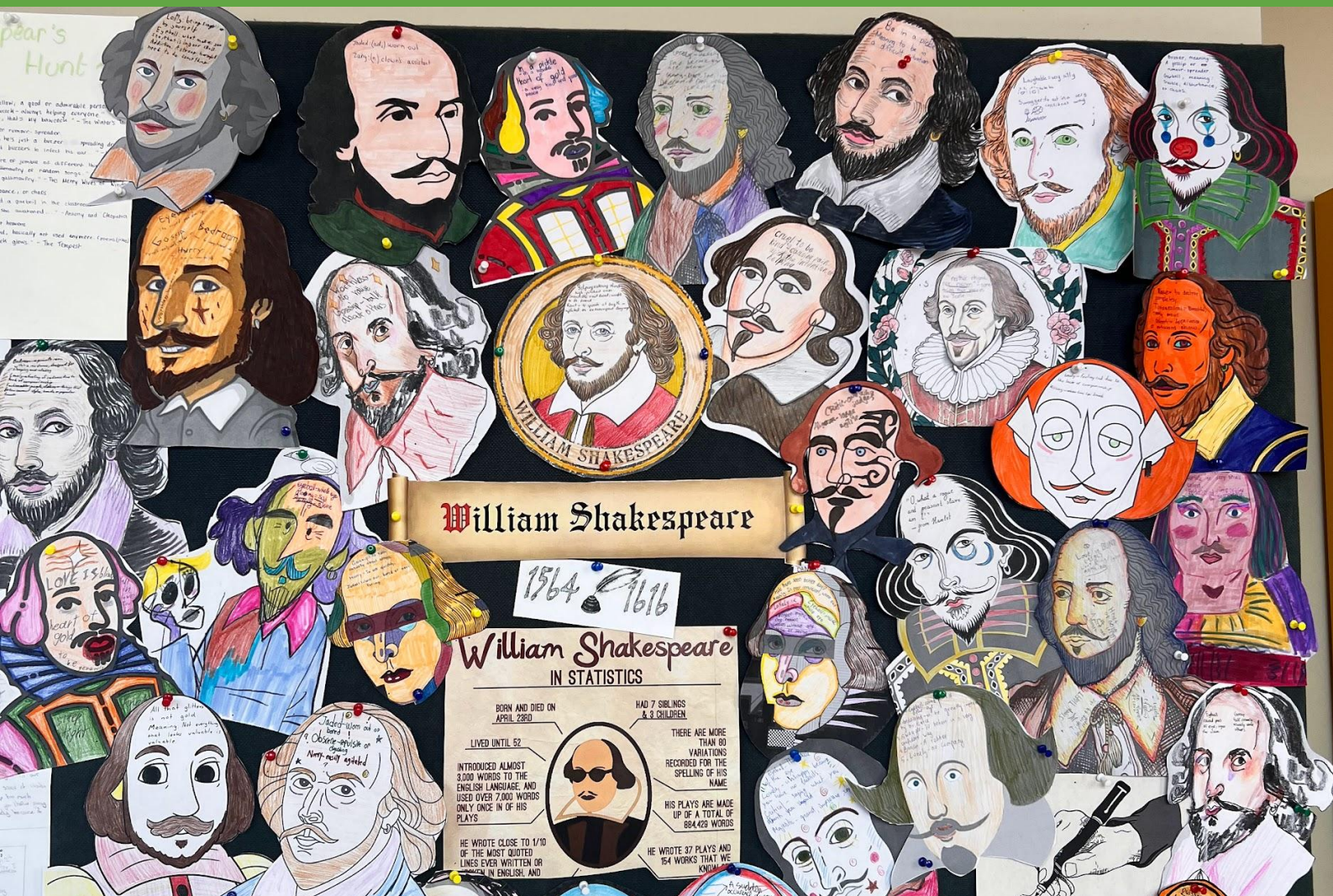




THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ The earth has music for those who listen. ”

William Shakespeare



WHAT'S NEW?

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Director's notes

Dear Parents and Caregivers,

Thank you as always for your ongoing support of Heritage and our learning programmes. We appreciate your support, kindness, and care for all members of our community.

With only five weeks remaining in the academic year, we stand on the threshold of a remarkable finale. Our students have demonstrated extraordinary dedication, and the events ahead will celebrate their achievements while reinforcing our core values of excellence, courage, respect, responsibility, and wisdom.



Sports Day - coming soon! - promises spirited competition and teamwork, highlighting physical vitality and camaraderie across all year groups.

Our Club Showcase Week will illuminate the breadth of student talents, from scientific inquiry to creative expression in arts and development of foreign language skills—evidence of holistic growth fostered by our enriching extracurricular programme.

Culminating these highlights is International Day, our capstone celebration of cultural diversity. This signature event features authentic global learning, traditional performances, interactive exhibits, and student-led presentations, embodying the multicultural ethos that defines our community in Chişinău.

I extend my sincere appreciation to students, staff, parents, and guardians for your collective commitment. Together, we will conclude the year on an inspiring note.

Anticipating these milestones,

Casey M. Barnes,
Heritage Director

The Heritage 10 Golden Rules

We want everyone to enjoy Heritage International School and have a successful, fulfilling, and rewarding academic year. To all those joining us for the first time and those who come to regular school at Heritage, we are all members of Heritage for the time we are here and we all follow the same code of respect to ensure everyone is kept safe and we enjoy our school.

- 1. We listen to & respect those looking after us, and teaching us, and always follow their instructions.*
- 2. We respect and look after each other as students of Heritage. We are a caring community.*
- 3. If unsure, we ask one of our teachers or support staff.*
- 4. We are always aware of being safe, especially around physical & practical activities*
- 5. The way we speak to each other and the words we use are the right ones*
- 6. If someone is not well or unhappy, we let one of the adults looking after us know*
- 7. We make sure we have the right clothes and equipment for each day.*
- 8. We make sure we are on time and if we are late we make sure people looking after us know.*
- 9. We are responsible for our behaviour as a student of Heritage.*
- 10. We make sure we engage in our learning, grow in our knowledge and understanding, achieve our best and potential, be contributing and valued members of our community, and get the most out of our school opportunities.*



The Heritage Values

EXCELLENCE

We strive to be our best: setting high standards, nurturing curiosity and a love of learning, committing to continuous improvement, holding ourselves accountable, and embracing digital literacy in a “getting better” culture.

COURAGE

We embrace challenges: trying new things, learning from mistakes, standing up for our values, and facing difficulties with confidence.

RESPECT

We treat every person with dignity. We create an environment where everyone feels safe, valued, and included,—respecting differences, upholding human dignity, welcoming diversity, ensuring belonging, and enacting democracy.

RESPONSIBILITY

We act with honesty and integrity, owning our learning and actions. We care for our community, environment, and world as global citizens and stewards.

WISDOM

We make thoughtful, responsible decisions—considering consequences, acting with integrity and ethical awareness, seeking balance, and developing emotional maturity.

Action for Happiness Calendar

Active April 2026

MONDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

TUESDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

WEDNESDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

THURSDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

FRIDAY

3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Plant some seeds and encourage growth

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

SATURDAY

4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try out a new exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

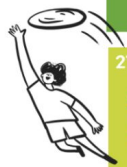
SUNDAY

5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes



ACTION FOR HAPPINESS

Happier · Kinder · Together

Key Dates

April - May 2026	Environmental Campaign
1st May	International Workers' Day (public holiday)
4th May- 8th May 2025	Teacher Appreciation Week
11th-17th May 2026	World Mental Health Week
15th May 2026	International Family Day
15th May 2026	Heritage Sports Day

[See the 2025-2026 Academic Calendar here](#)

Heritage around the world

Future Teachers Inspired During Career Guidance Visit at Heritage

As part of UNDP Moldova's career guidance program, 41 students from 10 Model Schools visited Heritage to explore the teaching profession. They toured the school and joined a discussion with experienced school leaders Inga Chiosa and Tatiana Popa. The session highlighted the role of teachers as mentors and the importance of values, responsibility, and personal example in education.



Teachers in the Spotlight



Profesoară de
Limba engleză
Tatiana
POPA

YOUTUBE.COM

Tatiana Popa: Ce trebuie să știi când alegi o școală și ce ne lipsește | Educheia cu Elena Vorotneac

Watch the full interview here: [link](#)



DIEZ.MD

Roman Dumâci: „Rolul principal al școlii este să te facă un om bun” - #diez

Read the full interview here: [link](#)

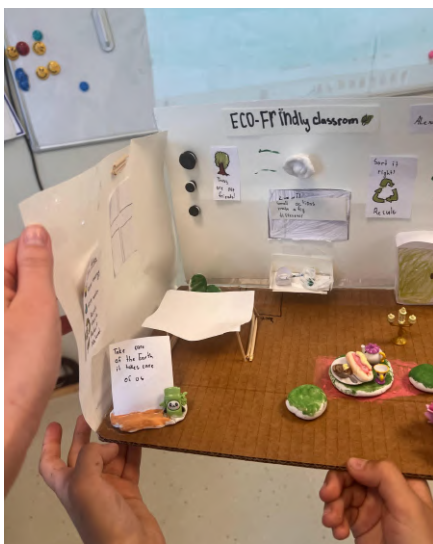
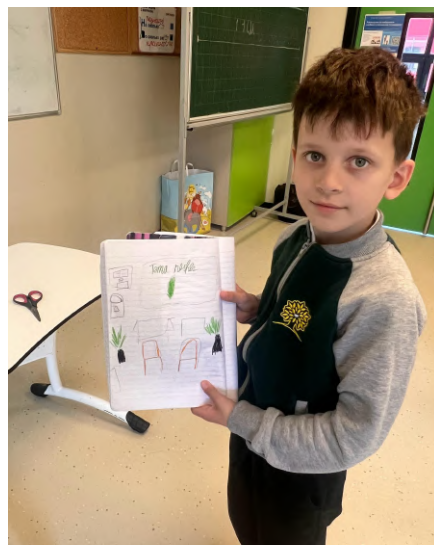
Class 4E Brings *The Little Mermaid* to Life at Fairytale Fest

*At this year's Fairytale Fest, Class 4E delighted audiences with a captivating performance of *The Little Mermaid* by Hans Christian Andersen. The students impressed with their confident acting and ability to memorise challenging lines, while the puppeteers заслужили особое признание for their skillful work behind the scenes, adding depth and magic to the story. The performance marked a wonderful introduction to theatre, leaving both participants and viewers proud and inspired.*



Students Explore Sustainability and Build Their Own Green Classroom

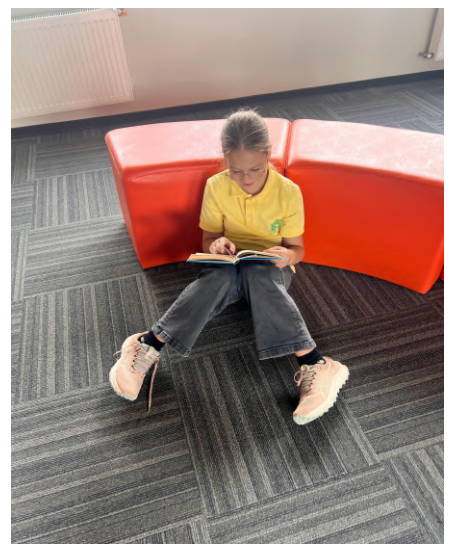
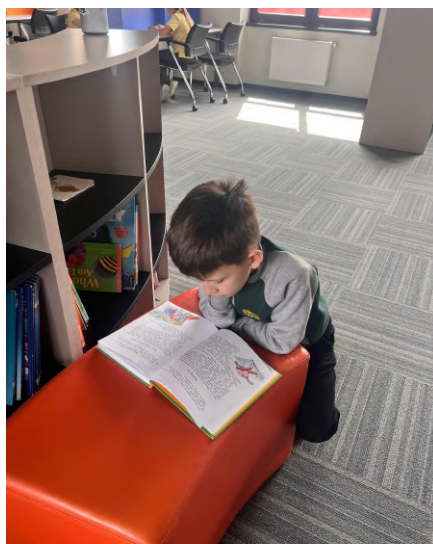
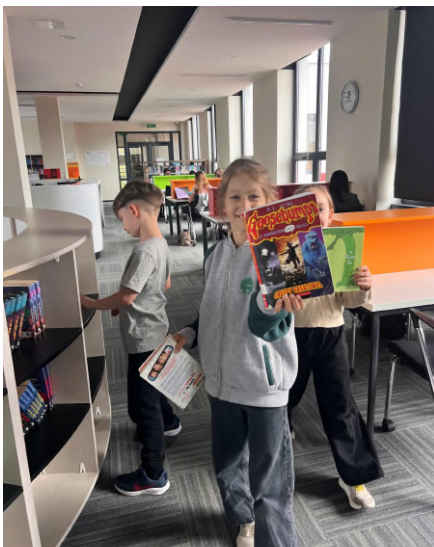
In an English lesson focused on the concept of a “green classroom,” students learned about sustainability and environmentally friendly learning spaces. They discussed ways to reduce waste, save energy, and create a healthier classroom environment. Inspired by their learning, the students then worked creatively to design and build their own versions of a green classroom. The activity encouraged teamwork, awareness, and practical thinking about how small changes can make a positive impact on the environment.



News from Primary

Book Day Adventure: Students Explore English Stories at the Library

On Book Day, students visited the school library to choose English books for reading and learning. Excited children browsed shelves, discovered new stories, and picked their favorite titles to take home. The visit encouraged reading habits and helped students enjoy English through fun and interesting books.



Class 4E Measures Up in Hands-On Maths Lesson

This week, students in Class 4E took part in an exciting and practical maths lesson that brought learning to life. Equipped with measuring tapes, they explored the playground by measuring real objects, converting units, and calculating perimeters. The activity was described as both fun and challenging, and it was clear that the students were highly engaged. By the end of the lesson, 4E had gained confidence and valuable hands-on experience as young measurers.



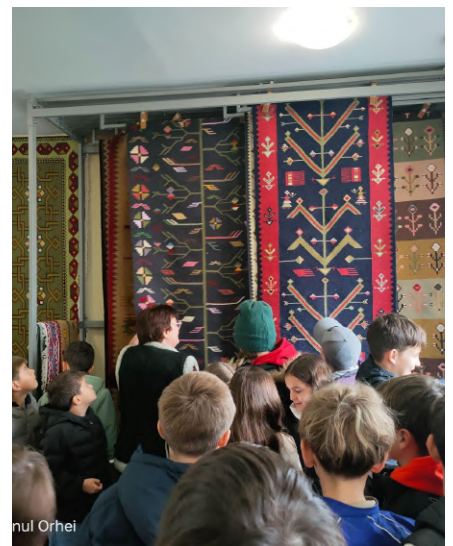
Class 4E Explores the Universe During Science Week

As part of Science Week, Class 4E enjoyed an exciting in-school planetarium experience that brought their learning to life. Tied to their current science unit on light, planets, and the concepts of day and night, the session allowed students to explore and deepen their understanding of the universe in an engaging way. The experience sparked curiosity and wonder, making it a memorable highlight of their scientific journey.



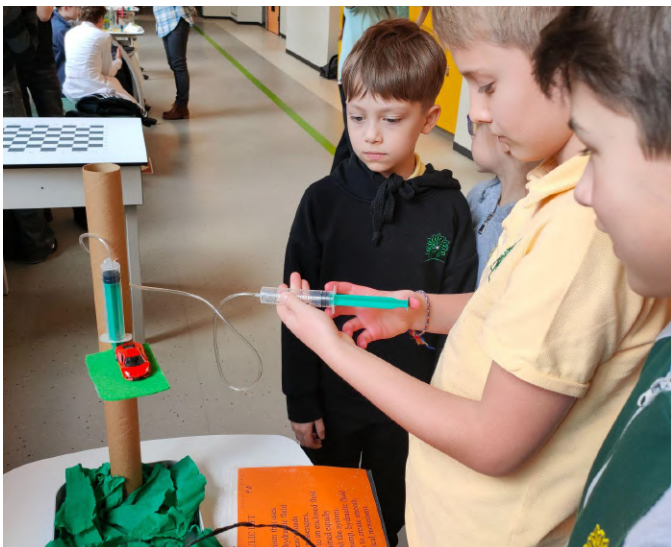
Students Discover Tradition at Rustic Art Complex Visit

Our students recently visited the Rustic Art Complex in the village of Clișova Nouă, Orhei district, where they explored the beauty of traditional crafts and local heritage. Surrounded by an authentic, history-rich setting, they gained a deeper appreciation for cultural traditions and ancestral values. The visit was both educational and inspiring, and we extend our sincere thanks to the hosts for their warm welcome.



3 A- Science Week

Class 3A enthusiastically took part in Science Week, enjoying a range of fun and engaging activities. Through hands-on experiments and interactive learning, students explored new scientific ideas and deepened their curiosity about the world around them. The week was filled with excitement, discovery, and a growing love for science.



Earth Day in 6E

What a wonderful way to celebrate the spirit of recent Earth Day by planting beautiful flowers for our wellbeing and the environment.

Huge thanks to all the parents for providing plants and tools at short notice and to all the children for their enthusiasm and hard work in making this event so special!



Friends of planer Earth

This week, the Romanian group of School Starter preschoolers dedicated it to planet Earth! The children discovered a lot of new and exciting things about the planet they live on, memorized poems, watched films about the grandeur and charm of the planet, and on the last day of the project, they planted wonderful flowers in the class plot. Friends of Planet Earth always in action!

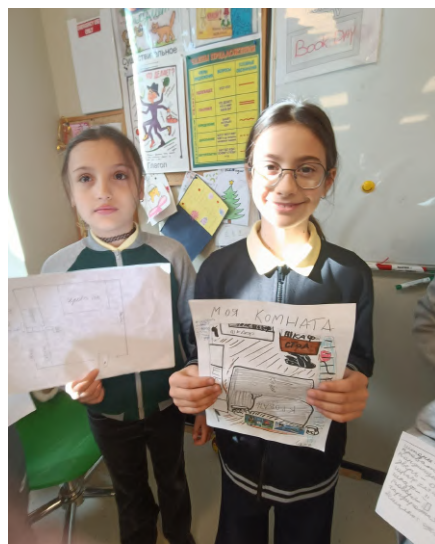
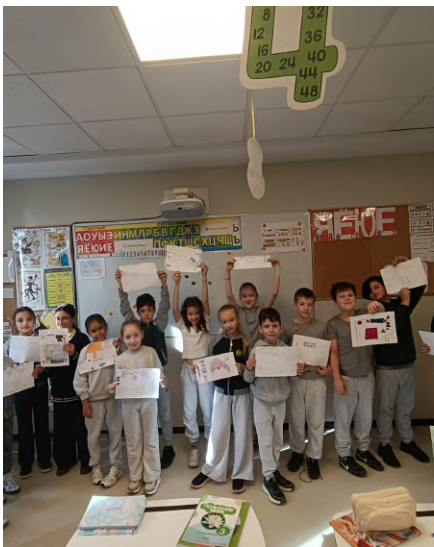


View all materials at the link:

[Link](#)

Class 3B Creates Creative Maps Using Symbols

Before the holidays, students in Class 3B learned how to create maps using conventional symbols. They successfully drew schematic maps of their classroom, demonstrating good understanding of spatial representation. During the break, the children extended their learning by creating maps of their own rooms at home. It was very interesting for them to explore and read each other's maps, making the activity both educational and engaging.



View all materials at the link:

[link](#)

News from Primary

Young Authors Create Fairy Tale Mini Books in Russian Lesson

During a Russian Language and Literature lesson, students explored the magical world of fairy tales, learning about their structure, traditional openings, and endings. Inspired by these elements, they stepped into the role of authors and created their own original stories. By the end of the lesson, each student proudly presented a “mini book” featuring their own fairy tale, making the experience both educational and highly creative.



View all materials at the link:

[link](#)

Classroom Creativity: Students Build Coherent Stories Through Sequencing Activity

In a Russian Language and Literature lesson, students learned how to create a coherent story by working with sequence pictures. They identified the correct order of events and collaboratively built the logic of a narrative. The children also practiced choosing precise vocabulary, forming clear sentences, and expressing their ideas in an organised way. By the end of the lesson, each student presented their work as a small illustrated story project, making the activity both educational and effective in developing speech and imagination.



View all materials at the link:

[link](#)

Students Enjoy Easter Adventure at Museum of Spiritual Heritage

During the “Easter Adventure” excursion at the Museum of Spiritual Heritage, students explored the history and traditions of Easter through an engaging and interactive programme. They took part in a fun quest that helped reinforce their knowledge, and showed great interest in creative workshops such as candle-making and decorating candle holders. The visit concluded in a warm and friendly atmosphere with a shared tea party. The experience was both educational and memorable, leaving students with many positive impressions.



View all materials at the link:

[link](#)

Class 1C Sparks Curiosity During Exciting Science Week

As part of Science Week, Class 1C took part in a range of engaging and hands-on activities. Each student prepared and presented their own experiment, showing curiosity, creativity, and confidence. The children demonstrated a variety of fascinating experiments, including volcano models, crystal growing, and creative ways to inflate balloons. These activities helped broaden their understanding of science while also developing their presentation skills. The week concluded with a special surprise—a 3D hologram demonstration on tablets—which delighted the students and made the experience both educational and truly memorable.

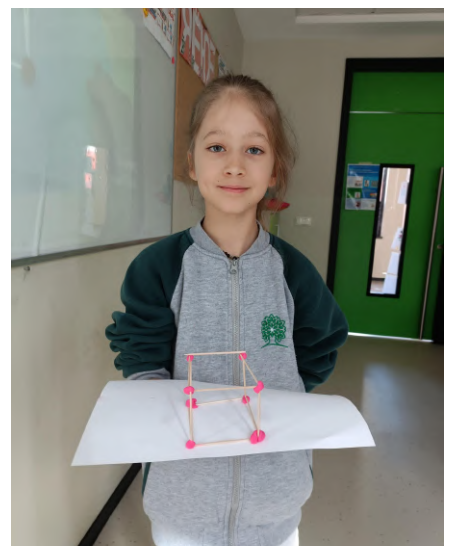


View all materials at the link:

[link](#)

Students Begin Exploring Geometry Through Hands-On Learning

On April 9, students began studying geometry and quickly discovered that learning through practical experience makes the subject both more engaging and easier to understand. By exploring concepts in an active, hands-on way, they were able to better grasp geometric ideas and enjoy the process of discovery.



View all materials at the link:

[link](#)

Class 3B Inspired by Exciting Science Experiments by Older Students

Class 3B had a wonderful opportunity to observe and explore a range of fascinating experiments conducted by senior students. The experience was especially engaging as they watched hands-on demonstrations by David Dmitrenko, Artiom Golovco, Egor Jasan, and Sava Fatev. The younger students were captivated by the creativity and scientific curiosity on display. Well done to all the participants for making science so exciting and inspiring!



View all materials at the link:

[link](#)

Class 8E2 Inspires with Assembly on Courage

Class 8E2 recently delivered a powerful assembly centered on the theme of courage. Through engaging presentations and thoughtful reflections, students explored what it means to face challenges, stand up for what is right, and show bravery in everyday life. Their confident performance inspired the audience and made the assembly both meaningful and memorable.



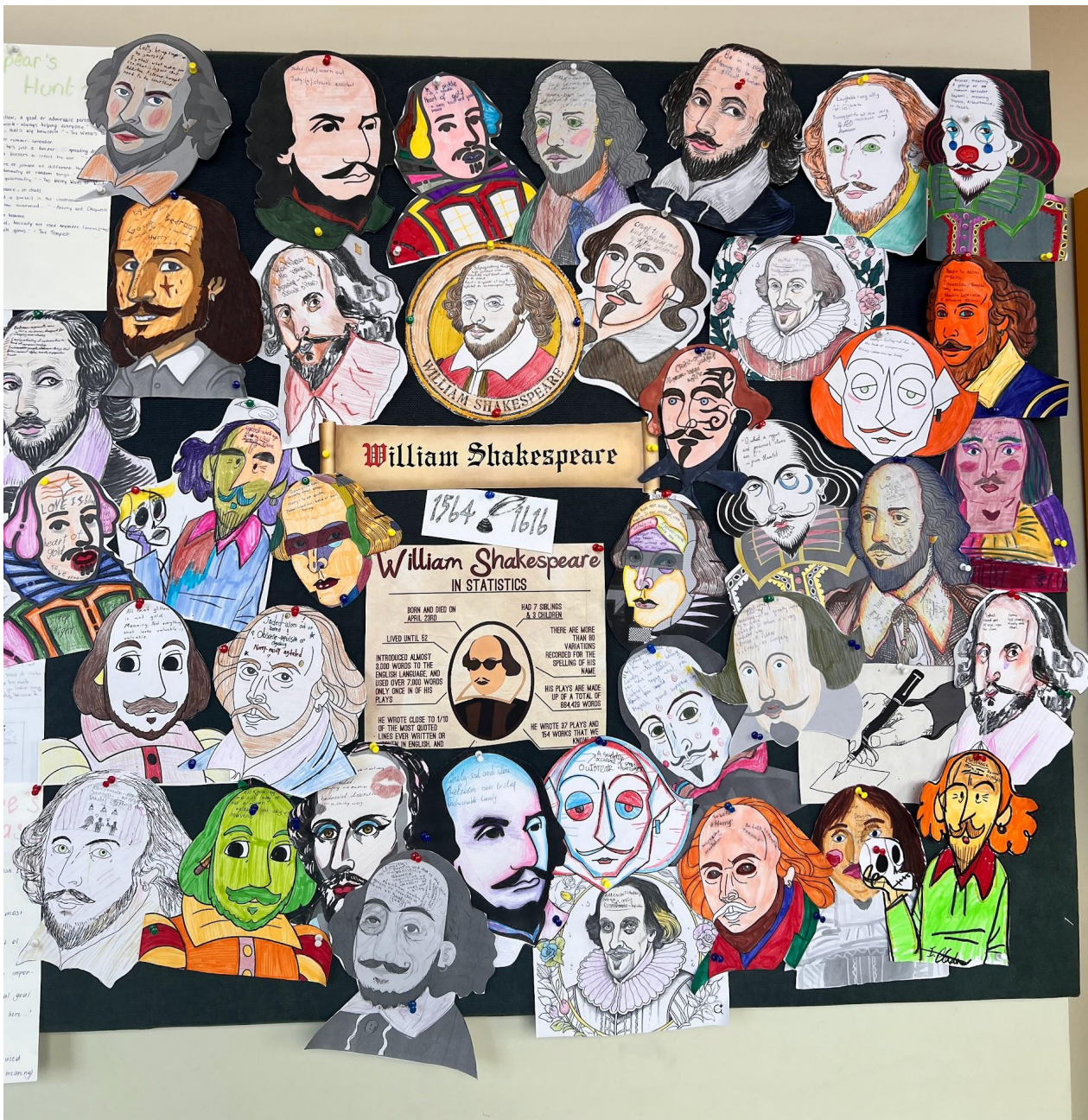
Field Trip to Zimbru Stadium Inspires Class 8E1 with Football Experience

Class 8E1 went on an exciting field trip to the famous Zimbru Stadium, home to professional football matches in Chişinău. Students explored the stadium, learned about its history, and saw where players train and compete. The visit gave them a closer look at the world of football and encouraged teamwork, sports interest, and school spirit.



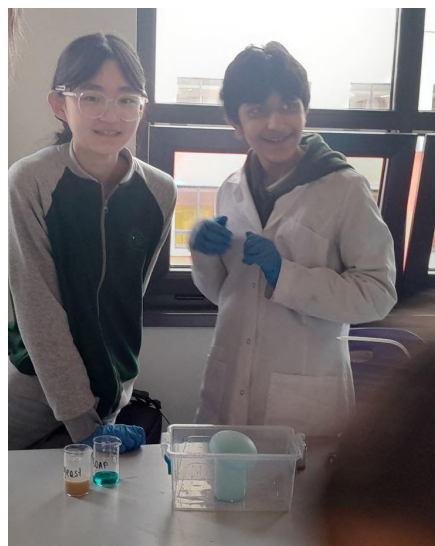
Shakespeare Day Celebration Brings Creativity to Life at Secondary School

Shakespeare Day was celebrated in secondary school with great enthusiasm by students and their English teacher, Mariana. Together, they shared their creative work inspired by William Shakespeare through a colorful wall display. The exhibition included drawings, quotes, and short writings, showing students' understanding and appreciation of Shakespeare's works while making the school environment more lively and inspiring.



Secondary Science Fair Showcases Innovation and Curiosity

The Secondary Science Fair brought together creativity, curiosity, and scientific thinking as students presented a wide range of innovative projects. From experiments to research displays, participants demonstrated strong problem-solving skills and a deep understanding of scientific concepts. The event was a fantastic opportunity to celebrate learning, inspire new ideas, and showcase the talents of our young scientists.



News from Secondary

Secondary Science Fair



Balloon Car Race

The Balloon Car STEM activity was an exciting and hands-on way for students to explore basic engineering and physics concepts. Using simple materials like balloons, straws, and recycled items, students designed and built their own moving cars powered by air. They learned about force, motion, and energy while testing and improving their designs. The activity encouraged creativity, problem-solving, and teamwork as students worked together to make their cars go farther and faster. It was inspiring to see their enthusiasm and determination as they experimented with different ideas. Overall, the Balloon Car project was both fun and educational, making STEM learning engaging and memorable.



News from Secondary

IGCSE2 and Lyceum Students Explore Careers at Career Skills Day

IGCSE2 and Lyceum students participated in the second Career Skills Day, meeting professionals from fields such as medicine, hospitality, law, IT, marketing, communications, and volunteering. They practiced CV writing, interview skills, and career preparation. After interview simulations, several students secured summer internships with participating companies. The school thanks all speakers and looks forward to future editions.



Cambridge International Qualifications

Facts and figures About Cambridge International Qualifications:

Here are the the facts why the Cambridge International is famous for

- *Cambridge Assessment International Education is the world's largest provider of international education programmes and qualifications for 5 to 19 year olds.*
- *Over 10,000 schools in more than 160 countries offer Cambridge programmes and qualifications.*
- *Every year, nearly a million Cambridge learners prepare for their future with an education from Cambridge International.*
- *We are part of Cambridge University Press & Assessment, a not-for-profit organisation and part of the world-renowned University of Cambridge.*
- *The first Cambridge international exams were taken in Trinidad in 1864 by six candidates.*

Programmes and qualifications offer at Cambridge International:

Here are the facts why Heritage International School offers the qualifications of Cambridge Primary, Cambridge Secondary Checkpoint, IGCSE and GCE AS and A Level at the campus.

- *Cambridge Primary is taught in more than 2300 schools in over 120 countries. There are over 96,000 entries for Cambridge Primary Checkpoint each year.*
- *Cambridge Lower Secondary is taught in more than 3800 schools in nearly 140 countries. Every year we receive over 110,000 entries for Cambridge Lower Secondary Checkpoint, our tests for 11 to 14 year olds.*
- *Cambridge IGCSE is the world's most popular international qualification for 14 to 16 year olds. It is taken in over 150 countries and in more than 5000 schools around the world.*
- *2018 marked the 30th anniversary of the first Cambridge IGCSE exam.*
- *More than 250,000 students worldwide took Cambridge IGCSE and O Level exams in our June 2022 series.*
- *We are the world's biggest provider of O Level qualifications. Cambridge O Level is taught in over 50 countries.*
- *Cambridge International AS & A Levels are taught in over 130 countries. Over 220,000 students around the world took Cambridge International AS & A Level exams in our June 2022 series.*
- *More than 2200 universities in 90 countries formally recognise Cambridge qualifications, including all UK universities and over 850 in the US.*

For further information about Cambridge International Programmes and Qualifications, please visit the website

[link](#)

Key Dates

Checkpoint 2026 exam timetable (Cambridge Primary and Lower Secondary)

Monday 11 May

	Syllabus/Component	Code	Duration
P	Mathematics (Primary)	0096/01	45m
P	Mathematics (Primary)	0096/02	45m

Tuesday 12 May

	Syllabus/Component	Code	Duration
LS	English (Lower Secondary)	0861/01	1h 10m
LS	English (Lower Secondary)	0861/02	1h 10m

	Syllabus/Component	Code	Duration
LS	English as a Second Language (Lower Secondary)	0876/01	45m
LS	English as a Second Language (Lower Secondary)	0876/02	35m
LS	English as a Second Language (Lower Secondary)	0876/03	40m

Wednesday 13 May

	Syllabus/Component	Code	Duration
P	English as a Second Language (Primary)	0057/01	35m
P	English as a Second Language (Primary)	0057/02	25m
P	English as a Second Language (Primary)	0057/03	35m

	Syllabus/Component	Code	Duration
P	English (Primary)	0058/01	1h
P	English (Primary)	0058/02	1h

Tuesday 19 May

	Syllabus/Component	Code	Duration
LS	Mathematics (Lower Secondary)	0862/01	1h
LS	Mathematics (Lower Secondary)	0862/02	1h

Wednesday 20 May

	Syllabus/Component	Code	Duration
P	Science (Primary)	0097/01	35m
P	Science (Primary)	0097/02	35m

Thursday 21 May

	Syllabus/Component	Code	Duration
LS	Science (Lower Secondary)	0893/01	45m
LS	Science (Lower Secondary)	0893/02	45m

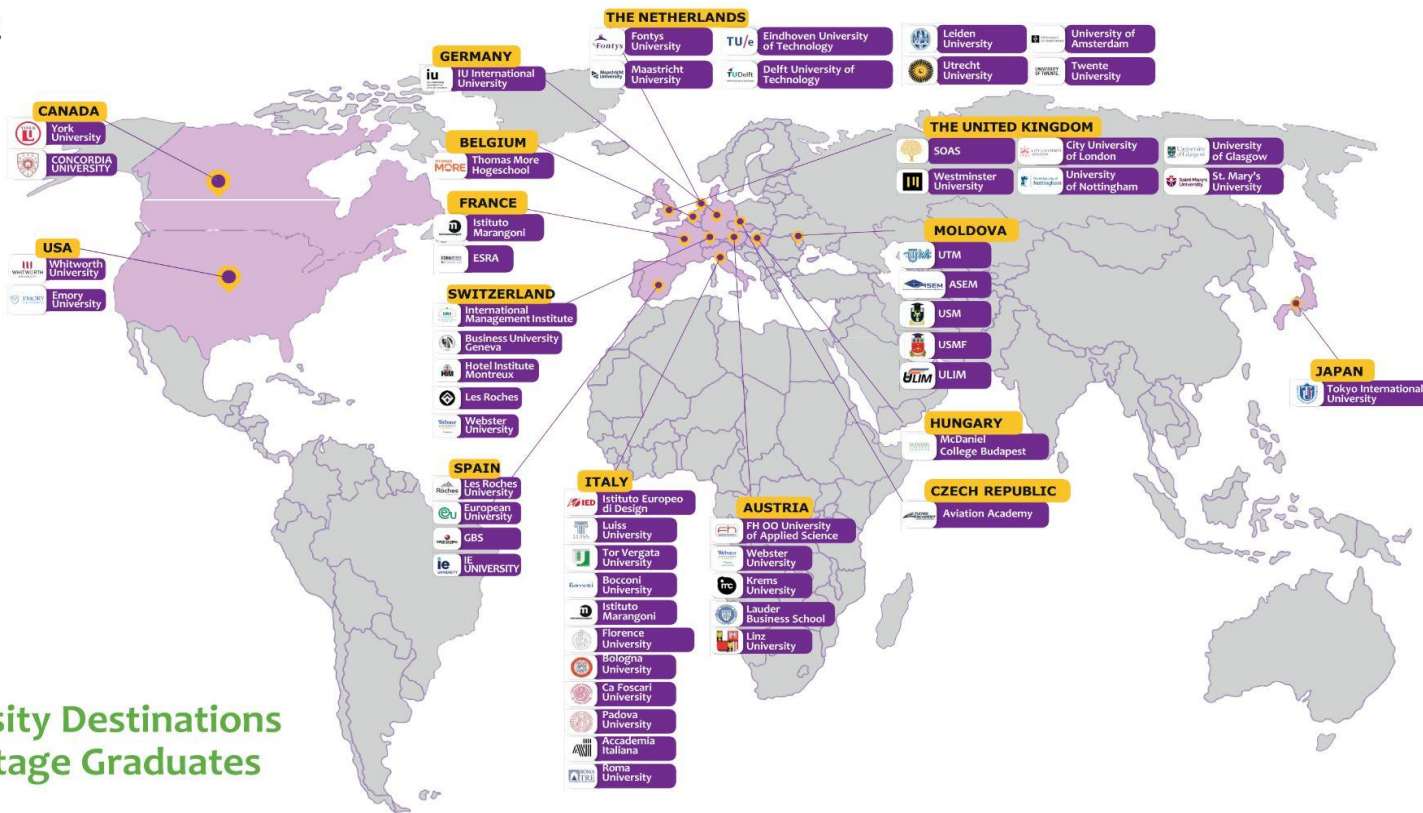
[Cambridge Exam Timetable May-June 2026](#)

Student Leadership

University Destinations



HERITAGE
International School



University Destinations of Heritage Graduates

Student Leadership

Heritage Globe newspaper - autumn /winter edition

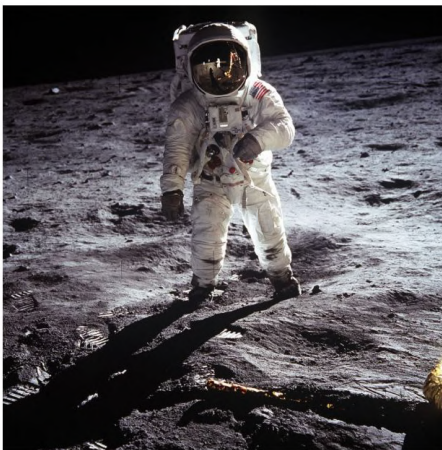
We are pleased to share the latest edition of Heritage Glob, now available to read online. Access it here: [Heritage Globe](#)



Heritage Globe

Welcome to the Heritage Globe Autumn-Winter Edition of the academic year 2025-2026.

Heritage Globe Articles



Space exploration: A waste of money or humanity's future?

by Oryna Danyliuk



Can art be immoral, and what does that mean for the audience?

by Iana Zorilo



Zaha Hadid: Dared To Dream Beyond The Ordinary

by Anonymous

[Read More](#)

Student Leadership

Shakespeare Monologue Competition

On April 23rd, our students shone brightly in the Shakespeare Monologue Competition, bringing the Bard's timeless words to life with passion, creativity, and spirit. Their outstanding performances reminded us that "all the world's a stage" and that Shakespeare's legacy continues to inspire new generations.

We extend our heartfelt thanks to our dedicated judges, who generously gave their time to evaluate the talented students from Heritage and from the British International School of Ukraine. They were:

-Steve King, Head of Partnerships for Europe, Central Asia and the Americas at Cambridge University Press and Assessment

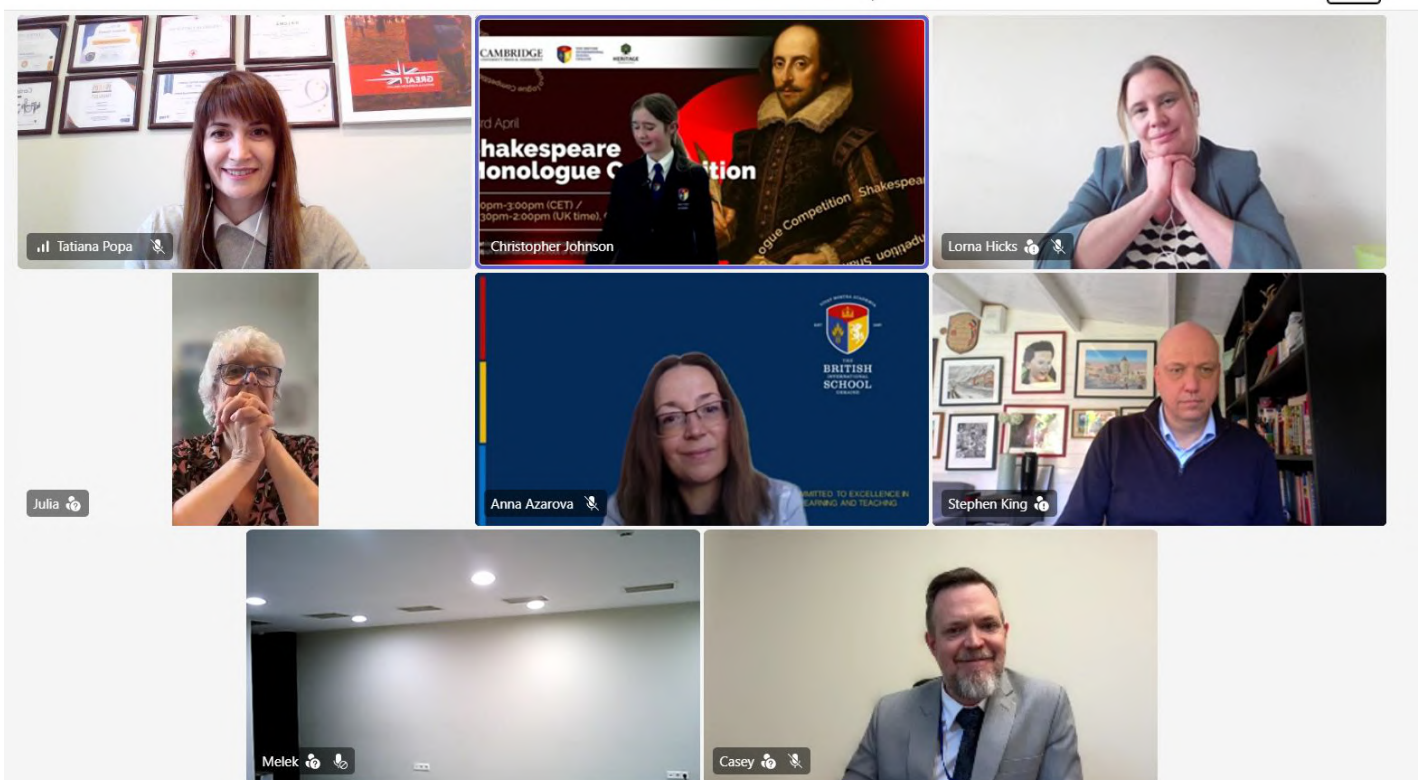
-Horna Hicks, Head of Programmes at the British Embassy Chisinau

-Julia McKelvey, author, drama teacher, puppeteer and puppet maker, United Kingdom.

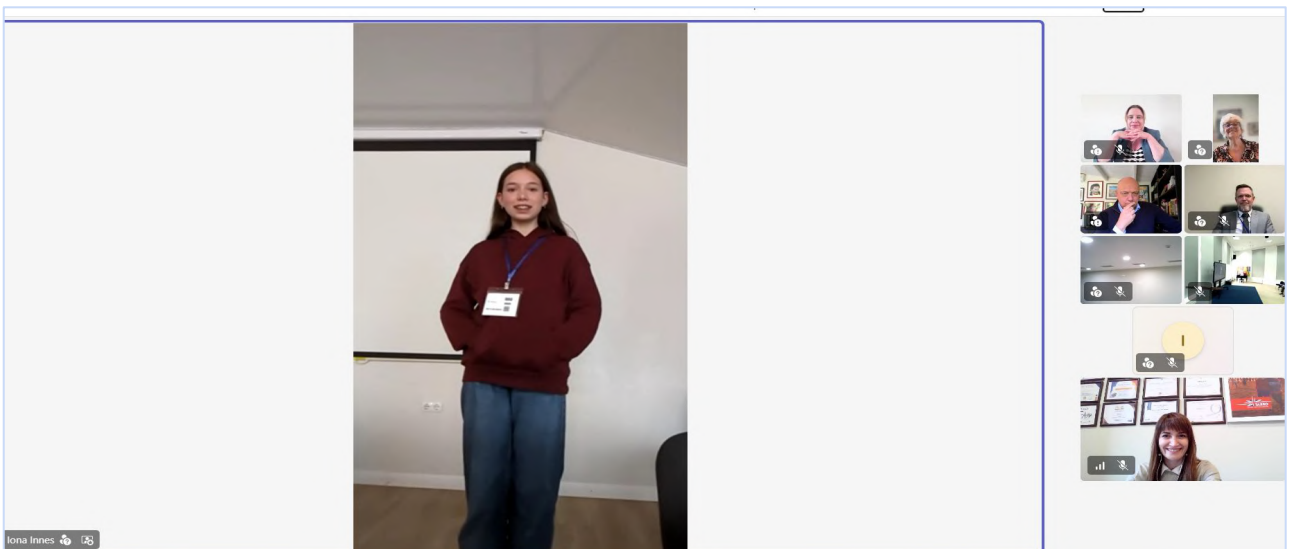
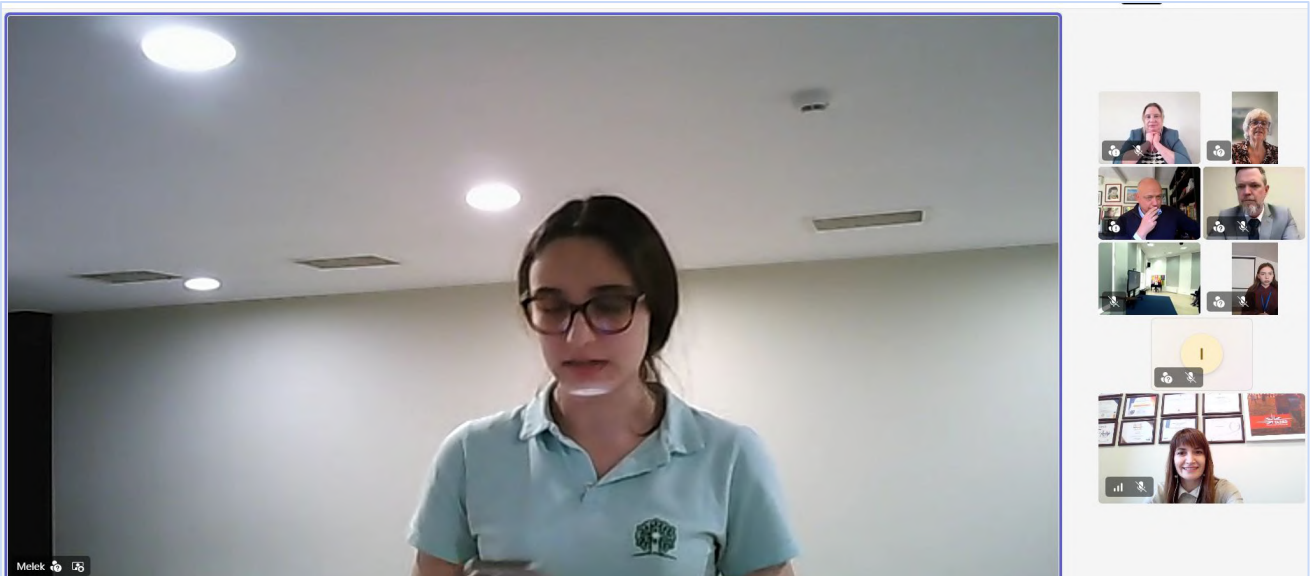
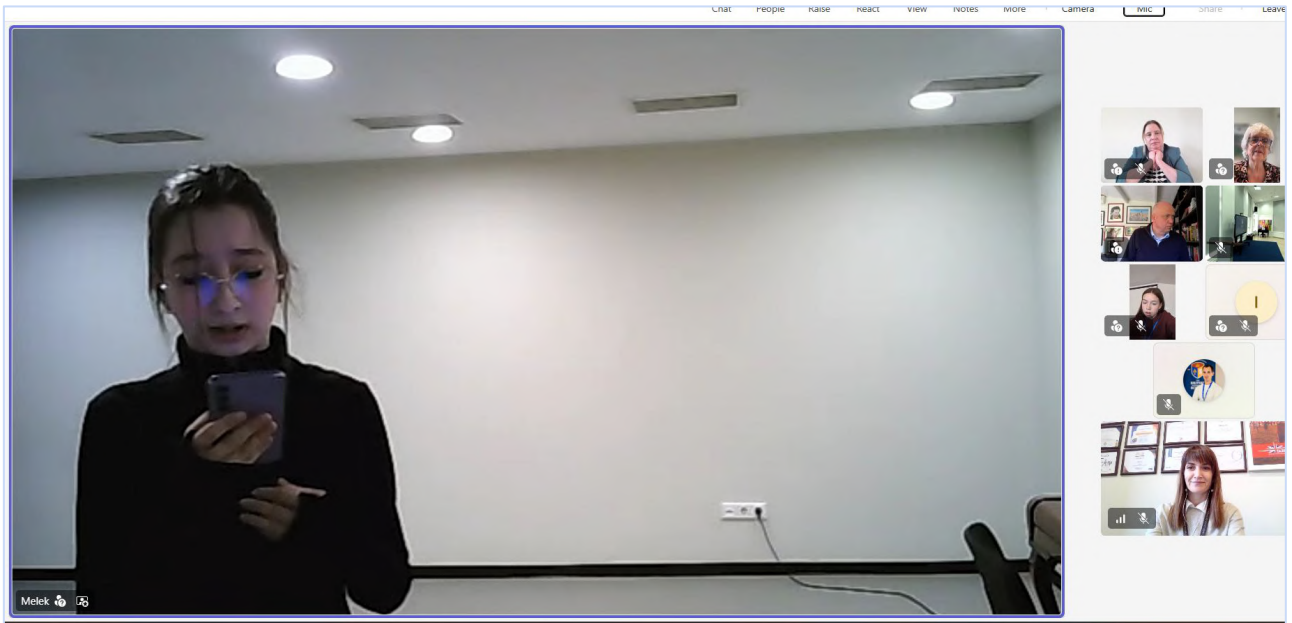
Their guidance and expertise made this celebration even more meaningful.

We are deeply grateful to BISU in Ukraine for the wonderful collaboration in organising this event. Together, we enjoyed celebrating Shakespeare in a way that united schools, voices, and imaginations across borders.

Bravo to all participants—you have truly honoured the Bard!



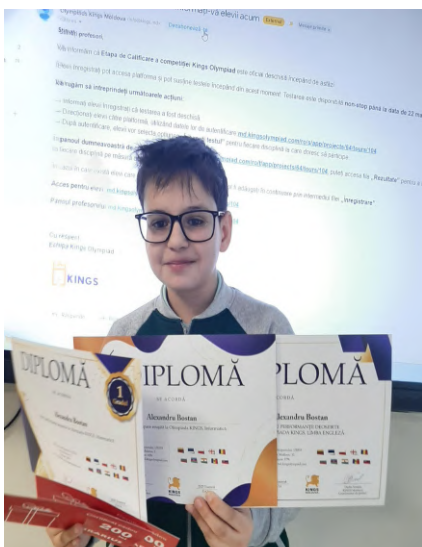
Student Leadership



Student Leadership

Heritage Students Achieve Outstanding Results at KINGS Olympiads

Heritage students achieved excellent results at the KINGS Olympiads, an international academic competition. Out of 16 participants, several earned top positions in Moldova: Alexandru B. (Grade 5) – 1st place in Mathematics, Nataniel C. (Grade 7) – 1st place in Computer Science, and Gabriel B. (Grade 1) – 3rd place in Mathematics. The school congratulates all participants and thanks the teachers for their support and guidance.



Heritage Student Wins 2nd Place Nationally in KOALA English Competition

Ștefania G., a student at Heritage International School, achieved 2nd place nationally in the KOALA International English Language Competition 2026 at the B1 level for Romania and the Republic of Moldova. She will represent the country at the final stage in Greece. The school congratulates her for her dedication and thanks her teacher, Natalia Cîrstea, for her guidance.



Student Leadership

Heritage Students Honoured at COBIS Student Achievement Awards 2026

Three Heritage students — Meredith E., Otilia T., and Vlada M. — have been recognised at the Council of British International Schools Student Achievement Awards 2026 for their academic excellence, contribution to school life, and outstanding effort. Their nominations also supported a £400 donation to Cool Earth, an organisation fighting deforestation in the Amazon. The school congratulates the students for embodying the values of the Heritage community.



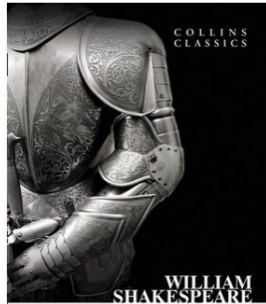
Earth Week competition



For Earth Week, the Heritage Sustainability Committee is hosting a plastics recycling competition! You can create anything out of **recycled plastic bottles** and display it to be rated. Put those bright minds to work!

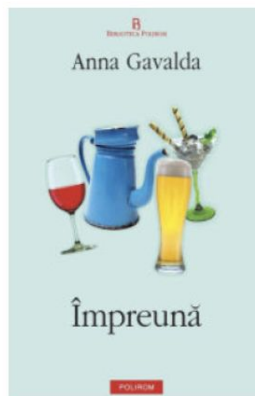
- For students in grades 1-12
- **Deadline: Friday, 24th of April**
- Creative projects will be displayed outside classrooms to be judged by the Sustainability Committee on Friday afternoon.
- Sign your project with your name
- Top 3 winners will receive certificates and prizes

EMINESCU LIBRARY BOOKS RECOMMENDS



WILLIAM SHAKESPEARE Richard II

Richard II is one of Shakespeare's finest works: lucid, eloquent, and boldly structured. It can be seen as a tragedy, or a historical play, or a political drama, or as one part of a vast dramatic cycle which helped to generate England's national identity. The emotion of



ANNA GAVALDA Împreună

In viziunea autoarei, oamenii se pot salva numai prin iubire. Actiunea se petrece la Paris, in zilele noastre, in decursul unui an. Patru oameni care, la inceput, par sa nu aiba nimic in comun si care ajung sa se cunoasca pe ei insisi si sa-si daruiasca iubirea celorlalti. Un roman admirabil care ne face sa iubim viata."

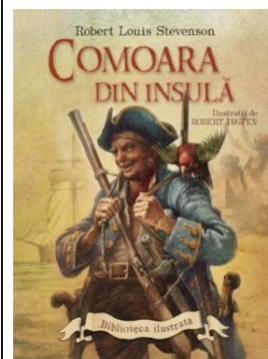
МОРИС ДРЮОН Железный король

Великий магистр ордена тамплиеров Жак де Моле, взойдя на костер 18 марта 1314 года, проклял своих палачей – папу Климента V, короля Филиппа Красивого, его советника Гийома де Ногаре и все их помство до тринадцатого колена. Первый удар судьбы – обвинение невесток короля в неверности – не замедлил последовать. Но еще



ROBERT LOUIS STEVENSON Comoara din insulă

Tanarul Jim Hawkins nici nu banuieste ca, in curand, va porni alaturi de prietenii sai, spre o indepartata insula. Un marinar bătrân are o harta ce pare sa indice locul unei fabuloase comori si, atrasi de mirajul acesteia, cei trei prieteni hotarasc sa o caute. Din pacate, comoara capitanului Flint este ravnita si de fostii tovarasi de ticalosii ai acestuia, iar eroii nostri nici nu banuiesc ca pe



ENID BLYTON The wishing chair again

Mollie and Peter are home for the summer holidays, and they long to see their pixie friend Binky and their magic Wishing-Chair. They can't wait for lots of new and exciting adventures, but then the Wishing-Chair is stolen by some very cheeky characters. Whatever



АЛЕКСАНДР ВОЛКОВ Волшебник

изумрудного города
Волшебники бывают разные. Одни обладают чудовищной силой, всех ненавидят и насылают на людей стихийные бедствия. Другие строят великолепный город, а после живут во дворце в тоске и

For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



Introducing our safeguarding team

What is the role of a safeguarding team?

Our Safeguarding Team is committed to ensuring that all individuals are protected and cared for. They focus on:

- *The team strives to prevent harm or neglect by establishing unambiguous rules and standards.*
- *They offer the necessary training to our staff and volunteers, enabling them to identify and resolve any safeguarding concerns.*
- *The team is prepared to address any concerns that may arise, including those regarding events or allegations of unjust treatment.*
- *They offer care and assistance to anyone affected by harm, ensuring they receive the support they need to feel safe and secure.*
- *They offer strategic guidance and leadership to assist us in enhancing our safeguarding endeavors.*

Our team is dedicated to the holistic health of our community and is prepared to provide support as needed.

MEET the Safeguarding Team

Keeping you safe is our No. 1 priority!

We are here to help!

IF YOU ARE WORRIED, SPEAK TO A TRUSTED ADULT!

LARISA MİRZA
DSL 1
Head of Pastoral Care & Student Wellbeing

INGA CHIOSA
DSL 2
Academic Director

ADRIANA BUJAG
DEPUTY DSL
Head of Primary

TATIANA POPA
DEPUTY DSL
Head of Secondary

DORINA CALINOVSCAIA
DEPUTY DSL
Head of Lyceum

New QR Code—"Make the Good Visible" (Report Positive Actions)

Dear students and parents,

Every day, wonderful things happen in our school. We're launching a new QR code to make it easy to share and celebrate those positive moments.

What it's for:

Use the QR code to report kind, caring, or inspiring actions you see—from simple acts of kindness to examples of respect, teamwork, or helpfulness.

This form is not for incident reporting; it's a way to notice and celebrate what's going well. Safeguarding includes promoting belonging, kindness, and respect.

How to use it:

*Scan the QR code (found around school and in communications) or follow this link:
<https://forms.gle/a32gzdHMXRUSqPX76>*

Complete the short form with details of what you saw and who was involved.

Submissions will be reviewed and used to recognize positive behavior across our community.

Why it matters:

Celebrating positive actions helps build a safer, more supportive school where everyone feels valued.

Your contributions help staff identify and reinforce the behaviors that make our school better every day.

Thank you for helping us "Make the Good Visible." Please encourage students to share the positives they see

Make the Good Visible – Positive Action Report

**Every day sparkles with WONDERFUL moments.
Let's CELEBRATE what makes us strong!**



SPOT THE GOOD

Scan and share:

Let's make the good visible!

**Reports can shine a light on what's working—
Let's CELEBRATE it!**



Get studying with GCSEPod

Our **Pods** can help you get ahead of the game!

Study smarter

Spend your time wisely - learn how to revise effectively with our **Study Smart Pods**

Test yourself

Earn diamonds and test your knowledge with **Check & Challenge**

Activate your knowledge

Commit course material to memory with a **GCSEPod Learning Activity**, guaranteed to make the information stick!

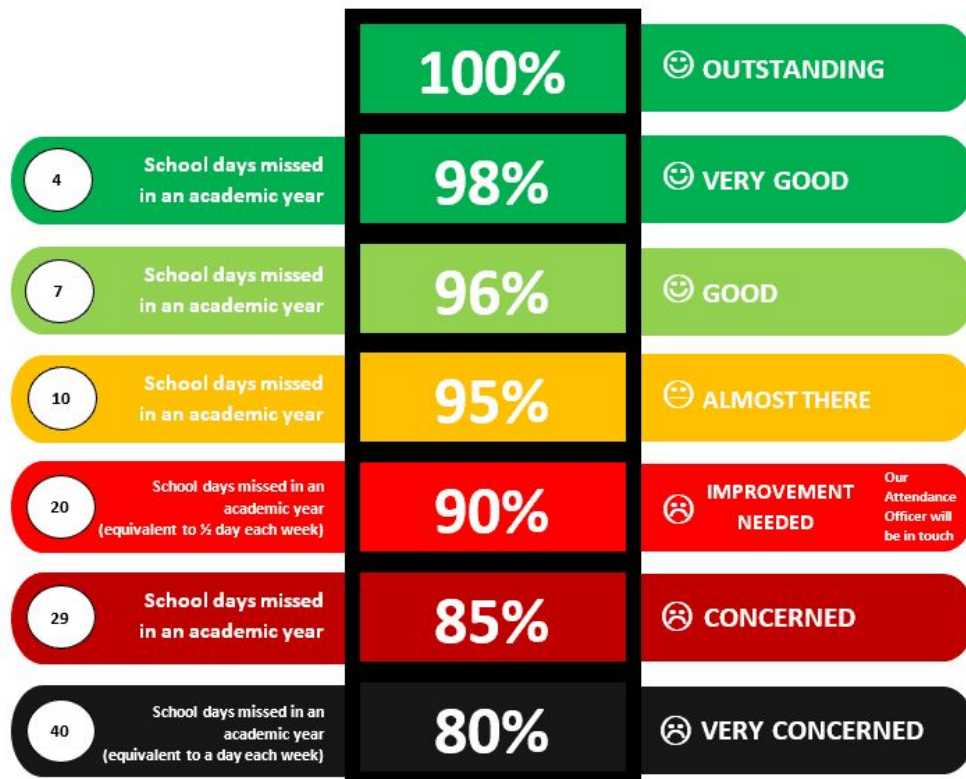
www.gcsepod.com

School Information

Attendance is not just a procedural requirement; it is a fundamental factor that contributes significantly to a student's academic success by facilitating effective learning, collaboration, and overall personal development.

Children and young people who regularly attend school have better health outcomes, better employment outcomes, and higher incomes across their lives. It is important that children develop habits of regular attendance at an early age.

Attendance Ladder



Attend Today, Achieve Tomorrow!

Attendance Matters!

Students with good attendance...





Elementary
...increase reading, math and foundational skills.



Middle School
...develop meaningful relationships and communication skills



High School
...gain essential life skills needed beyond graduation



College/Work
...are successful at their jobs and/or earn degrees

Students at all levels experience less stress with good attendance!

MAIN CONTACTS

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[instagram](#)

[twitter](#)

[linkedIn](#)

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