



HERITAGE  
International School



# THE INTERNATIONAL HERITAGE HERALD

December 23, 2022



## THOUGHT FOR THE WEEK

*“And now we welcome the new year. Full of things that have never been.” – Rainer Maria Rilke*

## DIRECTOR'S WEEKLY NOTES

*"The view from Dacia Boulevard"*

*Having spent nearly 30 years as a career in education, there are a number of moments in schools one looks forward to and that have remained constant, the last week before the winter break is one of them. This final week in the Heritage schools will certainly be remembered not least for coming at the end of a very tumultuous year that none of us quite expected this time last year. Heritage has been celebrating its 5th anniversary as an International School in Moldova and the values and concept our Founders established Heritage on have ensured we have remained focused on learning, engagement, opportunities, a global mindset and making sure our students make the most of their school days and fulfill their potential as they grow.*



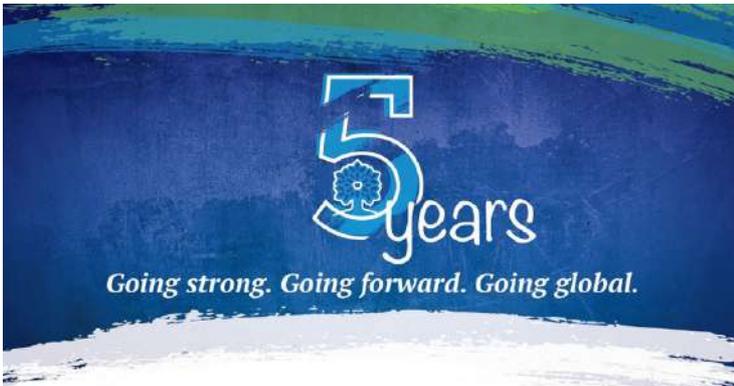
*On Sunday, I enjoyed the messages of elation, woe and ultimately of celebration from my Argentinian colleagues in my global leaders network as they "enjoyed" the World Cup final. My French colleagues, not so much. On Monday, the lunchtime group of boys I take across to Zimbru, spoke about the technical skills of Messi, Mbappe et al. Another group of students were arguing the problems of money in football and human rights records in countries hosting the tournament. Our international school, in action, on a daily basis. Preparing the leaders of the future with the hope of a better world. This final week has been a joy to return to the primary winter production and the introduction to what we hope will be a long standing Heritage 1st, the senior schools 'Winter Ball'. And we like creating firsts and precedents at Heritage. This special edition of the IHH to close semester 1 and send us onto the winter break, shows all the wonderful moments in school as we end 2022.*

*We do go into 2023 with hope, always with hope in education, it is our business as we work with the future. The new year will see our grade 12 become our 1st full cohort leave to go to universities and onto further careers. The construction of the new Lyceum is very exciting and I know students are looking forward to this new school on our campus being officially opened in the new year. The teachers, teaching assistants, support staff, leadership team and the governors work so tirelessly for Heritage and the children of this school. I am very proud of these teams and what we have all done, our families and students in this partnership, to make Heritage International School not only firmly established but a successful reputation as an innovative international school known globally in education for what we are all doing here in Moldova.*

*I am looking forward to a rest and the Christmas break in the UK, with my wife Gen and my three daughters, not forgetting my dog Dylan. I am optimistic and excited by the promise of a new semester 2 and the hope of 2023. I wish all our Heritage Community a happy holiday, a Merry Christmas and warmest wishes for a peaceful and prosperous new year. Hope it is not too cold at the start of 2023.*

*Thank you for your support always and look forward to seeing you all at the school gate, on Monday 9th January, 2023.*

*Rob Ford*



## HERITAGE IN THE WIDER WORLD

**ISC RESEARCH**

NEWS ARTICLE

### International School Awards 2023 Shortlisted Schools Announced

Sep 20, 2022

The shortlisted schools have been announced for the International School Awards 2023 hosted by ISC Research.

**ISC Research** @ISC\_Research · 11m  
 Congratulations to the schools shortlisted for the Sustainability award

Read more about their initiatives here:  
[ow.ly/8Bpi50LWboG](https://ow.ly/8Bpi50LWboG)

Congratulations to @HIS\_Moldova, International College Hong Kong (ICK), @JISBrunei and Wellington College International Shanghai @TrutexLtd

**We have been shortlisted for the**

THE INTERNATIONAL SCHOOL

# AWARDS

HOSTED BY ISC RESEARCH

#ISAwards2023





The Ministry of Education and Research of the Republic of Moldova recognizes the NATIONAL QUALITY CERTIFICATES AWARDED BY THE NATIONAL ASSISTANCE OFFICE ETWINNING MOLDOVA IN 2022.

Quality certificates are forms of recognition of the work submitted by teachers within a specific eTwinning project, for which the teacher applies individually and receives a nominal certificate if the projects have been carried out in accordance with the 5 quality standards: pedagogical innovation, curriculum integration, collaboration between partner schools, the use of information and communication technology and presents documented evidence of the tangible results and impact of the project on students, teachers and the community.

2	Bujag Adriana	Heritage International School, mun. Chişinău	Green Wonder International Cats Calendar S.T.E.A.M. challenges
21	Cires Anna-Maria	Heritage International School, mun. Chişinău	Diving into amazing world of artificial intelligence What does the child want?
48	Mirza Larisa	Heritage International School, Mun. Chişinău	Cultural Heritage Detectives

## ARTICLES/STORIES OF INTEREST

Ten Most Significant World Events in 2022. As 2022 comes to a close, here are the top ten most notable world events of the past year; <https://www.cfr.org/blog/ten-most-significant-world-events-2022>

The World's 100 Most Powerful Women, Forbes; <https://www.forbes.com/lists/power-women/?sh=3a5632de5a95>

2022: THE YEAR IN REVIEW; <https://www.nationalgeographic.com/pages/topic/best-of-2022>

The Genius of Lionel Messi Just Walking Around. The legendary striker can often be found off the ball, strolling and dawdling and looking mildly uninterested. Here's what he's actually doing; <https://www.newyorker.com/sports/world-cup-2022/the-genius-of-lionel-messi-just-walking-around>

THE 35 MOST ANTICIPATED MOVIES OF 2023. THE YEAR BOASTS A WEALTH OF SUPERHERO TITLES, PLENTY OF EXPLOSIVE ACTION, SOME SPINE-TINGLING HORROR, AND EVEN A FEW THROWBACKS TO FRANCHISES OF OLD, SO STOCK UP ON MASKS AND START MARKING YOUR CALENDARS; <https://editorial.rottentomatoes.com/article/most-anticipated-movies-of-2023/>

The 23 Most Anticipated Books of 2023; <https://time.com/6241190/most-anticipated-books-2023/>

Things to Do in Chisinau; [https://www.tripadvisor.com/Attractions-g294456-Activities-Chisinau\\_Chisinau\\_District.html](https://www.tripadvisor.com/Attractions-g294456-Activities-Chisinau_Chisinau_District.html)

THE FOOD TRENDS TO LOOK OUT FOR IN 2023; <https://www.countryandtownhouse.com/food-and-drink/the-food-trends-to-look-out-for-in-2023/>

How a Chance Discovery of Old Negatives Revealed a Master Photographer. For Zaharia Cusnir, photography was an all-consuming passion. Now, nearly 30 years after he died in obscurity, the Moldovan's fame is rising; <https://www.nytimes.com/2022/12/19/world/europe/photographer-moldova-soviet-cusnir.html>

## NEWS FROM PRIMARY

Advent calendar: joy and prizes



On December 19 we had an extracurricular reading lesson.

The topic of the lesson was "The Snow Queen". During the lesson we took a virtual trip to the homeland of the great Danish fairy tale writer Hans Christian Andersen, to the city of Odens.

We had a literary game based on the fairy tale "The Snow Queen" and the students staged excerpts from the fairy tale and created their own illustrations.





4<sup>th</sup> graders learning fractions





*Christmas is round the corner, and as a tradition, the Heritage community is doing its best to help those in need. Sharing gifts, giving happiness!*



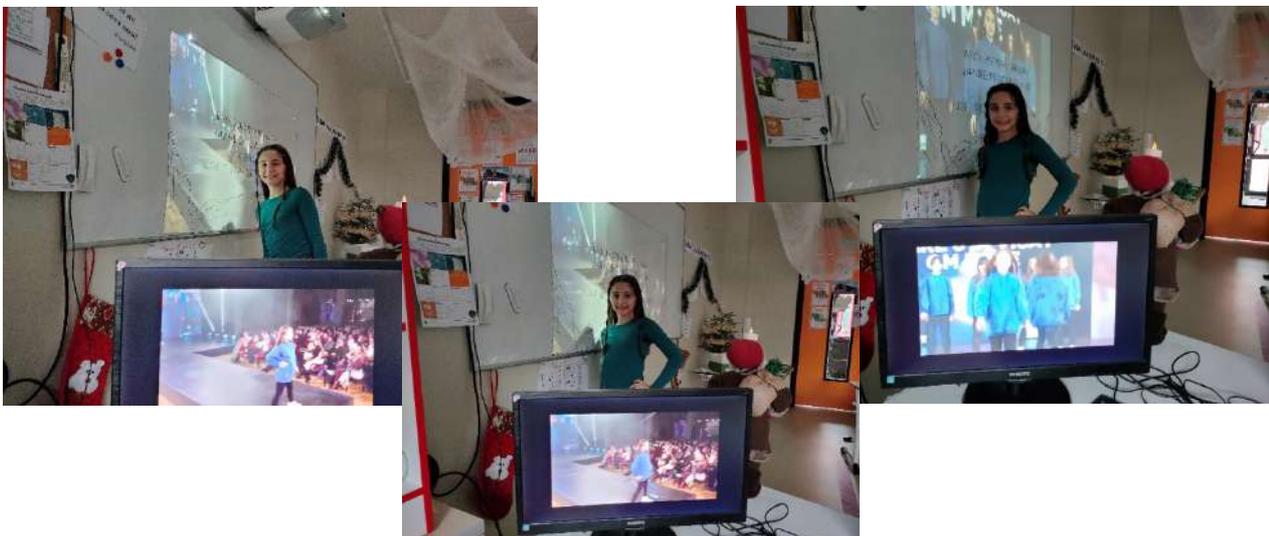


*For the little ones, winter is the magic season when they meet Santa Claus, receive and give gifts and listen to the stories in the evening.*





*Students from 4A support the achievement of their peers. Anna Eliza, had her first experience as a model in December. It is true that classmates are the ones who have to find it out first.*



Baking cookies in 4E



*The Shoebox project*



*A drawing of the favourite book character*



Gingerbread Cookies by 6E





*Musical activity accompanied by movement is a favourite part of School Starter. The students sang and danced to the rhythm of the winter songs.*





## NEWS FROM GYMNASIUM

*Gymnasium SC students for T&L briefing*



*The last 1 semester Physical Assembly of IGCSE (1-1/ 1-2) held on Monday December 19, 2022*





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

*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/>*

### ***Facts and figures About Cambridge International Qualifications:***

*Here are 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.



## Cambridge IGCSE

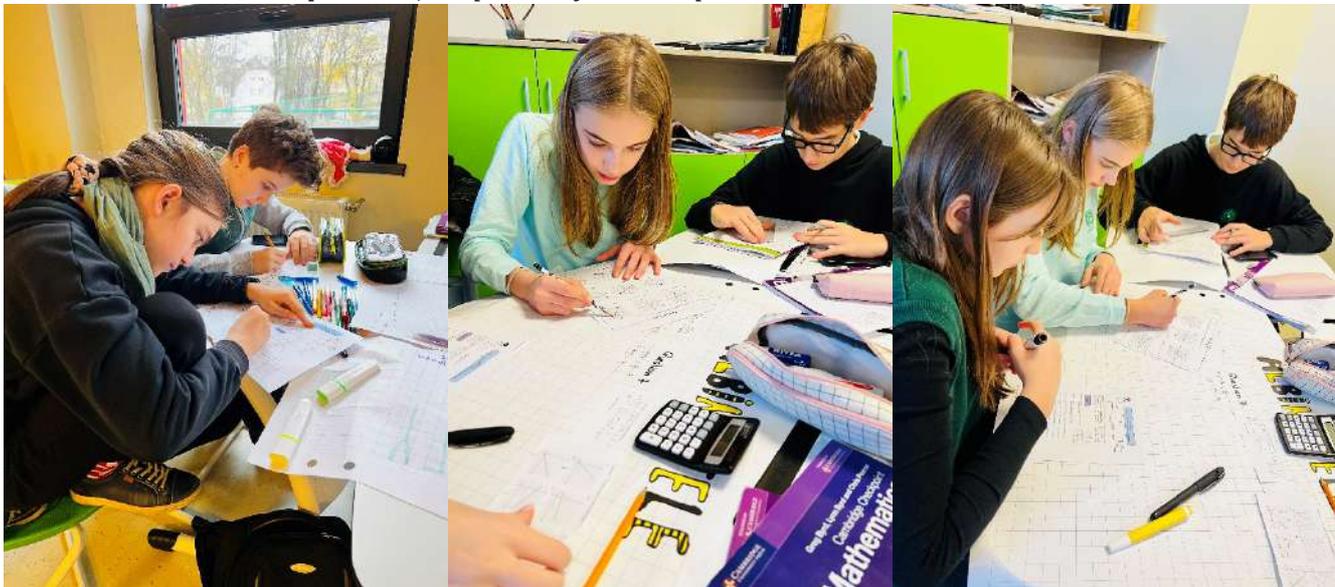


Wherever in the world your students want to go, help them get there with Cambridge IGCSE.

We created Cambridge IGCSE more than 30 years ago. Today, it's the world's most popular international qualification for 14 to 16 year olds. Not only is it truly international - it gives students more options than any other international qualification. That means more subjects to choose from, more ways to learn and more ways to succeed.

For further information, please visit at this link: <https://www.cambridgeinternational.org/about-us/what-we-do/facts-and-figures/>

Maths in 7A: Linear equations, slope and y-intercept.





## 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.*

*In December our AS students had their 'Cognitive Tests' from GL Education; a series of tests that will provide teachers, students and parents with information on learning biases which will help us better support our students in their learning, as well as helping us set ambitious and achievable goals together.*



*Our AS students will have to start working on their Digital Portfolios. Students will build on these portfolios over the next 12 months with all that they do outside of their lessons: volunteering, reading buddies, duties around school, school initiatives, projects they are part of outside of school - all sorts! These portfolios can be attached to university applications to allow potential institutions to see that the student is about more than good grades.*

*Lyceum IELTS/English tests 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*

*A-level students are supposed to have their badges with violet braids so that the guards at school gates can identify them entering and leaving the school grounds.*

*Lyceum building progress*



*AS Biology and Chemistry students had a field trip to the University labs*





We are sending the Best In English school results. According to the data, **22779** secondary school students from **34** countries attended the **Best in English** contest 2022. Students were representing and competing for **704** secondary schools.

Name	Lastname Initials	Age	Place World:	Place Country:	Points	Time End (minutes)
Nicoleta	Mardari	17	191	2	102,5	58
Sofia	Chiorescu	16	743	4	98,5	54
Andrea	Ghimpu	17	1098	5	97	57

## GLOBAL EDUCATION

*LEGO School-to-Home activity from TAG for Climate Action Schools- Activity with your child at home for January*

*Dear Families,  
As part of our commitment as a Climate Action School, we are proud to partner up with Take Action Global and LEGO to bring monthly school-to-home activities to our community. Each month, watch for our mini-challenge that invites you to work with your child at home on using play and creativity to create sustainable solutions to protect our planet.*

*Our mini-challenge for January month is to use items to create a sustainable building. You can use any items (it does **not** need to be created out of LEGO bricks). Please let us know how it goes. We can submit photos for a chance to have our school featured on the LEGO website!*

*Please submit your works of art to [tatiana.popa@heritage.md](mailto:tatiana.popa@heritage.md), CAS coordinator  
Happy building!*



# Build THE Change

## MINI MISSION



### Background

Buildings take up a lot of space on this awesome planet, but they aren't always (in fact, very rarely) as welcoming to nature as they could be. Most are heavy on the concrete, and light on the natural habitat.

### Your Mission

Using any creative materials that you have, design a building that puts nature first – a building that welcomes plants, animals and other living things, but also brings benefits to the people living in the building.

Think big, think small, think wild. Every idea is a good idea.

**Be sure to share your ideas with Take Action Global and the LEGO Group BUT make sure that your photos are only of your creation and doesn't include anyone's faces.**

In partnership with



The Heritage Primary performance “A magical Christmas Eve” was truly magical!

Here’s just a glimpse into the incredible Hogwarts atmosphere that our young learners were able to create on that day.

If not Harry Potter, then who can bring the magic of Christmas into school?!

Congratulations, dear wizards, witches, and other talented characters of our play! You rocked it!

Photos here:

<https://www.heritage.md/ro/gallery-page/primary-christmas-play-2022>





## STUDENT LEADERSHIP

*A winter ball? Organised by students? Why not?*

*Especially after weeks of tiring mock exams and a totally exhausting year, morally and physically, our IGCSE and A Level students wanted to mark the end of 2022 in a beautiful way.*

*Their perseverance in organising a ball for our young people, led by the student council and class representatives, together with the Head of Lyceum, Mrs Calinovscaia, ended in a big success! Not bad at all for a first time, Heritage! Here are some glimpses from the event:*





## Digital literacy corner

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a time when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Read our top ten tips for a tech-free festive period and make the most of this holiday season. In the guide, you'll find tips such as making your own Christmas decorations, baking festive treats and going for a winter walk.

Merry Christmas!

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.

# Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

- 1. BOARD GAMES CAN BE FUN (HONEST)**

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Monopoly, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.
- 2. MAKE YOUR OWN DECORATIONS**

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.
- 3. GO FOR A WINTER WALK**

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?
- 4. BAKE SOME FESTIVE TREATS**

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.
- 5. READ A FAMILY STORY TOGETHER**

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.
- 6. TURN OFF NOTIFICATIONS**

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.
- 7. FEED THE BIRDS**

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).
- 8. SET DAILY LIMITS**

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.
- 9. GET ON YOUR BIKE**

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.
- 10. MAKE TIME FOR YOURSELF**

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.

**NOS** National Online Safety®  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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## HERITAGE CREATIVITY



**BLACK SEA SCHOOLS GROUP**

**BLACK SEA SCHOOLS  
CREATIVE WRITING COMPETITION 2023**

Students in KS2, KS3, KS4, and KS5 from all Black Sea Schools are invited to write a 100-word story on this year's theme:

**'BOUNDARIES, BORDERS AND BELONGING'**

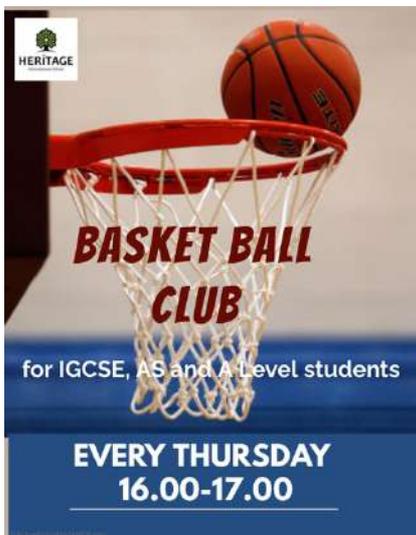
Schools can submit up to **THREE** pieces of work in each age category:

- Under 11 (UK KS2)
- 11-14 (UK KS3)
- 14-19 (UK KS4&5)

**SUBMISSION DEADLINE:  
14th February 2023**

Winners will be announced February 28th, 2023.  
All winning entries will be published in the Black Sea Schools Creative Writing Anthology.

## SPORTS, CLUBS and ACTIVITIES



**HERITAGE**

**BASKET BALL CLUB**

for IGCSE, AS and A Level students

**EVERY THURSDAY  
16.00-17.00**



Talent Show





*Knitting Club December*





The Heritage 10 Golden Rules

<https://docs.google.com/document/d/19a84QG84nwa-RrbVDPwo9rDDn0SH1QfSAz6aq4F9JIo/edit>

## The Heritage 10 Golden Rules



**HERITAGE**  
International School

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.

School Improvement Priorities Headlines 2022-23:

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuQK3znedxCuifXHrIk9oQtq6dNbFaY/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**



**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**

What does success look like for us

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

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

Living our Values

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

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

Concentrate & Consolidate Core

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

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

Our strategy matches our organisation

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.

**5 Building & sustaining legacy for the future**

Making Moments

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

**6 Building & sustaining legacy for the future**

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

# IT'S OKAY TO



ASK  
FOR HELP



TAKE A  
BREAK



HAVE  
BAD DAYS



SAY  
"NO"



HAVE DAYS  
OFF



BE  
YOURSELF

# holiday TO-DO LIST

@POSITIVELYPRESENT



EMBRACE  
IMPERFECT  
MOMENTS



SOFTEN  
EXPECTATIONS

SAY NO TO  
FEELING  
GUILTY



RESERVE  
SOME ALONE  
TIME



GO  
OUTSIDE



GIVE  
(SELF) LOVE  
GENEROUSLY



SIP A  
WARM  
DRINK





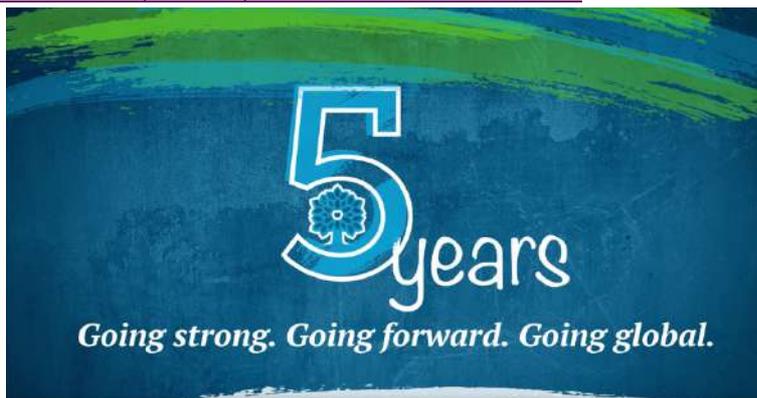
*Traditional Christmas carols , best wishes from our students and teachers*

-  [20221222\\_154044.mp4](#)
-  [20221222\\_152513.mp4](#)
-  [20221222\\_152152.mp4](#)
-  [20221222\\_153714.mp4](#)



*Heritage Anniversary Video*

<https://www.facebook.com/watch/?v=506544187973523>



# Happy holidays!



## Seasons Greetings and a hopeful 2023!

THE HERITAGE INTERNATIONAL SCHOOL COMMUNITY

### UPCOMING EVENTS

*24 December-08 January*  
*09 January 2023*  
*16-21 January*  
*21 January*

*Winter Break*  
*Resumption for the Second Semester*  
*Arts Week*  
*Talent Hunt Primary school*

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

### MAIN CONTACTS

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