

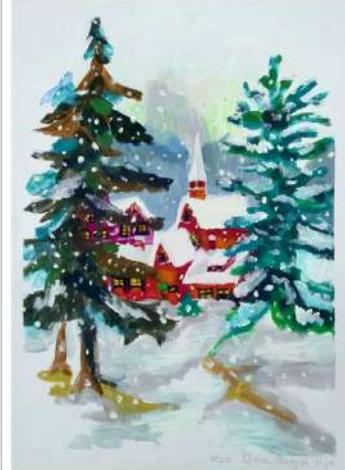
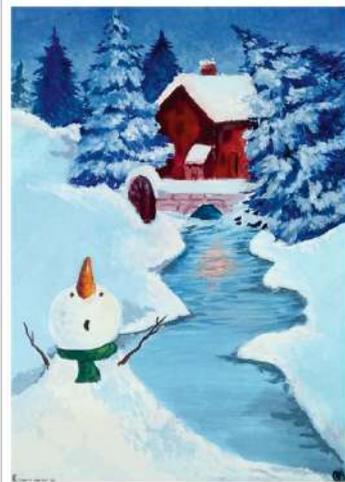


HERITAGE  
International School



# THE INTERNATIONAL HERITAGE HERALD

December 16, 2022



## THOUGHT FOR THE WEEK

*“People don’t notice whether it’s winter or summer when they’re happy.” — Anton Chekhov*

## DIRECTOR'S WEEKLY NOTES

*"The view from Dacia Boulevard"*

*The penultimate week of semester 1, and especially so close to the winter vacation, is a hive of activity and wonderful noise around the Heritage campus. Despite the weather outside, there is so much light and warmth in the schools right now. I am smiling as I write this because a group of primary students, all in Santa hats, have just walked past singing, waving and smiling. In the summer, as the school's Leadership Team reviewed the last academic year and planned for the new one, we reflected on how we had managed over 2 years of a pandemic, and now in 2022, the impact of the war on Ukraine and an energy crisis, but we all agreed that one of the key school priorities for 2022/23 had to be "making moments". Throughout semester 1 this autumn, the very hard-working teachers, teaching assistants and support staff, have done just that and as we enter 2023 and semester 2, this will continue to be our lodestar as schools.*



*There are a number of activities, performances and opportunities to celebrate the season and the end of semester 1 next week for our final week. We also have the daily, core purpose of our schools and I know from the faces of IGCSE and A Level students, they have had a couple of hard weeks as they have undertaken Cambridge mocks. Teachers are currently collating school reports for the semester to share with you to celebrate student success and achievement, as well as the areas that need attention and how individuals can improve in the new year. Throughout this semester, it has been one of the most stand out things to be part of the very constructive and positive way school and home work together for the good of the children to succeed. Especially at times when we have had difficult conversations. It is a school, they are children and young people, it is inevitable that not everything is straightforward in their lives all the time, but it is what we do about it together to solve their issues that is central for me. As we celebrate our 5th anniversary and we look forward to how the schools develop even further for the future, this engagement with home, in a purposeful, respectful and constructive way is key. The very physical development of the school for the future has also been underway this semester and the nearly constructed new Lyceum will give us in early 2023 a World Class Post 16 A Level centre as we prepare students on the Cambridge pathway into Higher Education and careers beyond.*

*There will be a special Week 16 'Christmas/Winter' edition of the International Heritage Herald next week, to share with the community all the moments from the last week of the semester, and we are all looking for a well-deserved rest and vacation. There is certainly a lot of reflection time too due on the extraordinary and eventful year that was 2022. I know all our thoughts and prayers are for a more peaceful and hopeful new year in 2023.*

*Have a great weekend,*

*Rob Ford  
Director*





“  
**We have now returned to what teachers and support staff in schools do best: practicality and ensuring children get care, routines and learning”**  
 Rob Ford

## HERITAGE IN THE WIDER WORLD

**5 years**  
 Going strong.  
 Going forward.  
 Going global.

**5 years**  
 Going strong.  
 Going forward.  
 Going global.

COMUNITATEA HERITAGE ÎNSEAMNĂ:

- 130+ angajați
- 600+ elevi
- 2000+ părinți și bunici
- 11800+ prieteni online

Education USA

December 15th, 6 PM  
 @ America House Chisinau

**SAT  
 Tips &  
 Strategies**

Speaker: Dorina Calinovscaia

**KEYNOTE SPEAKERS  
 CONFIRMED**

Outstanding Schools Europe  
 Member since 2017, Val, Cluj-Napoca  
 (2017 February to 16 March 2020)

- Kam Chohan**  
 Executive Director  
 ECIS
- Anita Gleave**  
 Founder and CEO  
 Chatsworth Schools
- Rob Ford**  
 Director  
 Heritage International School
- Nicola Lambros**  
 European Director of Education  
 Cognita Schools



Outstanding Schools

3,619 followers  
1w · Edited ·

+ Follow

The third annual Outstanding Schools Europe Conference is landing in London on the 28th of February!

We're thrilled to introduce some of the incredible speakers who will be joining us at the conference, including our newest keynote speakers:

- Kam Chohan from ECIS, the Educational Collaborative for International Schools
- Anita GLEAVE from Chatsworth Schools
- Rob Ford from Heritage - International School
- Nicola Lambros from Cognita Schools

Take a look at what's in store ----> <https://lnkd.in/edNcNkde>

#OSE23 #OutstandingSchools

**KEYNOTE SPEAKERS CONFIRMED**

Outstanding Schools Europe  
International Schools & Academies

- Kam Chohan**  
Executive Director  
ECIS
- Anita Gleave**  
Founder and CEO  
Chatsworth Schools
- Rob Ford**  
Director  
Heritage International School
- Nicola Lambros**  
Executive Director of Education  
Cognita Schools

17 decembrie 2022

**CONFERINȚA TRANSFRONTALIERĂ  
"EDUCAȚIE ONLINE  
FĂRĂ HOTARE -  
PARTENERIATE  
PLURIDISCIPLINARE"**

FORMAT HIBRID  
10:00-15:00

Priviso.eu  
[www.priviso.eu](http://www.priviso.eu)

Facebook  
[www.facebook.com/educatieonline.md](https://www.facebook.com/educatieonline.md)

Clasa Victorului  
Universitatea Pedagogică de Stat  
"Ion Creangă"  
str. Ion Creangă, nr. 1

**ION CEBAN**  
Primarul General al Municipiului Chișinău

**ANDREI PAVALOI**  
Șef Adjunct al  
Direcției Generale Educație, Tineret și Sport  
a Consiliului municipal Chișinău

**VIORICA NEGREI**  
Șef Adjunct al  
Direcției Generale Educație, Tineret și Sport  
a Consiliului municipal Chișinău

13:40 - 14:00  
PROIECTE PLURIDISCIPLINARE MARCA KIDIBOT ROMÂNIA  
• CONSTANTIN FERESTĂ  
• Asociația StartEvo, România

14:20 - 14:40  
S.T.E.A.M. CHALLENGES  
• ADRIANA BUZĂG  
• Școala Internațională HERITAGE, Chișinău, Republica Moldova

14:40 - 15:00  
Proiectul METODA - Misiunea Ecologică a Tinerilor  
Observatori prin Descoperiri Alternative  
• MAIA POROMBRICA  
• Asociația Obstetrică VICON, Liceul Teoretic "Măstăral Manole", Sălciuta, Căușeni, Republica Moldova

15:00 - 15:20  
EFICIENȚIZAREA ENERGETICĂ - IMPERATIV AL DEZVOLTĂRII SUSTENABILE  
• ANASTASIA RUSU  
• Profesora de geografie și Biologie, IPT „Universul”  
• Chișinău, Republica Moldova

15:20 - 15:30  
CUVÂNT DE ÎNCHIERE  
ÎNMÂNAREA CERTIFICATELOR DE PARTICIPARE

## ARTICLES/STORIES OF INTEREST

Winter warmer recipes. 54 Recipes. Keep cosy indoors with our top winter dishes. From comforting one-pots and steaming soups to indulgent puddings and filling salads, you won't even notice the cold; <https://www.bbcgoodfood.com/recipes/collection/top-20-winter-recipes>

36 Best Winter Activities That'll Make the Most of the Season. The whole family will enjoy these fun ideas; <https://www.countryliving.com/life/g5087/winter-activities/>

'The Color Of Dreams': Museum Releases Photos Of A Vanished World; <https://www.rferl.org/a/color-photos-archive-planet-albert-kahn-history/32166970.html>

Stories with teeth: How animal tales help us understand humans | Books | The Guardian; <https://www.theguardian.com/books/2022/dec/10/stories-with-teeth-how-animal-tales-help-us-understand-humans>

Will ChatGPT Kill the Student Essay? - The Atlantic; <https://www.theatlantic.com/technology/archive/2022/12/chatgpt-ai-writing-college-student-essays/672371/>

The Power of Saying "NO": From Psychology to Neuroscience; <https://insight.openexo.com/the-power-of-saying-no-from-psychology-to-neuroscience/>

The 10 Most Promising Breakthrough Innovations of 2022 - The Atlantic; <https://www.theatlantic.com/newsletters/archive/2022/12/technology-medicine-law-ai-10-breakthroughs-2022/672390/>

Light is stronger than darkness, even in darkness; <https://mailfrommoldova.home.blog/2022/12/10/light-is-stronger-than-darkness-even-in-darkness/>

THE ATLANTIC 10. THE BOOKS THAT MADE US THINK THE MOST THIS YEAR; <https://www.theatlantic.com/books/archive/2022/12/best-books-2022-hua-hsu-gabrielle-zevin/672403/>

Breakthrough in nuclear fusion energy announced; <https://www.bbc.com/news/science-environment-63950962>

Review: Prietenia Night Train Bucharest to Chisinau; <https://paliparan.com/2022/12/13/bucharest-chisinau-night-train-prietenia/>

## NEWS FROM PRIMARY

Advent Calendar by 2B students



*Christmas Tree Workshop in 1B, an amazing activity to consolidate teacher - students-parents collaboration done by the 1st grade. Great job! Congratulations*



*1B students had an exciting Math lesson. They solved exercises, counted, and carefully wrote numbers in notebooks, then decorated the Christmas Tree.*



After a Turkish lunch, the 4th grade students from Heritage Primary had an online meeting with the students from Turkey and their beautiful English teacher Gulbin.



The end of the Unit board game in grade 2



Drawing with a computer mouse in a graphics editor is not easy at all. But our 1st graders drew their self-portraits and found it fun.



A thematic project, "Adventures with the Snowman" had the students at the School Starter. Students wrote words from the semantic field of the word winter. They compared numbers, then filled in the

strings of numbers with the missing ones. They liked the scene about a glove found. The students loved the activities of this project.



*Bake Sale Mood*



*Charity mission accomplished!*



*Maths is one of the favourite lessons in 3A*





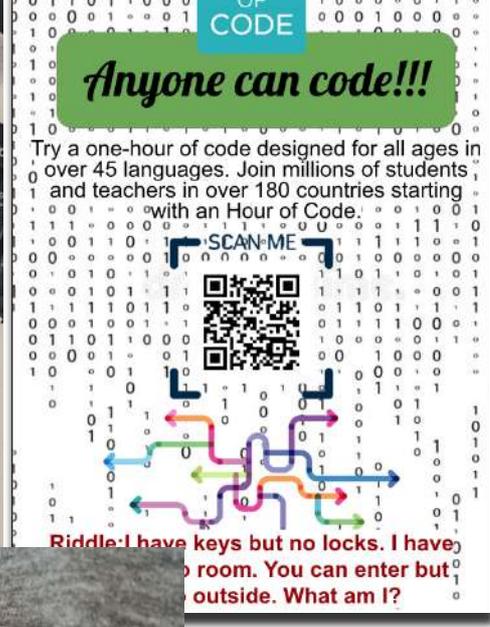
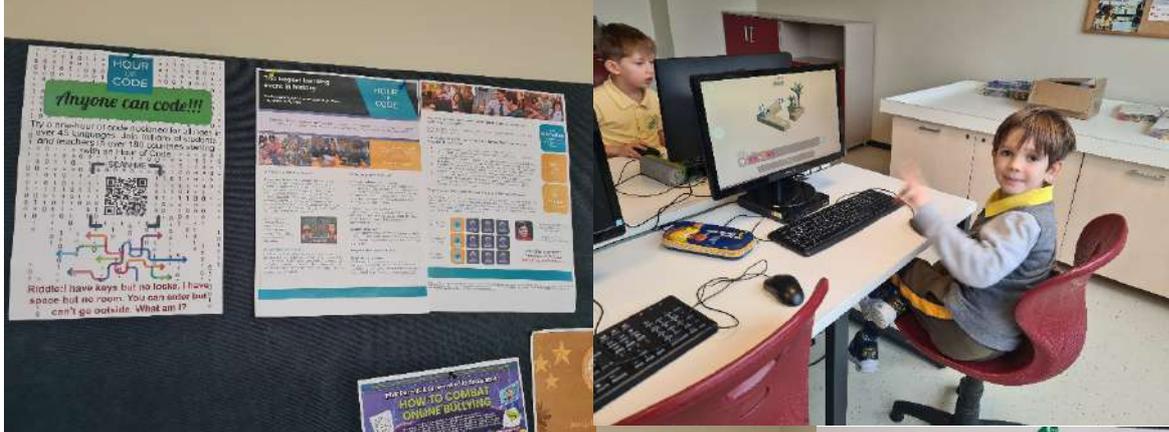
*Amazing PE lessons in 4E*



**Hour of Code**

*The Hour of Code is a one-hour introduction to computer science, using fun tutorials to show that anybody can learn the basics. This grassroots campaign is supported by over 400 partners and 200,000 educators worldwide.*







*Music games are a great way to help kids overcome their shyness and to socialize with other children. They are also a lot of fun, provide children with some exercise, and add some exciting to an otherwise ordinary school day or lesson.*

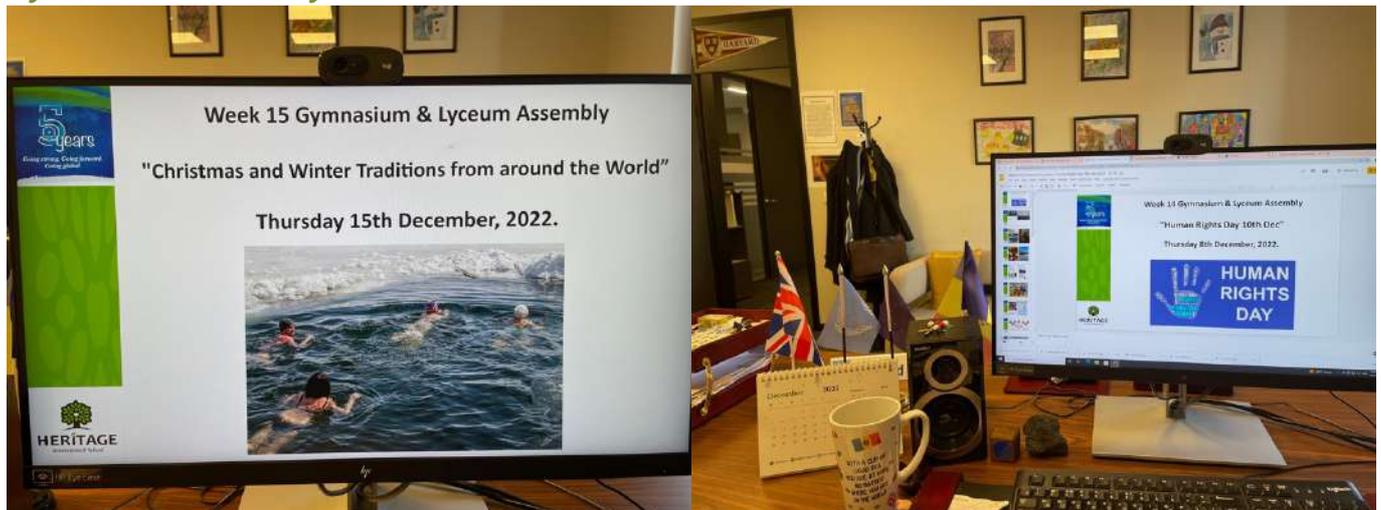


Music notation are the symbols used in written music. The 1st A grade student discovered treble clef.



## NEWS FROM GYMNASIUM

### Gymnasium Assembly



### IGCSE Mock Exams for the June 2023 exam series:

Mock exams are important for the students to achieve the best results for the actual exams. These help students to understand the structure and questioning style of the exam. It also helps to give the students experience of the actual examinations.

The IGCSE mock exams were held from **7th to 15th December 2022** and it helped the students to understand the structure and questioning style of the exams. Students had the opportunity to have the experience of the actual exams.

Thanks to the IGCSE students for putting their efforts in preparation for the examinations and challenging themselves in order to get the best results.

Here are some glimpses of the IGCSE mock exams where students were engaged in striving to do their best.



***GCE AS and A Level Mock Exams for the June 2023 exam series:***

*Lyceum students can analyse their performance in the mock and make the necessary changes to avoid the same mistakes in their actual examinations of GCE AS and A Level. Solving the mocks will help them to get to know how the actual assessment will be. It will give them an idea about various things like the exam paper pattern, what kind of questions can be asked, the difficulty level of the questions, and how much time it takes to complete the test.*

*Without taking the mocks they will not know how good/bad their preparation is. They can take the mocks and make strategies, plan their studies strategies to make their preparations to the mark.*

*Practice makes man perfect and for competitive exams, mocks are what make a difference between any student and the topper.*

*At Heritage International School, the GCE AS and A Level mock exam were held from **5th to 16th December**. Here are some glimpses of the GCE AS and A Level mock exam where students were actively engaged in striving to do their best.*



*Physical Assemblies are happening in Gymnasium:*



***Why choose Cambridge International Qualifications:***

*A Cambridge education prepares students for life, helping them develop an informed curiosity and a lasting passion for learning.*

*Heritage International School is one of the prestigious schools that offers Cambridge education which shapes a Cambridge curriculum around how they want their students to learn, helping them discover new abilities and a wider world. The students develop the skills they need to achieve at school, university and work.*

The Cambridge international qualifications give the opportunity to the students to get admission in the world including the top universities of US, the UK, Germany, Canada, Australia, and New Zealand.

Cambridge curriculum is flexible, challenging and inspiring, culturally sensitive yet international in approach. Cambridge students develop an informed curiosity and a lasting passion for learning. They also gain the essential skills they need for success at university and in their future careers.

For further information, please visit at these links:

<https://www.cambridgeinternational.org/why-choose-us/benefits-of-a-cambridge-education/international-curriculum/>

<https://www.cambridgeinternational.org/about-us/what-we-do/facts-and-figures/>

Sixth-graders like project-based learning. And the interdisciplinary project "**Literature and History**" based on J. Boyne's novel "The Boy in the Striped Pyjamas" enabled them to develop not only their reading skills but also their attitudinal skills.



Heritage 7 and 8 graders participated in the Reading contest “Lecturiada Publică pentru Juniori și Seniori” based on Herman Melville's novel "Moby Dick", our students guided by Romanian language and literature teacher Livia State won first place! Congratulations!



English lessons in 7A are always interactive



## NEWS FROM LYCEUM

**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.**

### ***Lyceum IELTS/English preparation***

*Wednesday, October, 12, 13.00 - 14.30*

*Friday, October, 14, 10.05 – 11.05*

### ***Personal Statement for a university application***

*Writing a Convincing Personal Statement to Successfully Apply to Universities:*

*Friday, 15.30 till 17.00 (lesson 8 and 9).*

### ***Career and University Admission Guidance***

*Tuesday // Thursday at 8.30*

### ***Lyceum building progress***



*This week the students of AS Level German had an interdisciplinary lesson, German-History, on the topic "Germany after the WW II and the Fall of the Berlin Wall". Both, Mrs. Olga Isac, the IGCSE/AS German teacher, as well as Mr. Andy Goga, the AS/A Level History teacher, not only deepened the students' knowledge of fundamental historical facts, but also gave them the chance to practice their translation skills in German-English and English-German. The AS German candidates worked very productively during the lesson.*





*The first chemistry experiment series of A level.*



**GLOBAL EDUCATION**

*On December 9th, Heritage held its 3rd Founder's Lecture of this year. Our guest was a young talented Moldovan woman, named Ioana Vatamanu-Margineanu. She shared her journey to Riga university she*

attended, how she felt as a student in the Covid19 pandemic online and offline, her Erasmus experience in Innsbruck, Austria, but most importantly, how she returned home and got into film-making. This young and talented woman is an example of how one chooses their path in life, how the university studies can't be an obstacle in choosing another direction in the career, and how living the moments is the most important thing of our living experience. Ioana made our students familiar with Erudit cafe, spoke about her short film making and towards the end she possibly found some new actors for her future films. An inspiration for everybody!



On December 7th, our Student Council Media Committee participated in the Black Sea Schools group meeting with students in other international schools in order to plan the writing and publishing of this year's student newsletter for all Black Sea Schools called 'The Sea that connects us'. The first edition will appear in March 2023 and the next one will be in June.



Our students and GSA ambassadors made it into the Global School Alliance end of year highlights, due to the contribution to all the global work GSA has done this year: the students as members of GSA Student Council, the ambassadors for their contribution to GSA conferences.

<https://www.globalschoolalliance.com/2022-annual-letter-to-the-gsa-community/>



globalschoolalliance.com

- Capital School, Dubai, UAE (April)
- Sam Lenton, Head of English at Wycombe Abbey School, UK (April)
- Dr Victoria Carr, Headteacher at Ellesmere Port School, UK (May)
- Rob Ford**, Director of Heritage International School Group, Moldova (May)
- Tor Del Federico, Principal of Southlands British International School Rome, Italy (May)
- Hazrabee Shaikh, Head of Primary at The Indian Academy Dubai, UAE (June)
- Sarah Ferris, Director of International Programmes at Highworth Grammar School in Kent, UK (June)
- Matthew Tansley, Head of Secondary School at International British School of Bucharest, Romania (July)
- Sehrish Zafar, Head of Middle & High School at Dubai International School-Al Quoz, UAE (July)
- Holly Barradell, Director of Performing Arts at Radnor House Sevenoaks, UK (September)
- Rizwana Mahmood-Ahmed, Headteacher at Carlton Junior and Infant School, UK (September)
- Isabelle Jones, Teacher of French and Spanish at The Macclesfield Academy in Cheshire, UK (September)
- Shelly Cozens, English Teacher and Head of Careers and Cultural Capital, UK (September)
- Tatiana Papa**, Head of Global Education at Heritage International School (October)
- Barry Corrigan, Principal of Millennium Integrated Primary School, Northern Ireland (October)
- Wendy de Corte, Independent Global Consultant, UK (October)

## STUDENT LEADERSHIP

The annual Christmas Bake Sale event gathered the Heritage community around one common mission - to help a vulnerable family of a single mother and four children.

Our community has been brilliant as usual, as all classes brought in lots of baked products, which they sold in the Heritage canteen with all the skills they possess - the future entrepreneurs, dealers, negotiators all showed their talents in the canteen! The joy and happiness can be easily guessed from the colourful Christmas Jumper Day event photos.

The La Via charity organisation was present at the Bake Sale, too. They sold handmade items and thanked us for offering the chance to sell.

We are very grateful to all our wonderful families who contributed to this good deed!



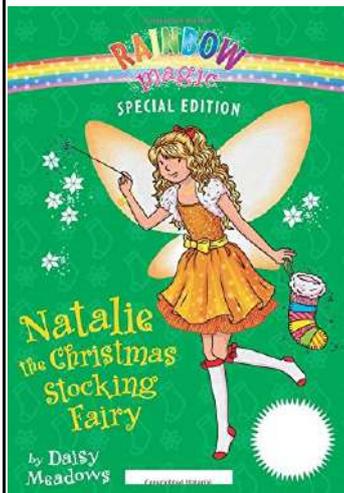




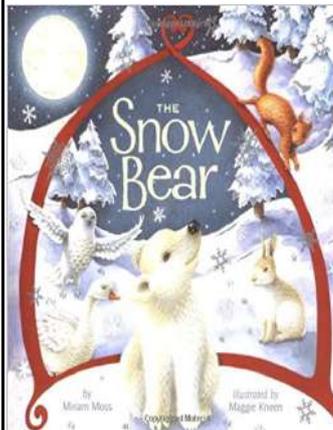
*On Friday, December 16th, Heritage library hosted the Romanian writer, Alina Purcaru. Our Romanian language teacher Livia State, together with students in grade 6A, had an inspiring conversation with the writer on books, reading and writing books for children and adults. This activity was part of the Romanian Literature Week in Chisinau, which brought many Romanian writers and journalists to Moldova for its 6th edition.*





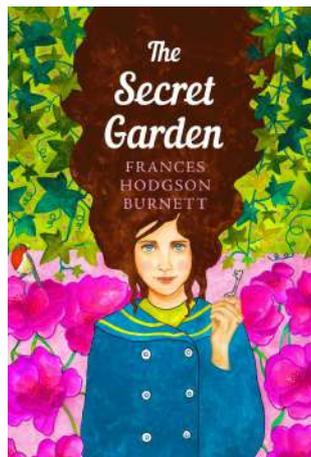


Natalie the Christmas stocking fairy by Daisy Meadows  
This book is a special Christmas edition.  
Nasty Jack Frost never gets anything in his Christmas stocking – so this year he’s decided nobody else will, either! He’s stolen the three magical objects that Natalie the Christmas Stocking Fairies three magical objects. Without them, Natalie can’t make sure that kids all over the world get their special presents! Can Kirsty and Rachel help their newest fairy friend? or is the Christmas magic about to fizzle and fade?



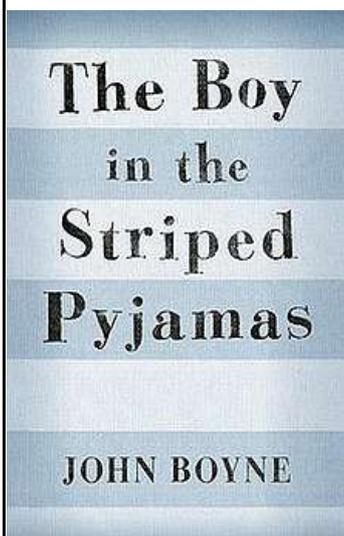
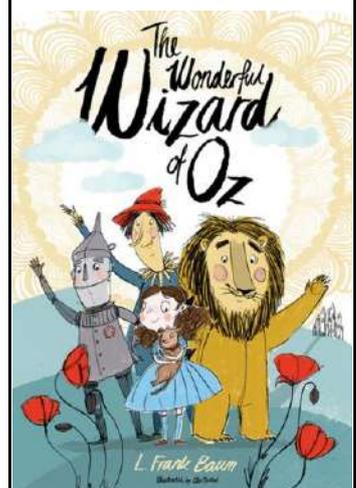
A polar bear cub has lost his mother in the snow-covered forest. Unable to find her after a long search, he decides to build a big white bear out of snow to keep him company while he waits. His forest friends arrive one by one to help him, but when darkness falls, their own mothers call them home. The little white bear is left alone again. The cub cuddles close to the snow bear and falls fast asleep. But listen! As dawn breaks, who comes sniffing and searching through the trees?  
  
Nature lovers of all ages will delight in the captivating illustrations and the reassuring story of friendship, teamwork, and a mother's love. On every page, lavish embossing and silver accents gently illuminate the frosty beauty of the forest setting.

The Secret Garden by Frances Hodgson Burnett is a magical tale of transformation that has enchanted both children and adults since its publication in 1911.



After losing her parents, young Mary Lennox is sent from India to live in her uncle's gloomy mansion on the wild English moors. She is lonely and has no one to play with, but one day she learns of a secret garden somewhere in the grounds that no one is allowed to enter. Then Mary uncovers an old key in a flowerbed - and a gust of magic leads her to the hidden door. Slowly she turns the key and enters a world she could never have imagined.

The Wonderful Wizard of Oz is a juvenile book by the American writer Lyman Frank Baum from the cycle of writings about the Land of Oz. It was first published in 1900. The story of Dorothy and her dog Toto is known in Russia under the title The Wizard of the Emerald City retold by Alexander Volkov.



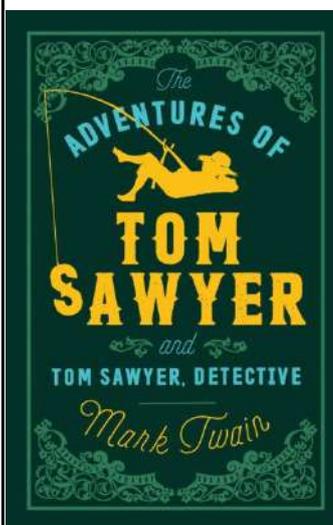
The Boy in the Striped Pajamas by Boyne, John

An international bestseller and a truly unforgettable and life-changing story.

The story of The Boy in the Striped Pyjamas is very difficult to describe. Usually we give some clues about the book on the cover, but in this case we think that would spoil the reading of the book. We think it is important that you start to read without knowing what it is about.

If you do start to read this book, you will go on a journey with a nine-year-old boy called Bruno. And sooner or later you will arrive with Bruno at a fence.

We hope you never have to cross such a fence.



The Adventures of Tom Sawyer charts the escapades of a thirteen-year-old boy growing up on the banks of the Mississippi. Testing the patience of his aunt Polly, the bold and sharp-witted Tom Sawyer frequently skips school in search of excitement, and the scrapes he gets into with his friend Huckleberry Finn range from innocent japes to more serious events such as the witnessing of a murder.

One of the most popular and influential American novels, Mark Twain's masterpiece is at the same time a highly entertaining romp which celebrates youth and freedom and a more profound investigation of his times, touching on themes such as race, revenge and slavery. This volume includes Tom Sawyer, Detective, a sequel and pastiche of the detective genre, first published in 1896.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nesting under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

## TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at [videostandards.org.uk/RatingBoard/games](http://videostandards.org.uk/RatingBoard/games).

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## 'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

## DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

## CHECK THE SPECS

To avoid let-downs, check a game's specs before buying – especially for PC or Mac, where games often need a particular graphics chip or processor to work. Sites like [systemrequirementslab.com](http://systemrequirementslab.com) can scan your computer to see if it will run certain games properly. On consoles, make sure you're buying the right version: some newer Xbox or PlayStation games won't play on older consoles.

## MONITOR IN-GAME COMMS

Voice chat with friends is part of the fun of modern gaming – but danger lurks here too. Many titles have open chat systems, meaning that children could speak to strangers or hear adult language and verbal abuse when games get particularly competitive. Using a shared family area (as opposed to alone in bedrooms) for online gaming is a good way to keep an occasional ear on what's being said.

## BE WARY OF GIFTS

Titles like Roblox, Minecraft and Fortnite have in-game currencies, which can be earned through progress in the game – but can also be bought with real money. A common scam is for a young player to be offered currency if they click a link, visit a certain site or contact another user directly. Warn your child about such offers; they should show you if they're in any doubt over an in-game gift.

## APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however; we've seen TV apps featuring adult shows with an age rating of 3, for example.

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## CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

## WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnite rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

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## LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

## IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

## STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

## Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and has written regularly about internet safety issues.



NOS  
National Online Safety®  
#WakeUpWednesday

# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

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Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

## Meet Our Expert

Shazia Sanwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-53045305>  
<https://www.ipsos.com/insights/social-media-usage-2019/>

# HERITAGE CREATIVITY

## Heritage Globe



## *The Heritage 10 Golden Rules*

<https://docs.google.com/document/d/19a84QG84nwA-RrbVDPwo9rDDn0SH1QfSAz6aaq4F9JIo/edit>

### 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 make sure everyone is kept safe and we enjoy our school.

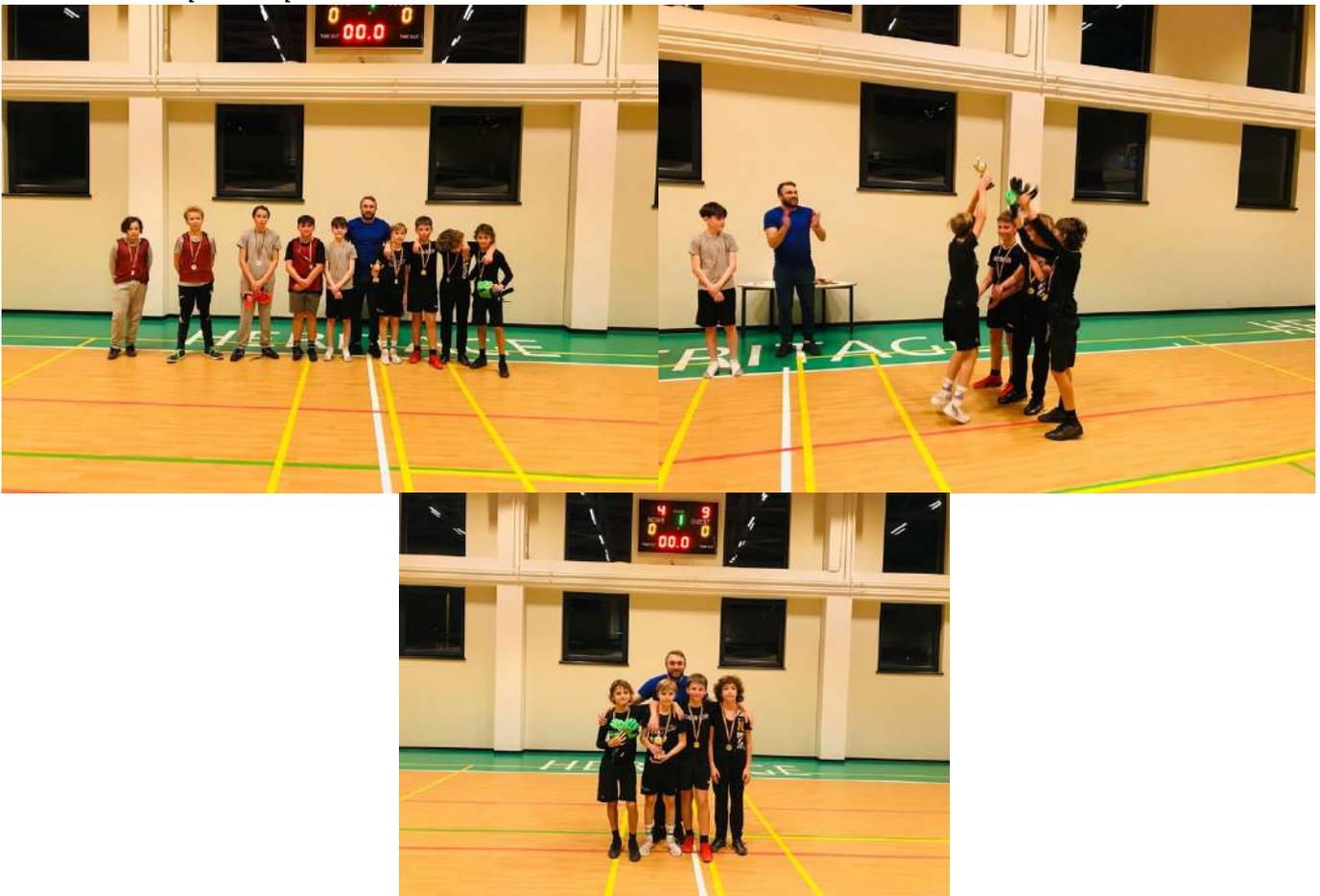
1. WE LISTEN TO & RESPECT THOSE LOOKING AFTER US, TEACHING US AND ALWAYS FOLLOW THEIR INSTRUCTIONS
2. WE RESPECT AND LOOK AFTER EACH OTHER AS STUDENTS OF HERITAGE. WE ARE A CARING COMMUNITY.
3. IF WE ARE NOT SURE, WE ASK ONE OF OUR TEACHERS OR SUPPORT STAFF.
4. WE ARE ALWAYS AWARE OF BEING SAFE ESPECIALLY 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 A CONTRIBUTING AND VALUED MEMBER OF OUR COMMUNITY, AND GET THE MOST OUT OF OUR SCHOOL OPPORTUNITIES.

# SPORTS, CLUBS and ACTIVITIES

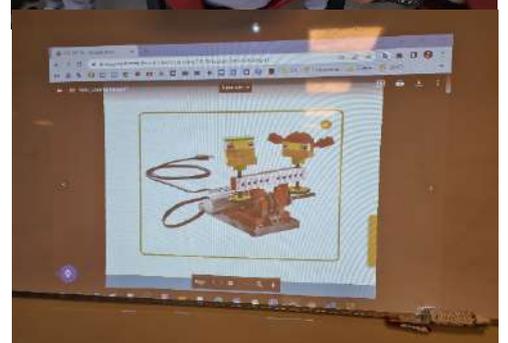
*Good basketball match against Da Vinci on Friday*



*Football championship moments*



## STEM club



## Craft club





*Christmas Card contest*





*Primary students getting ready for the winter celebrations*





# SCHOOL INFORMATION

## School Improvement Priorities Headlines 2022-23:

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuQK3znedxCuifXHRk9oQtq6dNbFaY/edit?usp=sharing>

**Vision and Aims:**

Sustaining our ambitious culture and vision for World Class education as a growing international school in Moldova to meet future challenges.

A belief in people as our best assets and a positive school culture - Cohesion, Community, Communication, Compassion, Care

A leading innovative school and World Class, professional educational organisation in Moldova, Europe & Globally

A World Class, nurturing, outward facing 21<sup>st</sup> Century curriculum & learning for all that prepares students confidently for the challenges of the future as global citizens, socially responsible & leaders in their communities.

Outstanding innovative teaching and learning – a professional learning community that is adaptable to face uncertainty with certainty for our community. A servant team leadership culture that prepares leaders.

**Heritage International School**  
**School Improvement Plan**  
**2022-2023**

HERITAGE

Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2022-23

**Key framing Questions for all staff**

How do we measure our key outcomes?  
 Is safeguarding & Child Protection effective?  
 Are we preparing our young people for the challenges they face in a global society?  
 Are compelling learning and innovative opportunities at the heart of our education?  
 How are we responding to global challenges to ensure trust, confidence and responsiveness which allows quality meaningful education to continue?  
 How are we growing a responsive, sustainable and professional organisation?  
 How are we communicating effectively?  
 How are we supporting the development of wider education in Moldova, Europe & Globally?  
 What value do our partnerships & network bring?  
 Do we challenge ourselves enough? Who challenges us?  
 Do we know what outstanding international education looks like? Are all our people for "Heritage"? How do we grow them?

**1 Leadership, Organisation & Governance**

**2 Quality of Teaching, Learning, Assessment and curriculum**

**3 Personal Development, Growth, Nurture, Wellbeing, effective & challenging learning environment**

**4 Successful Outcomes for Students as active citizens, fulfilled, balanced life long learners**

What does success look like for us

Living our Values

Concentrate & Consolidate Core

Our strategy matches our organisation

Making Moments

Building & sustaining legacy for the future

Qualifications & Skills through holistic, challenging & rigorous education

A World Class School that is outward facing

Supporting & sharing innovation with our national education community

Developing future leaders & global citizens

Our communities working with us for all students

Our ethos and values as an international school permeate everything we do in our school culture.

Diversity, equality, kindness, respect, global citizenship, trust, honour, leadership, social responsibility, are the hallmark of our education

Our teachers, staff and community uphold these values and we live them daily in our school culture

Our organisation is held against the highest standards of a World Class school delivering international education

Our duty of care is for a safe, happy and caring environment for all students

Our organisation operates effectively and efficiently based on structure, systems and policies

We are a school people want to be a part of our community

Our education is about substance not gimmicks

We continue to develop as a unique, innovative international school in Moldova

Our international partnerships and accreditation such as Cambridge, COBIS, the international community, as well as local such as UTM, define us and help us grow further

We build on our legacy but we look outward and forward for our education, not backwards.

A focus on celebrating key moments in education & school life

To continue to find ways to engage and bring all our communities together

To continue our success in bringing the World into classrooms daily

To link the wider curriculum to the formal, daily classroom for holistic education

Our new Lyceum is built this year as we grow as a World Class school

To put sustainability solutions at the heart of our organisation

To recruit and retain the best people and to invest in skills and leadership for the future

To continue to meet and adapt to the anticipated challenges of the 2020s with success

# December Kindness 2022

MONDAY



5 Give a gift to someone who is homeless or feeling lonely

TUESDAY



6 Leave a positive message for someone else to find

WEDNESDAY



7 Give kind comments to as many people as possible today

THURSDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

FRIDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

SATURDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

SUNDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2023



ACTION FOR HAPPINESS

Happier · Kinder · Together



**You can do better!**

Speak a foreign language (or advance) in **2 months!**



*To the attention of primary school parents! Heritage students of preschool and up to students in grades 5AB, 5E and 6E are invited to join this year's Christmas celebration, as well as their beloved parents. The performance will take place in the school's gym, where the students will perform on stage. The family members will take seats and watch the event.*

*As the seat numbers are limited; we kindly ask all the families to register for the event. This will help us plan the seating format and know who will be attending the event.*

*See you all on the 20th of December at Heritage International School!*

**DON'T FORGET:** you should register ONE family member for the event (plus the Heritage student/s as well), if you plan to attend our Magical Christmas Eve show!

Registration link here:

<https://www.eventbrite.com/e/a-magical-christmas-eve-tickets-472519116397>

**HERITAGE International School**

## Christmas GYMNASIUM CELEBRATION

**CLASS DECORATION COMPETITION**  
Classes will start decoration from 1st of December but no lights are allowed to be used for decoration. Students can use shiny material etc. Final decision day for winners will be on 20th December!

**CHRISTMAS FASHION SHOW**  
On 23rd December we will have a Christmas outfit fashion show - please be creative and appropriate! Let us make it a fun Christmas!

**TALENT SHOW**  
On 21st December in the auditorium 217 at 10.00-11.30 Bring your hidden talent to school and share with us what you're so good at! The contest will open for the whole Lower Secondary classes (grades from 5A, 7A, 7B, 7C, 8A, 8B, 8C, 9E).

**MOVIE NIGHT**  
At the end of the semester, every class will have a movie night with their homeroom teacher with some snacks. (snacks can be home cooked, no fast food allowed). The day and time is agreed between the teacher and the class in advance.

**SECRET SANTA**  
Each Heritage class will have a secret Santa activity on 20th December. The class is free to decide how they organize it (sum allocated, items allowed, etc.). The important thing is to bring the Christmas spirit among us!

**CHRISTMAS TREE COMPETITION**  
We will arrange a Christmas tree exhibition but need to use recycled material for the tree. The winner will be announced on 21st Dec.

**2022**

**HERITAGE International School**

## CRĂCIUNUL SERBAREA ÎN GIMNAZIU

**CONCURSUL DECORAȚIUNILOR**  
Decorarea claselor vor putea fi începută de la 1 decembrie, dar nu este permisă utilizarea luminilor pentru decorare. Elevii pot folosi materiale strălucitoare etc. Ziua desemnării câștigătorilor va fi 20 decembrie!

**CHRISTMAS FASHION SHOW**  
Pe 23 decembrie va avea loc o prezentare de modă a tinutelor de Crăciun. Fiți creativi și originali!

**TALENT SHOW**  
Pe 21 decembrie, auditoriu 217 ora 10.00-11.30 Aduceți talentele voastre acasă la școală și arătați-le tuturor! Concursul se va desfășura între toate clasele gimnaziale (5A, 6B, 7A, 7B, 7C, 8A, 8B, 8C, 9E).

**MOVIE NIGHT**  
Fiecare clasă la Heritage va viziona un film împreună cu dirigintele, puteți aduce și gustări (gen popcorn). Gustările pot fi pregătite acasă, nu este permisă mâncarea fast-food. Ziua și ora vizionării este aleasă de către dirigintele cu clasa sa.

**SECRET SANTA**  
La 20 decembrie fiecare clasă va avea un Moș Crăciun Secret, activitatea se organizează în clasă. Fiecare clasă e liberă să decidă cum va avea loc, care e suma alocată, care cadourii sunt permise etc.

**CONCURSUL BRAZILOR DE CRĂCIUN**  
Vom aranja o expoziție de pomi de Crăciun, dar trebuie să folosim doar materiale reciclate pentru brazi. Câștigătorii vor fi anunțați pe 21 decembrie.

**2022**

**HERITAGE International School**

## Christmas ПРАЗДНОВАНИЕ ДЛЯ СРЕДНЕЙ ШКОЛЫ

**CONCURS NA LUCHEE OBFORMLЕНИЕ**  
**КЛАССА**  
Классы украсятся начиная с 1 декабря, но для украшения нельзя использовать новогодние электрические гирлянды. Учащиеся могут использовать блестящие материалы и украшения. День определения победителей будет 20 декабря.

**РОЖДЕСТВЕНСКИЙ ПОКАЗ МОД**  
23 декабря мы проведем показ рождественских нарядов - пожалуйста, поддержите подборкой «креативной» наряд! Давайте сделаем праздник Рождества по-настоящему веселым!

**ТАЛАНТ ШОУ**  
21 декабря в аудитории 217 в 10.00-11.30 Раскройте свои скрытые таланты и поделитесь с нами тем, что у вас так хорошо получается! В конкурсе могут принять участие все классы младшего звена средней школы (5А, 6Б, 7А, 7Б, 7С, 8А, 8Б, 8С, 9Е).

**ДЕНЬ КИНО**  
В конце семестра каждый класс со своим классным руководителем проведет просмотр кинофильма, со снежками (например, фер-фуд не разрешается. День и время согласовывается совместно с классным руководителем заранее.

**ТАЙНЫЙ САНТА**  
20 декабря каждый класс проведет мероприятие «Тайный Санта». Класс может сам решить, как его организовать (выделенная сумма, разрешенные предметы и т.д.). Главное - привнести дух Рождества

**CONCURS ROJDESTVENSKIH ELOK**  
Мы организуем выставку рождественских елок, но нужно использовать переработанные материалы. Победители будут объявлены 21 декабря.

**2022**



## UPCOMING EVENTS

20 December  
21 December  
21 December

*Heritage Christmas Program Primary/Secondary*  
*Talent Show/ Secondary*  
*Winter Party /Upper Secondary*

<https://www.heritage.md/en/learning/academic-calendar>

## MAIN CONTACTS

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Transportation service: [transport@heritage.md](mailto:transport@heritage.md)  
Catering services: [meals@hertage.md](mailto:meals@hertage.md)  
Admission: [admission@heritage.md](mailto:admission@heritage.md)  
Exam officer: [shabbir.anjum@heritage.md](mailto:shabbir.anjum@heritage.md)

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English language courses for children and adults: [language.academy@heritage.md](mailto:language.academy@heritage.md)