HERITAGE
International School

THE INTERNATIONAL HERITAGE HERALD

September 25, 2020

GENERAL

Quote for European Day of Languages:

"Own only what you can always carry with you: know languages, know countries, know people. Let your memory be your travel bag."

Aleksandr Solzhenitsyn

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

At the end of week four, we have been confronted by what we have feared but planned for since early summer, positive cases in our school community. The two points I want to emphasise strongly here are these: 1) The continuation by wider society to even practice the basic safe measures of wearing a clean mask, keeping physical distance and practicing good hygiene, is the biggest barrier in Moldova to get the case numbers down and the transmission minimised. It is not just ordinary people using the markets or riding the buses. This approach is not modelled as it should be from all walks of life. 2) We want to keep our school campus returned and we know that we operated for 5 weeks since August on a model that worked and we have benchmarked this against what other international schools are doing following and going above our national regulations requirements to return to physical school. We have operated and continue to operate a safe school campus environment that minimises risk. Our children need the certainty, normality and routines of school especially as this is likely to continue to last for months into 2021.

From Monday 28th Sept, we are going to put in place the following measures in school:

1. *The café will not be open. Students will need to bring in food from home for snacks.*
2. *Gymnasium students on a free period will have to study in the library and nowhere else.*
3. *School will close at 5:00 (Friday 4pm) but students who have finished their activities earlier will need to leave the campus straight away and will not be permitted to wait around out of their isolation bubbles. Gymnasium students waiting for buses will have to wait in the courtyard. We will continue to review the situation with clubs.*

We will review the progress of these measures during the October break with an announcement of the next steps for the 3rd November return.

Mrs. Tatiana Popa has been appointed Hybrid Learning Coordinator, with immediate effect, and we are very lucky to have one of the most experienced hybrid learning experts in our school community. With a growing number of students at home learning, this role is crucial to make sure home and school are joined up and connected. Her contact is at the foot of the IHH newsletter.

We will be making sure, in the first instance, those colleagues in school who are more exposed in dealing with outside visitors are tested in the next few days and the subsequent necessary measures taken if needed.

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 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 any doubt, always seek the advice from your health care advisor.

DO NOT SEND YOUR CHILD TO SCHOOL IF ANY DOUBT.

Symptoms that are associated with seasonal flu/cold such as if they have a runny nose, are sneezing or feeling unwell but do not have a temperature, cough or loss of, or change in, sense of smell or taste are not normally symptoms of coronavirus. But again, if in doubt seek professional medical advice.

When there is a case or suspected case:

If there is a positive case in school from a student, the class will go in 14 days isolation and symptoms should be monitored, learning will continue online, the class deep cleaned and the class teacher will be given a Covid test. The student who tested positive needs a negative test to return and the family should also be in isolation for 14 days monitoring symptoms.

The school has additional cleaning staff permanently on site and cleaning thoroughly throughout the day.

If a member of staff has a positive test, they are in isolation for 14 days, and their family, until a negative rest shows recovery. The class need to be monitored for symptoms at home and in school but because all staff wear a clean mask and practice the safe measures, students can continue to come to school. The classroom is again additionally deep cleaned. The students continue their learning.

Communication:

We will communicate immediately with the classroom bubble/families involved when a situation arises so that those students and families that need to know are able to act as an immediate priority and this is what we have done this week. That is our strategy and we follow the matrix we set out and shared to ensure all those involved or potentially involved are prioritised. ***We will not update every case/suspected case to the entire school community if/when they occur.*** *Families will understand the need for the school to work with those that need the support and to ensure we manage the situation with clear, calm perspective. We will keep the entire school community updated weekly, through the newsletter and Covid updates on the website, as we have done, since the crisis began. I remain available, at all hours, for any member of the school community to contact me on any question and I want to thank our community here for their full support especially in the way we are not allowing a negative undercurrent to develop and we can stay focused on managing the situation constructively. Trust and confidence to navigate through this unprecedented public health crisis is paramount and we are prepared for all eventualities.*

We all have to play our part in this to give our children the certainty and hope of education. We have said these many times throughout the crisis, none of us are passengers in this, we are all crew. Thank you, as ever, for your support, patience and understanding. We have a remarkable school community; it is my privilege to serve and this is the absolute source of our strength at Heritage.

Rob Ford, Director

Heritage in the media:

- We have some great news! The @T4EduC CHALLENGE announced their results. Today our brilliant science colleague, Vasile Chiper was announced in top 100.Thank you to everyone who voted T4 Education & Our#WorldEduWeek

Notes from Ms Elize

This past Monday was International Peace Day. This year more than ever we need to teach our children to be open-minded, patient and cooperative. Working together, following social norms and standards and supporting our fellow earthlings are becoming tools in our daily survival kit to navigate the challenges COVID is throwing at us. Having peace, being peaceful and being a peacemaker will go far to lift the spirit of the people around us.

Students took part in different activities, from discussing what peace means to them, making origami cranes and other creative activities. It is wonderful to see that the students are learning and being part of the learning process in this "New Normal".

As Mr Rob mentioned it is now even more important to continue our health and safety measures not only at school but also when we are out and about with our families. Please continue to practice the three rules of Mask Wearing, Social Distancing and Handwashing. Together as a community we continue to keep our school safely open and continue to have our students learn in an active and social environment.

Thank you to each and every one of you for your continued support, patience and understanding.

Have a relaxing, safe weekend creating wonderful family memories!

"Peace is the result of retraining your mind
To process life as it is,
Rather than as you think
It should be."
Wayne W. Dye

Elize Morin

Mindfulness is a life-long tool for managing stress.
When we teach mindful breathing to kids, we give them a sense of control and help improve focus and concentration.
Each and every one of us has the ability to feel calmer, more relaxed, and more alert at any given moment. This ability is called "Conscious Breathing". Whenever we use it, we are less stressed, more mindful, more creative and just plain cooler and kinder.
We started practising Mindful Breathing during Mental Health Awareness Week while we were on DLP last year. The children loved it a lot and asked to do it on a daily basis.

News from Secondary:

- COBIS are delighted to announce their first Free Virtual University Fair, delivered in partnership with The University Guys. Wednesday 7 October 2020, 8-11am BST and 3-6pm BST. The Fair is open to students, families and staff from COBIS schools and we would recommend our iGCSE Cambridge students to take the opportunity even though this step is only on the horizon. It will help focus ambitions and give students a clearer idea of what they are working towards -
further details here: https://www.cobis.org.uk/students/upcoming-activities-calendar/uni-fair

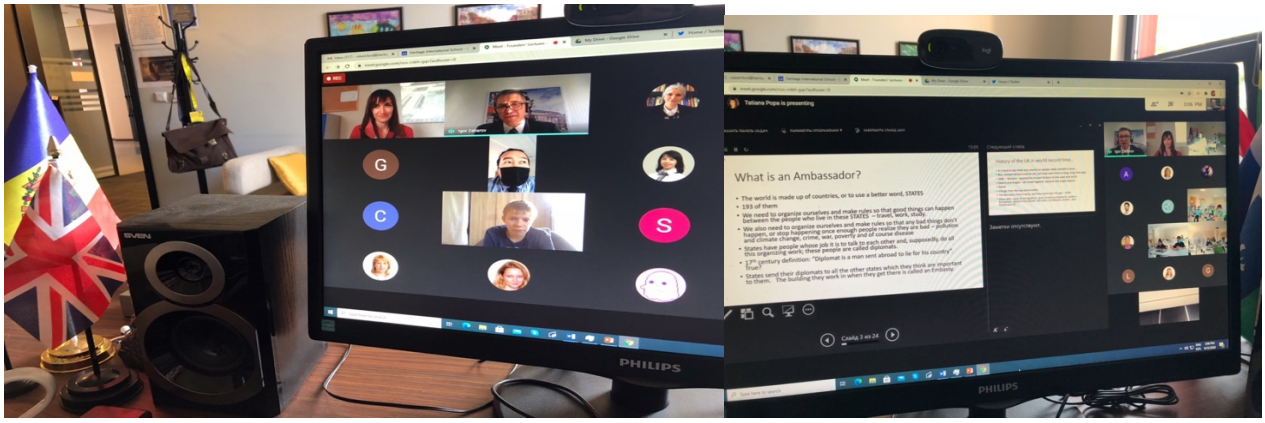
-The virtual Fair will bring together UK and international universities with students, families and staff from COBIS schools via The University Guys' virtual platform. During the Fair, attendees will tune in to presentations from individual universities and will be able to talk to university representatives through the platform's chat function. They will also have the opportunity to learn about topics such as:

- *How to write an effective personal statement for your UCAS application*
- *Choosing the best fit UK university and degree subject*
- *London is my Campus: Studying at City University and studying in London*
- *Studying at St Andrews*
- *US applications*
- *How to prepare a creative portfolio*
- *Options available in the Netherlads*

Attending UK universities include Imperial, Bath, Bristol, Durham, St Andrew's, Surrey and more. A selection of international universities will also be attending, such as Queen's from Canada, Leiden from the Netherlands, Bocconi from Italy and Loyola Marymount from the United States.

Global Education:

- A huge thanks to HE. Steven Fisher, UK Ambassador to Moldova, for delivering a fascinating first talk of the second series of our Founders' Lectures which celebrates the vision of an outward facing school developing global citizens and international mindedness. Steven spoke about how he became a diplomat, the contrasting places he has served around the World, the vital importance of the UN Declaration of Human Rights and then took a range of questions from Brexit to his favourite British foods. Tea with milk and fish and chips. You can watch Steven's talk here: https://drive.google.com/file/d/1FFx7gnBv16ugZjWgJFWEOCsDgq6ubkp0/view?usp=sharing
Our second lecture is by the Humanitarian aid responder, Venetia Bellers, date to be confirmed in October.



On Monday, the 21st of September, Heritage marked the UN World Peace Day. Teachers and students spoke about its importance, watched videos, made drawings and marked it with a minute of silence during their lessons around mid-day.

On Friday, September 25th, Heritage community celebrated the European Day of Languages, which is marked on September 26th (Saturday). The students in grade 8B joined a Quizizz game together with students from Finland, Denmark, Poland, and Romania. It was hosted by Finland and our students took some front places: Sanda Bostan was ranked on place 3 (out of 303 students participating),

Sabina Turcan took place 4, Dumitru Safonov got place 9. A real moment of pride to see how well our students know European languages!

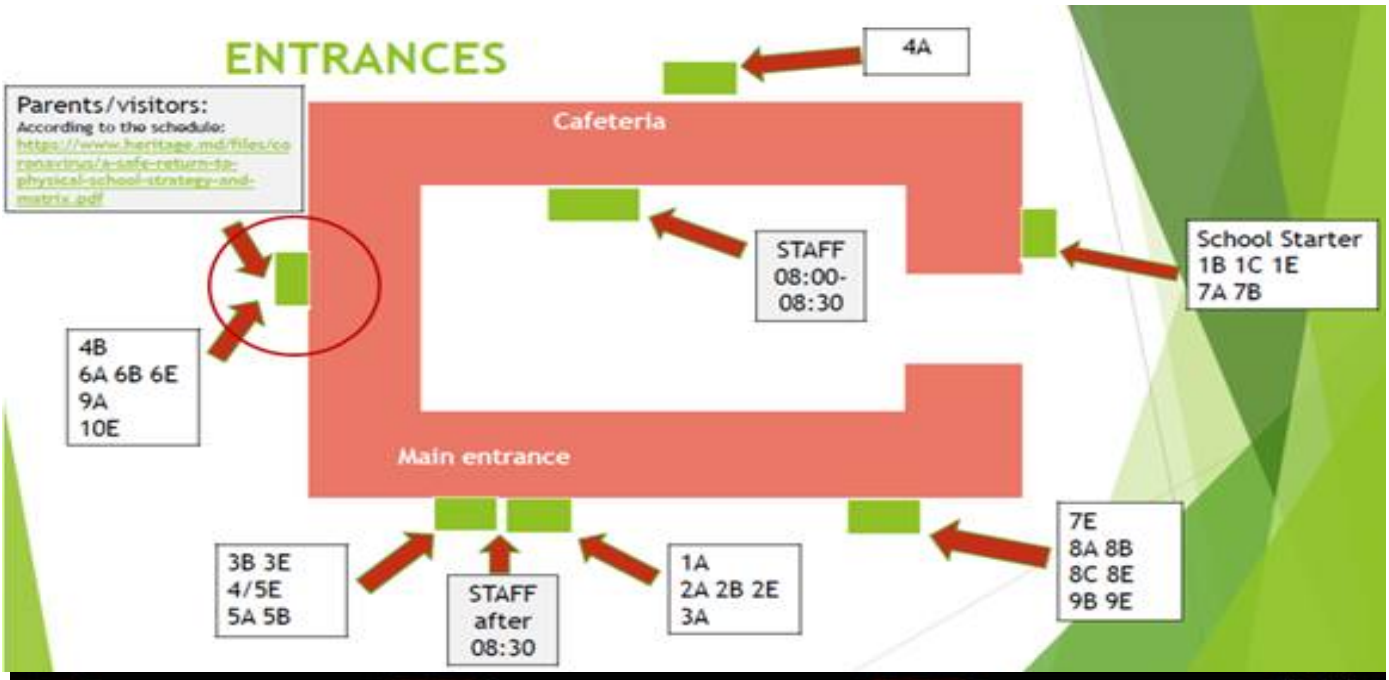
Next week we celebrate the Banned Books Week - we are inviting students in gymnasium to decorate their classroom doors with a banned book title, so that students learn about such books and get interested to read more.

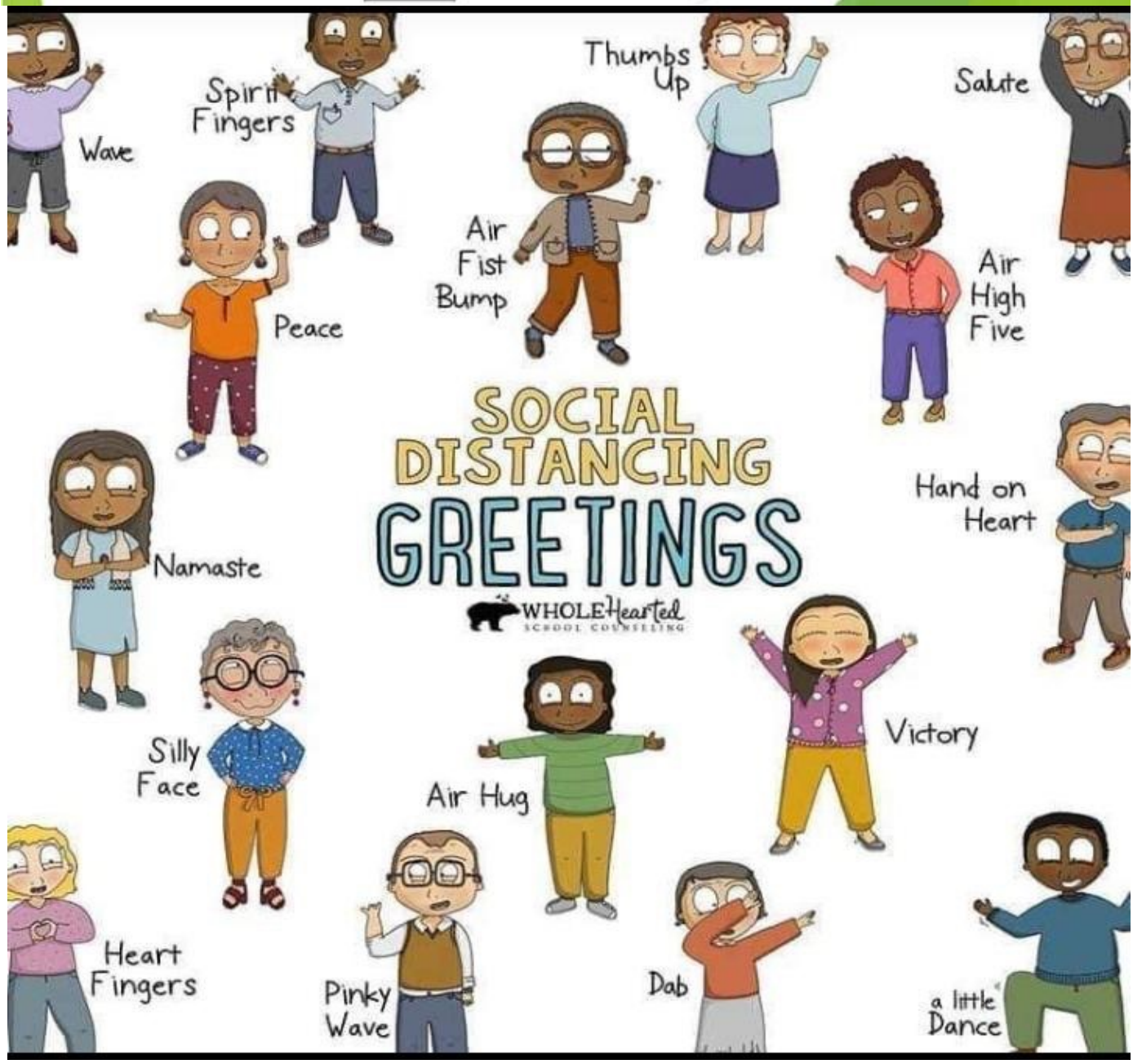
Also, the Climate Action Project starts on Monday on global scale - our students will participate in it alongside 1 million students worldwide! Heritage students will have the possibility to explore the causes and effects of climate change, to try to find solutions locally and globally, they will interact with peers from around the world, will take action and bring change into their communities, as well as will send messages to Mars.
More information about this global project here: https://www.climate-action.info/

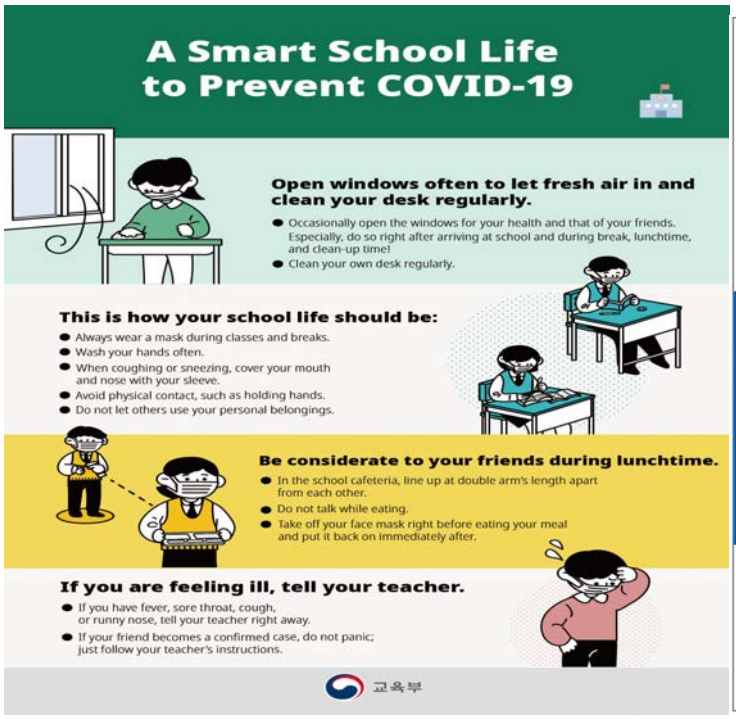
FORTHCOMING EVENTS

September 26th, 2020	***European Day of Languages***
October 5th,2020	***UN World Teachers' Day***
October 7th,2020	***COBIS virtual Universities Fair***
October 1st-Ovtober 31st,2020	***Internet Safety Month***
October 14th,2020	***Chisinau City Day***

You are probably aware of the devastating fire last night in Chisinau that destroyed this cultural icon. We would like to consider ideas on how we, as a school community, can support its restoration and work with our Chisinau community as a key part of our social responsibility and the importance arts and creativity play in our lives.


ENTRANCES
Parents/visitors:
According to the schedule:
https://www.heritage.md/files/coronavirus/a-safe-return-to-physical-school-strategy-and-matrix.pdf
Cafeteria
4A
STAFF
08:00-
08:30
School Starter
1B 1C 1E
7A 7B
4B
6A 6B 6E
9A
10E
Main entrance
3B 3E
4/5E
5A 5B
STAFF
after
08:30
1A
2A 2B 2E
3A
7E
8A 8B
8C 8E
9B 9E


Wave
Spirit Fingers
Thumbs Up
Salute
Air Fist Bump
Air High Five
Peace
SOCIAL DISTANCING
GREETINGS
WHOLEHearted
SCHOOL COUNSELING
Hand on Heart
Namaste
Silly Face
Air Hug
Victory
Heart Fingers
Pinky Wave
Dab
a little Dance



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