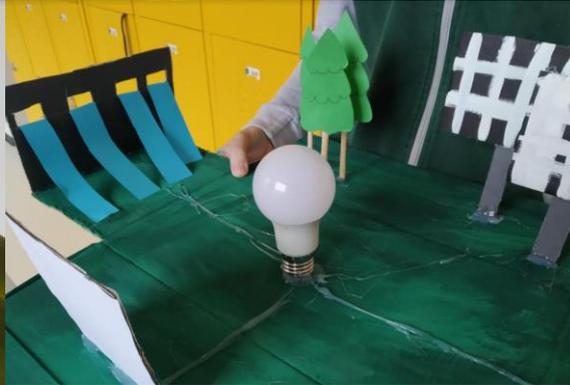
Within the Cambridge International AS & A Level Program

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

Uniform

We would like to remind our secondary school community about the importance of following our uniform policy on a daily basis. Students have to wear the school uniform on the school grounds. Hiding the school shirt underneath a pullover/cardigan/hoodie that isn't in any way similar to our school uniform dark green colour is unacceptable. The PE kit should include a grey plain T-Shirt and grey or black plain trousers.

Renewable energy is really challenging for this generation. Anastasia Levitchi and Anastasia Abornev both 6B learners did their best to create more understandable the energy path



Arts and Creativity:

- The COBIS Art Competition is a brilliant opportunity for young artists to compete internationally and showcase their talent. This year, students were invited to produce a piece of art based on the theme 'Connections'. The competition was open to all COBIS schools; <https://www.cobis.org.uk/students/forthcoming-events-activities/art-competition-2021>



Our Earth in 2030
Kikuchi Shogo Age 9, Japan

When you grow up, what kind of natural environment would you like to live in?
It's not only humans that are living on the Earth.
We share this planet with animals, birds, fish, insects, trees and plants.

Think of an earth where all creatures can live together, and draw a picture from your imagination.

Theme: Our Earth in 2030
Eligibility: Children aged 7 through 15
Registration Deadline: The application must reach us by May 25, 2020.
Application Requirements: Paper size 257x360mm or smaller.
Drawing Tools: Free-hand drawing with any types of pens, pencils, etc.
Important note:
(a) Please enter necessary information in the application form on the back and attach it to the back of the drawing.
(b) Please be sure that the drawing has been drawn personally and has not been published in other newspapers or magazines.
(c) All materials received will not be returned as a general rule.

For further information, contact: JQA International Environmental Children's Drawing Contest Office
Rm. 303, Sanjyo Bldg., 2-7-12 Tsukiji, Chuo-ku, Tokyo 104-0045, JAPAN Phone: +81-3-2545-3831 Fax: +81-3-2543-8531 E-mail: info@childrens-drawing.com

© All materials received will become the property of JQA and may be used in publications or on the web for publicity and promotional purposes.
(d) Applications sent in groups, such as a school, should be sent in a single packet.
(e) Please note that drawing with text (such as posters) are not eligible for the contest.

Mailing address: Please send your drawings to:
JQA International Environmental Children's Drawing Contest Office
Rm. 303, Sanjyo Bldg., 2-7-12 Tsukiji, Chuo-ku, Tokyo 104-0045, Japan
Winners announcement: August, 2020 (to be posted on the contest webpage)
Prize: Medalist: All winners will receive special merchandise. All entrants will receive a participation price.

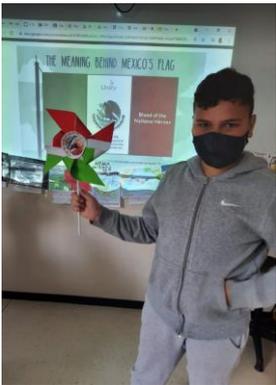
JQA International Environmental Children's Drawing Contest. The theme is "OUR EARTH IN 2030". Links here:

<https://childrens-drawing.com/drawing/image/21flyerENG.pdf>

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



Getting ready for International Day



Global education:

In February for Safer Internet Day, Heritage International School, together with the UK Safer Internet Centre and 2Simple, attempted the official **GUINNESS WORLD RECORDS™** title for **'Most pledges received for an internet safety campaign in 24 hours.'**

As a result, Safer Internet Centre is a Guinness record holder and we were part of it, too.



Heritage school finally received its certificate for the eTwinning School title, for outstanding achievements in collaborative eTwinning projects. We run two eTwinning Clubs in the school - for primary and secondary, and there are more than 10 teachers in our school who are eTwinners and run projects in their daily lessons. Heritage school is proud of our dedicated staff and the involvement of our students in global activities.



On Wednesday, we had our last edition of Founders Lectures, having as guest speaker Ms. Madalina Bubioc, Digital Paid Media Analyst at Threepipe Reply in the United Kingdom. Madalina's story appealed to our students and they were inspired by her achievements and journey. Students asked about her studies in Austria, France and England, as well as her internship at Lufthansa. They were impressed with her achievements and experience at such a young age. As the series ended, the students in 8B prepared a gymnasium assembly about the FL series; they interviewed staff and students to learn their opinions about the importance of this activity and discovered that everyone enjoys learning from real examples as role models for the young people.

France - Paris

- Experiencing the French dream
- Studying marketing from the managers of big companies
- Adapting to the French culture
- Making friends from all over the world



Austria - Vienna and Krems an der Donau

- Being on your own
- Overcoming cultural differences
- Developing an international mindset
- 360° personality change
- Overcoming the fears
- Hard work, multi tasking and perseverance



Start of Digital Marketing Career

New Era



Example 1

NailsINC



Example 2

NFL



Example 3

Small World Financial



Example 4



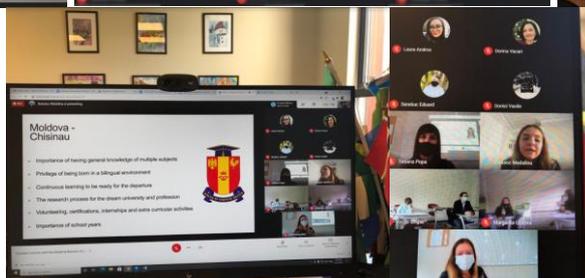
Moldova - Chisinau

- Importance of having general knowledge of multiple subjects
- Privilege of being born in a bilingual environment
- Continuous learning to be ready for the departure
- The research process for the dream university and profession
- Volunteering, certifications, internships and extra curricular activities
- Importance of school years

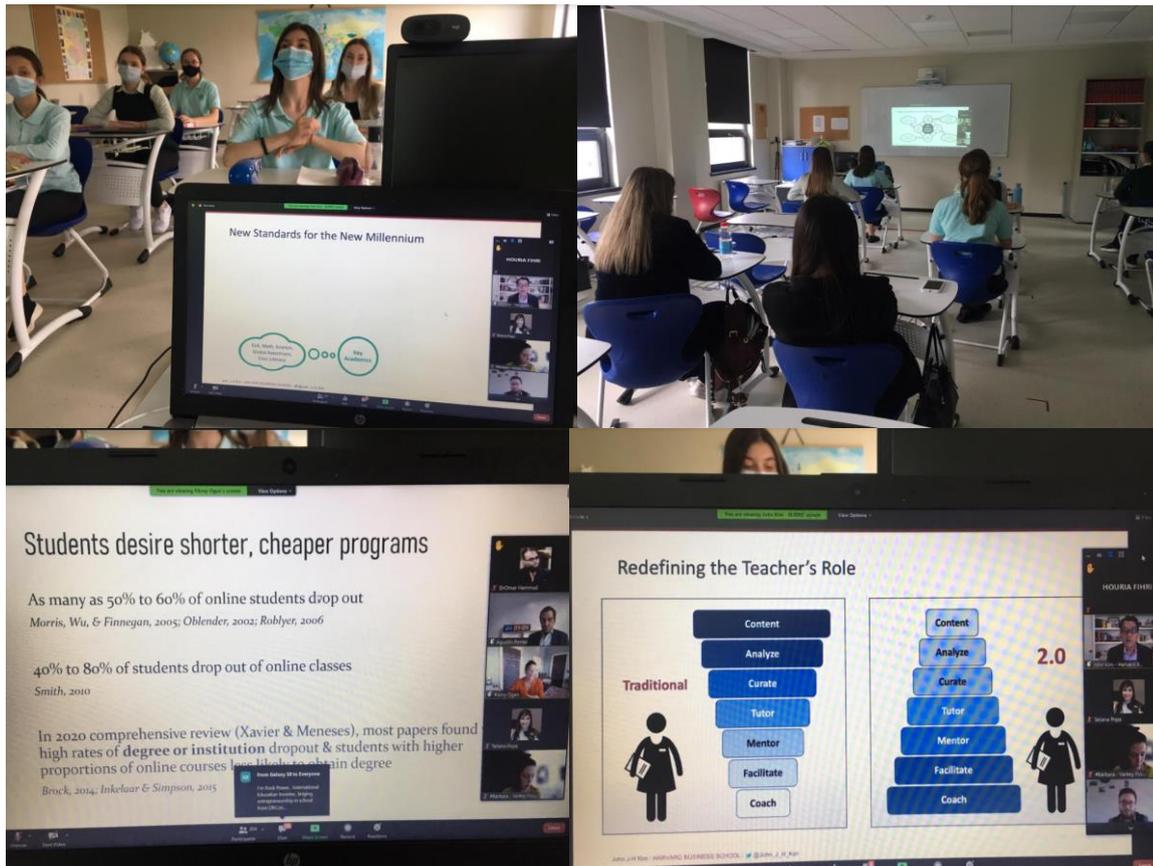


United Kingdom - London

- Learning to love London
- Competitiveness in an international environment
- Importance of socialising and making connections
- Studying in one of the cities with the best marketing industry



Students in grade 9 participated during the Global Perspectives lesson in the Global Youth Summit, organised by the Varkey Foundation. They learned about the trends in education and asked top educational experts questions that interested them. They love to get involved and want to become active citizens of the world



Every year since 1922, the young people of Wales have created a message of peace and friendship to share with young people around the world.

This year, the Peace and Goodwill Message focuses on Equality for Women.

Equality for women is key to creating inclusive, open and prosperous societies, and the 2021 Peace and Goodwill Message will focus on this important issue, highlighting the inequalities that women still face worldwide.

Heritage school supported the young people in Wales last year, and we will do so this year as well.

Every year since 1922 without fail, the process of sending a message of peace and goodwill on behalf of the young people of Wales to young people around the world on May 18 has been encouraging and inspiring humanitarian and international activity.

No other country in the world has achieved this, overcoming wars and major changes in methods of communication, from Morse code to radio and the postal service, to the digital networks of today

The first message was sent by Reverend Gwilym Davies from Cwm Rhymni. He was a pacifist and was prominent in the establishing of the Welsh Union of the League of Nations and UNESCO. He believed in uniting the children of the world. Sir Ifan decided to support the campaign so that ignorance and prejudice could be abolished.

Get involved!

Here is how to support this year's Peace Message:

- Support other messages on social media, and use #Heddwch2021 to get involved

- Retweet and share a video reading the message or a picture with the @URDD sign on your social accounts on May 18.
- Here is this year's message:



Neges Heddwch ac Ewyllys Da yr Urdd Urdd Peace and Goodwill Message



**Urdd's Peace and Goodwill Message—
Equality for Women and Girls**

Women's rights are human rights
Human rights are women's rights
We can't save the world until the world is equal

This is more than a hashtag.

Let's re-think our words
and replace negative with positive
Not bossy but self-confident
Not blunt but independent
Not emotional but powerful
Not stubborn but successful

We are the young people of Wales standing
with our sisters around the world.

Coronavirus has stopped the clock.
Let's use the new normal to create a better
future.

A future where every girl is educated.
A future of confident women.
An equal future for all, in countryside and cities,
from east to west.

We are today's students and pupils.
We are tomorrow's leaders and pioneers.
Together, we'll smash the glass ceiling.

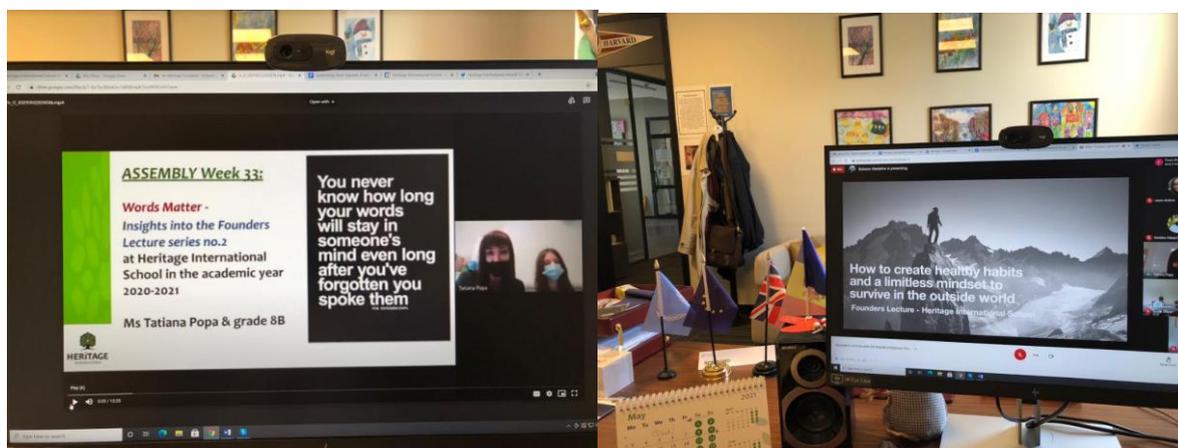

 @Urddgobaithcymru
  @Urdd

#heddwch2021 / heddwch@urdd.org / www.urdd.cymru

As grade 8 students finish reading the book 'The Diary of a Young Girl' by Anne Frank, and their eTwinning project 'Books of Our Times' draws to an end, on Friday students exposed the book timeline, discussing the historical context of the famous diary. Students expressed their views on the hardships and conditions of living, but also on the tough time for all Jews in the Europe of those times.

They visited the secret annex virtually and roamed the rooms of their interest to get a glimpse of the characters' life there.

The theme of Holocaust has been thoroughly explored this year at Heritage school.

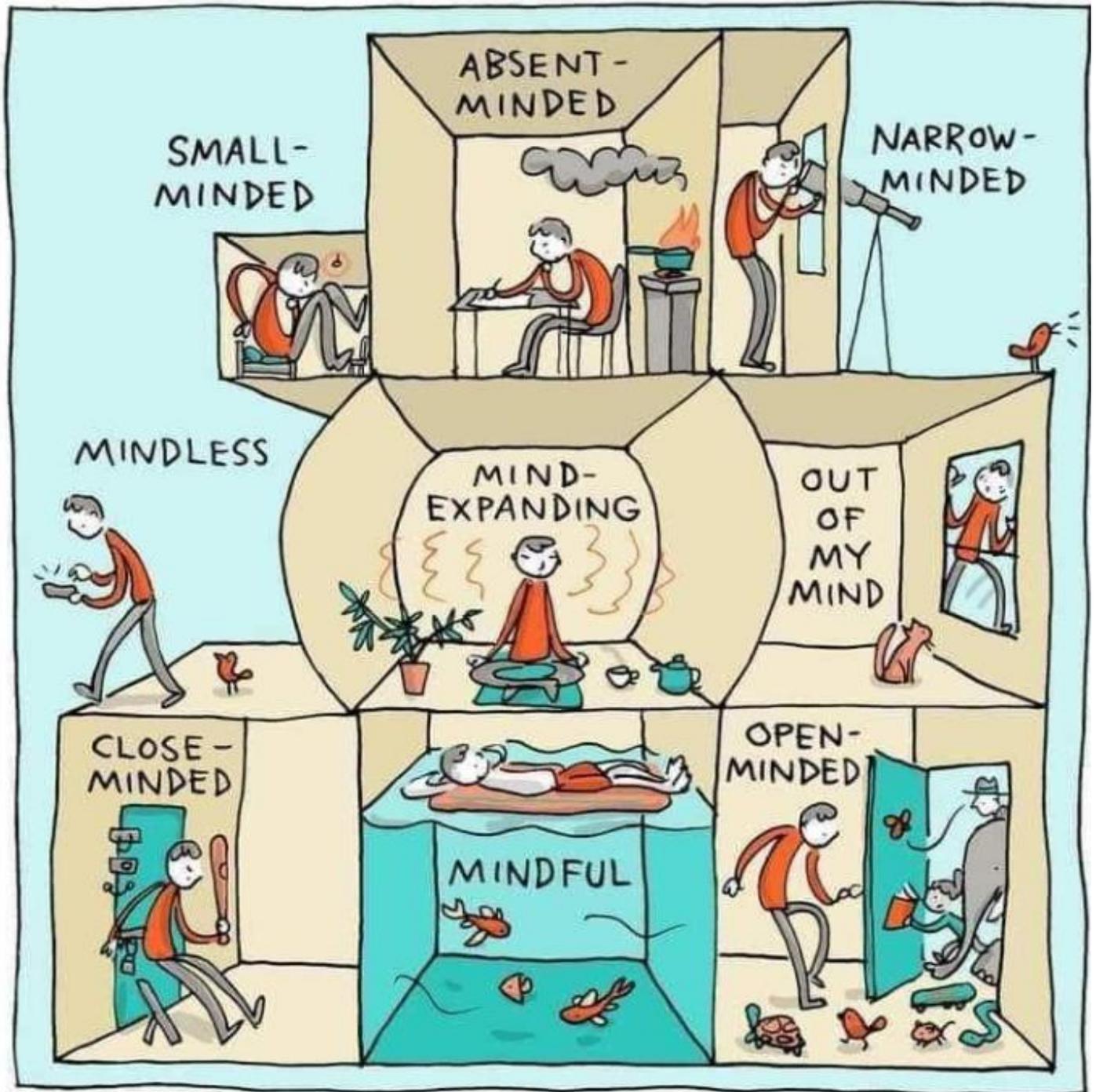


International Food Friday





STATES OF MIND



GRANT SNIDER

the ACCESS LENSES

Thinking about MOODS is an excellent way to access a text.

Authors, illustrators, and performers show MOODS using the following information...

©Trevor Bryan Art by Jarrett Lerner

DON'T FORGET Make strong-link connections through moods, lenses, and symbols.

JARRETT

52

Self-Care Ideas For Kids

ITHRIVE3:20
WWW.ITHRIVE320.COM

20 REASONS WHY IT IS IMPORTANT TO LOOK AFTER YOUR MENTAL HEALTH EVERY DAY

@BELIEVEPHQ



REDUCES ANXIETY

IMPROVES MOOD



REDUCES PRESSURE



IMPROVES COPING SKILLS

YOU WILL START TO BUILD RESILIENCE



CAN IMPROVE ENGAGEMENT



REDUCES STRESS



BOOSTS SELF ESTEEM



HELPS TO IMPROVE SLEEP



HELP YOU BE MORE PRODUCTIVE



ALLOWS YOU TO RELAX



IMPROVES CONFIDENCE



BOOST WELLBEING



INCREASES YOUR AWARENESS



IMPROVES SELF FOCUS



INCREASES YOUR AWARENESS



REDUCES BURNOUT



IMPROVE QUALITY OF LIFE



GIVES YOU TIME FOR YOURSELF



GIVES YOU TIME TO RELAX



WAYS TO CONNECT WITH NATURE TO HELP YOUR MENTAL HEALTH

- Swim in the sea
- Explore somewhere new
- Listen to the birds
- Go for a walk
- Grow your own veg
- Water your plants
- Forest bathing
- Watch a nature doc
- Look out for wildlife
- Let nature inspire your creativity
- Plant wildflower seeds

@wwf_uk

How Can We Take Action in the Classroom?

@chrisgadbury

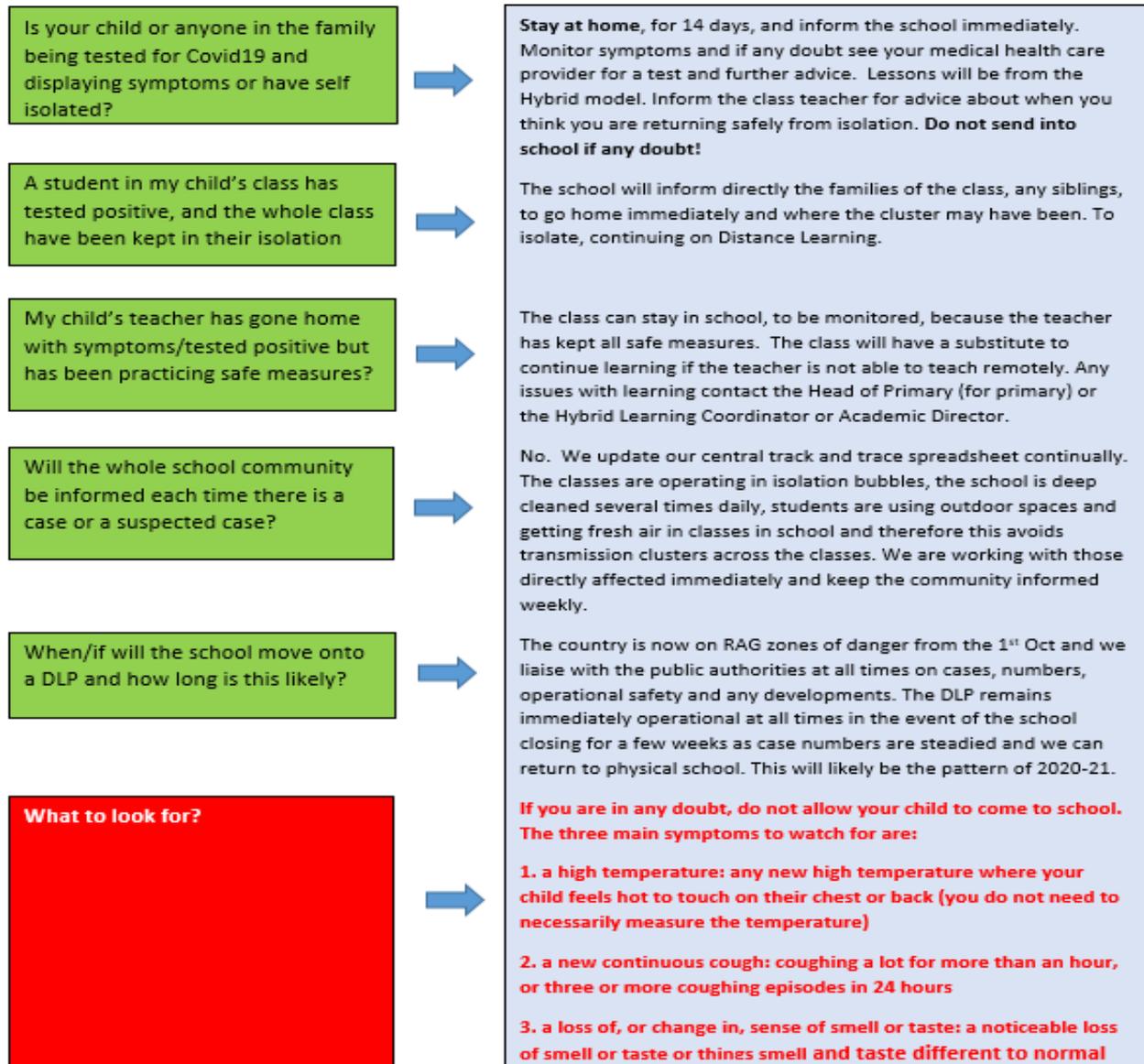
TEACH SUSTAINABLE DEVELOPMENT GOALS

- CLIMATE ACTION**
 - 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
 - WATER
 - LIFE BELOW WATER
 - *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
- 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
 - START A CLASSROOM SHOP WHERE STUDENTS SELL THEIR OLD TOYS AND RAISE MONEY TO HELP THOSE WHO ARE LESS FORTUNATE
 - BRING YOUR OWN BOTTLE TO SCHOOL
- ZERO HUNGER**
 - I'M THE FIRST TO FINISH!
 - 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.
 - TEACHER'S COFFEE
 - ASK YOUR TEACHER IF THEY ARE DRINKING FAIRTRADE COFFEE (IF NOT, BUY THEM SOME.)
 - SUSTAINABLE CITIES & COMMUNITIES
 - USE LESS HANDOUTS!

www.magictofbooks.com

THE GLOBAL GOALS For Sustainable Development

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/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

15 th May, 2021	Family Day
17 th -21 st May, 2021	Heritage Sports Week
27 th May, 2021	Founders' Day
26 th and 28 st May, 2021	Heritage International Day Presentations
31 st May, 2021	International Day Class Team Building

Our mission from the founders:
 To prepare students for the CHALLENGES of the future.
 A dream of an international school that
 give the CHILDREN of our COUNTRY the atmosphere of an alternative,
 progressive and modern educational institution.

HERITAGE
International School

Founders' Day

MAY 27, 2021

SHOW YOUR SPIRIT FOR YOUR SCHOOL

We honour the establishment of the school and our educational vision, values and ethos with our Founders' Essay prize and Art competition looking at the challenges of the future and the solutions. We will share this with our community as we look to future with hope.

HERITAGE
International School

International Day



Celebrate diversity
Monday 31st of May 2021

International Food Friday

UGRAINE

Borscht with Pampushky
(Ukrainian Garlic Bread)

Meat dumplings with
sour cream

Baked apples with honey
and walnuts

Mixed Berry Compote

MAY 14, 2021



Paça çorbası soup
Pide (Turkish bread)
Urfa Kebap
Kemalpaşa dessert
Ayran / Tea

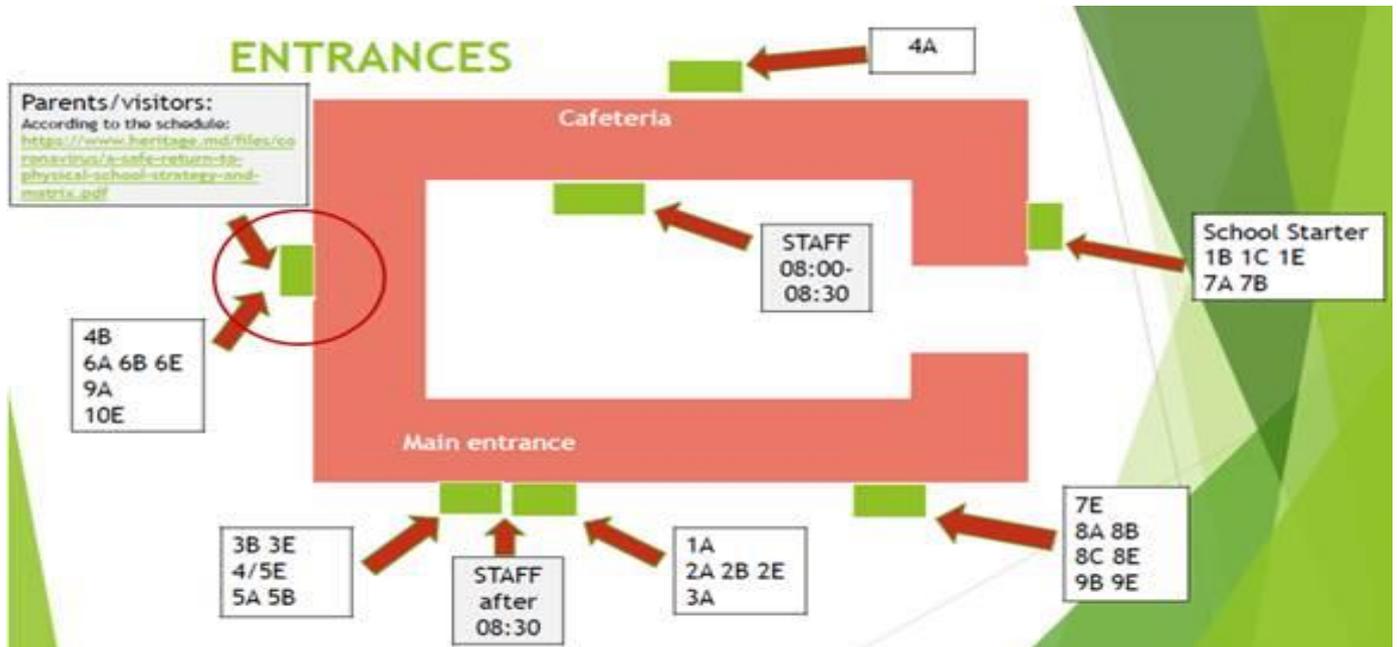
21 May, 2021



Mexico

Caldo Tlalpeño soup
Chicken Tacos
Mexican Chopped salad
Hibiscus Iced Tea

MAY 28th 2021



Protect yourself and loved ones from coronavirus.

Wash your hands regularly with **soap** and **water**.

Cover your mouth and nose while **sneezing** or **coughing**.



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