



HERITAGE
International School



THE INTERNATIONAL HERITAGE HERALD

December 2, 2022



THOUGHT FOR THE WEEK

“Of all the months of the year there is not a month one half so welcome to the young, or so full of happy associations, as the last month of the year.” – Charles Dickens

DIRECTOR'S WEEKLY NOTES

"The view from Dacia Boulevard"

I have been able to enjoy two views this past fortnight, the one from Dacia Boulevard and the one from my cabin at the bottom of my garden back in Bristol as I have been working from the UK. Both views show a school community getting to the end of a long semester and into the final month of December with lots of hope, heart, warmth and energy to get us down to the finishing line in 3 weeks time. There is still a lot to do before then and my thanks to everyone involved in exams; Mr. Anjum and his team, families supporting and students revising for the smooth way the checkpoints and mock exams have been undertaken these past few weeks. Students have coped with a lot of pressure and the distinct shift in the academic culture in the school these past couple of years, of national exams, IGCSEs and A Levels, all leading to Higher Education and careers beyond, is very noticeable. The new Lyceum, being constructed currently and to be ready for our 16-19 students in early 2023, represents real hope for the future, looking forward.



I want to let you know of some key staff who have left us this semester and new colleagues joining us. Mrs. Olesia Pletnirov and her family have emigrated to Canada and we thank her for all her service to the school's pastoral care and wish them all well in their new lives. Mrs. Natalia Dabija has also left us for a new role and we thank her for her dedication, work and wish her well for the future. Mrs. Larisa will be heading up the pastoral team in the senior role on the Leadership Team. She will be ably supported by Dr. Azra, as coordinator of Cambridge home room teachers secondary, and Mr. Vasile Chipur, as coordinator of national home room teachers. Mrs. Adriana will be leading the primary team, supported by Mrs. Valentina Carmazan and Mrs. Inga Corlateanu. We are pleased to announce our new school counsellor, joining the team with a very strong record in child psychology and working with children and young people, Mrs. Catalina Ceban. Mrs. Aliona Tariq will lead special education needs along with Mrs. Ana Cojuseanu in the national primary. The pastoral team has a wonderful base in the Oak Centre and continues to work from there. Mrs. Angela Cara has left and taken a national education position. Angela can be very proud of the work she undertook in our school from the beginning and we keep our relationship with Angela as a consultant. Mrs. Tatiana Popa, formally becomes Deputy Academic Director, responsible for teaching and learning, as well as CPD.

I want to thank the whole community for their support of the La Via centre and the tremendous collection of food donated that was delivered to the centre this week. One of our parents involved, Bequi Innes, thanked the school warmly for the ongoing support. We need to leave 2022, not with the despondency of the war, the energy crisis, the power cuts, but the hope of these amazing children; their compassion, their social responsibility, their global mindedness, their leadership, their commitment to social justice and their civic duty. I am so proud of our school and the values we stand for. We will go into 2023 with our focus and continuation of education being our certainty in uncertain times. We are going to celebrate and make moments in these remaining weeks to take us into a well-deserved vacation.

Thank you for all of your support of me and Heritage,

Going Strong, Going Forward, Going Global

Rob Ford
Director



HERITAGE IN THE WIDER WORLD



ISN International Schools Network



Rob Ford
Director, Heritage International School group in Chisinau, Moldova



<https://isn.education/articles/open/the-strike-the-bandsaw-and-a-40-year-friendship-how-i-met-the-teacher-who-changed-my-life/>



ARTICLES/STORIES OF INTEREST

35 Best Christmas Books to Read Around the Holidays; <https://www.rd.com/list/christmas-books/>

66 Best Christmas Movies for Kids Who've Been Very Good This Year. New and old, for toddlers to teens, there's a family-friendly holiday film for everyone on your list; <https://www.goodhousekeeping.com/holidays/christmas-ideas/g23303771/christmas-movies-for-kids/>

December Holidays around the World. Few months present as many multicultural celebrations as December. From Christmas to Omisoka, the last month of the year is a “world of holidays.” Let’s take a look at some of December’s holidays around the world; <https://worldstrides.com/blog/2015/12/december-holidays-around-the-world/>

Supporting ChildAid this winter. Alternative Gifts are precious gifts in helping to transform a young life. Select the gift you wish to purchase and we will then ensure that the gift you have purchased will be arranged to be provided for a child or young person in Belarus, Moldova, Ukraine or Siberia. When purchasing, you will also have the option to consider a donation to make your impact even greater. Thank you; <https://www.childaidee.org.uk/shop/>

Friends of Moldavian Strays or FOMS UK, a small non profit organisation was set up in 2014 by Debbie O’Connell, a dedicated animal lover who, having read about the plight of the stray and

abandoned dogs and cats in Moldova, decided to do something about it. FOMS UK's aim is to raise funds through social media to support the work of the Areal Moldavian Dog Rescue Shelter; <https://moldaviandogrescue.com/>

An Ode to the French Baguette, Now UNESCO-Approved - The Atlantic; <https://www.theatlantic.com/culture/archive/2022/11/french-baguette-unesco-cultural-heritage-status/672304/>

The best Christmas gifts 2022: your guide to the top presents on everyone's wish list this year; <https://www.telegraph.co.uk/christmas/0/best-christmas-gifts-ideas-presents-wishlist-2022/>

UNDP Moldova November 2022 newsletter; <https://mailchi.mp/c222b315c81c/undp-moldova-newsletter-november?e=a8d6b1864a>

Why you should go animal-free: 18 arguments for eating meat debunked | Food | The Guardian; <https://www.theguardian.com/environment/2020/jun/19/why-you-should-go-animal-free-arguments-in-favour-of-meat-eating-debunked-plant-based>

Seven Books That Will Make You Smarter - The Atlantic; <https://www.theatlantic.com/books/archive/2022/11/nonfiction-explanatory-book-recommendations/672217/>

New York and Singapore top the list of world's most expensive cities in 2022 | Global economy | The Guardian; <https://www.theguardian.com/business/2022/dec/01/new-york-and-singapore-top-the-list-of-worlds-most-expensive-cities-in-2022>

NEWS FROM PRIMARY

IPC lesson "Buildings and the services in our local area "in the 1st grade





Grade 2 students explored Time, Space and Earth in their IPC lessons. They wrote their wishes and put them into the Time Capsule.



IPC lessons are a great opportunity to learn about Earth, Space and Time, and Earth Rotation



Media education lesson is a favorite one among 4A students. At Media Education, the students edited the video and were helped by the 11th grade student Loredana. The students were delighted with the videos they created.



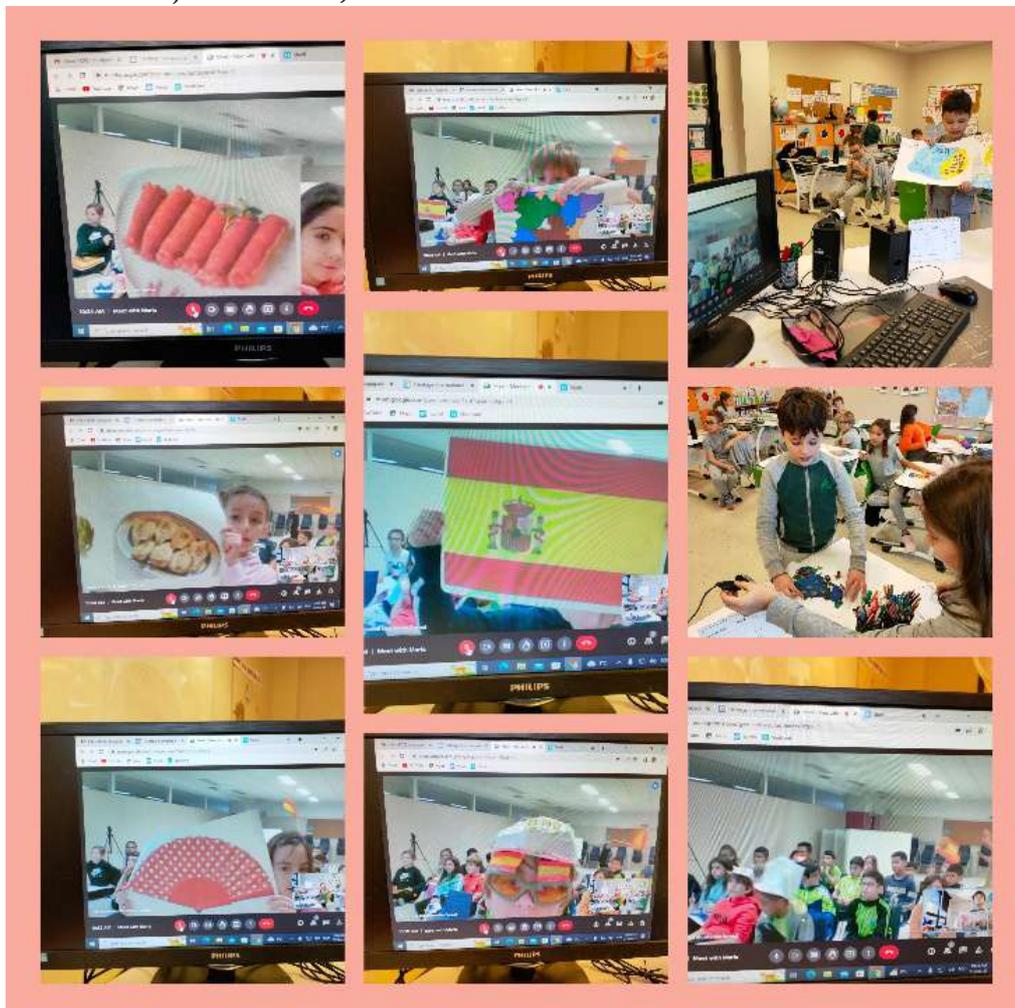
Students Aris Agache and Călin Gurau are the winners of the essay contest launched by the Center for Independent Journalism. I'm proud that their 'Why We Love Media Education' essays melted the hearts of the judges, awarding 2 out of 5 awards to the Heritage students.



Little Heidi's story told us about a true love, between granddaughter and grandfather, but also that between man and nature. The protagonists are simple people living in the mountains who know how to enjoy the beauty of nature, the sunrise, the flowers of the field. They know how to appreciate what they have and even give others some of their little. Everyone has something to learn from this emotional story and I understood at the end that the Good God will reward us all according to our deeds. We recommend the book with great pleasure because we, the students of class 4A, read it breathlessly and sometimes our eyes got wet!

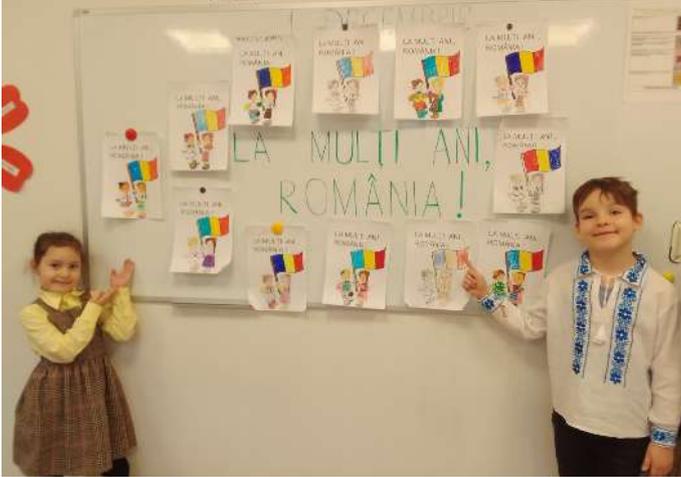


The 4th grade students will know a lot of useful information about Spain, because they had an online meeting with the students from Tudela, Navarra.



Romania National Day







Heritage student Anna Eliza Efimov comes from Bucharest, Romania, she was proud to talk about her native country to the students from classes 1A, 2A, 4A. The students learned a lot of information about Romania celebrating Romania National Day.





On Friday, we planned to raise awareness and inform our school about people with disabilities, because on December 3rd this event is marked in the world. Ana Cojusneanu with 3A students prepared a presentation on this topic and shared it with the Heritage community.

Dizabilitatea nu este o sentință!
Disability is not a sentence!

TOTI
TOTI
DIFERITI
EGALI

**Ziua Internațională
a persoanelor cu dizabilități**

**International Day of
People with Disability**

Resist, fight and you will win!

We express our admiration for those who, despite physical problems, face everything and go forward with their heads held high, fulfilling their dreams!

These People who overcame their condition and excelled in their fields of interest, despite the disabilities they were unfortunate to have. People who should be an example to those with much lesser problems, but who lack the will, the patience, the enthusiasm, the passion, the courage, and most of all the hope.

DISABILITY

International Day of People with Disabilities

Marked annually on 3rd December, the International Day of People with Disabilities aims to promote and implement programmes to improve the lives of the disadvantaged groups, according to the United Nations (UN) website. Today we would like to remind you of the outstanding personalities who, despite being born with a disability, have managed to overcome it and show the world that disability is not a sentence.

School Starter students Learn and Grow



Music in School Starter

Music psychological research has highlighted that engaging with musical rhythm activities from a young age can be beneficial for cognitive and social development. In particular, developing musical rhythm abilities we also develop language processing and motor skills and can facilitate social cohesion.

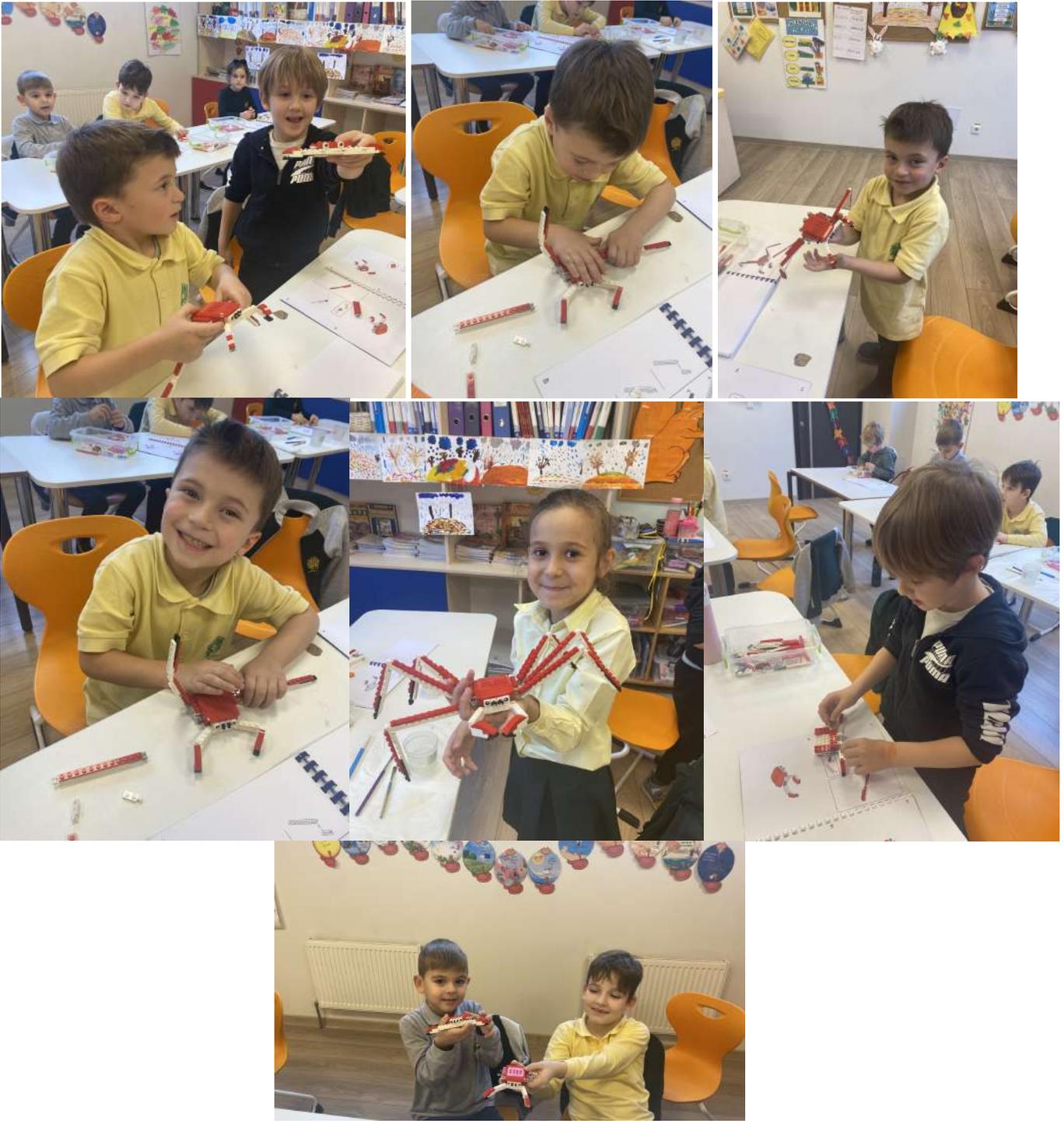


Fairy tales in School Starter bring so much fun!





Our future engineers



Thanksgiving in 1A





*Wonderful Advent Calendar by 2B students helps Primary students countdown to Christmas
 The challenge of the first day was to decorate the Christmas tree, and the second challenge is to make a bunny, the symbol of the year 2023. Many classes are excited to participate in this marathon of challenges!*







Christmas Mood in 2E





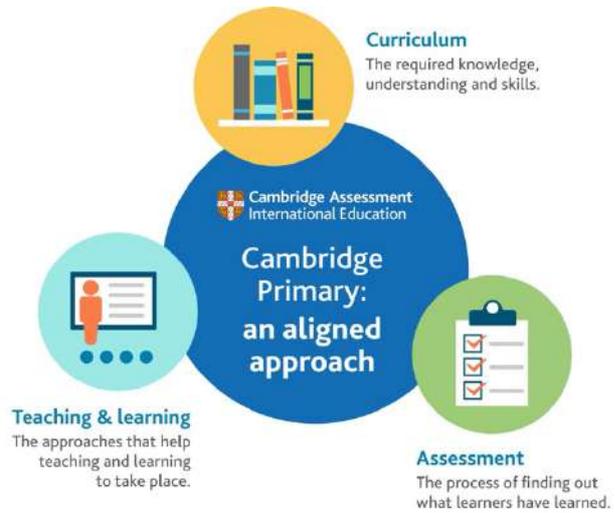
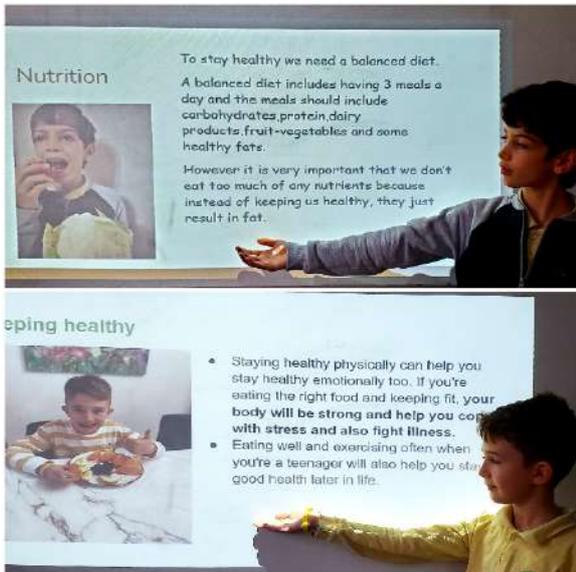
It's the beginning of winter, it's the beginning of December. All the children are waiting for the winter holidays. On the first day they were really happy to decorate the Christmas tree.





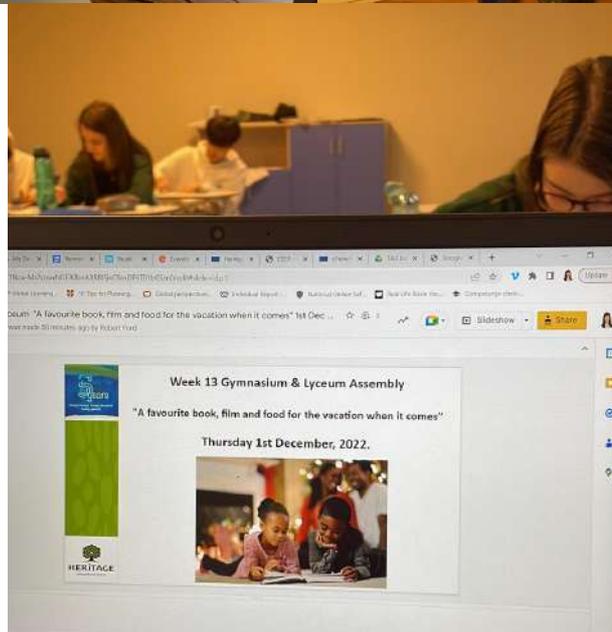
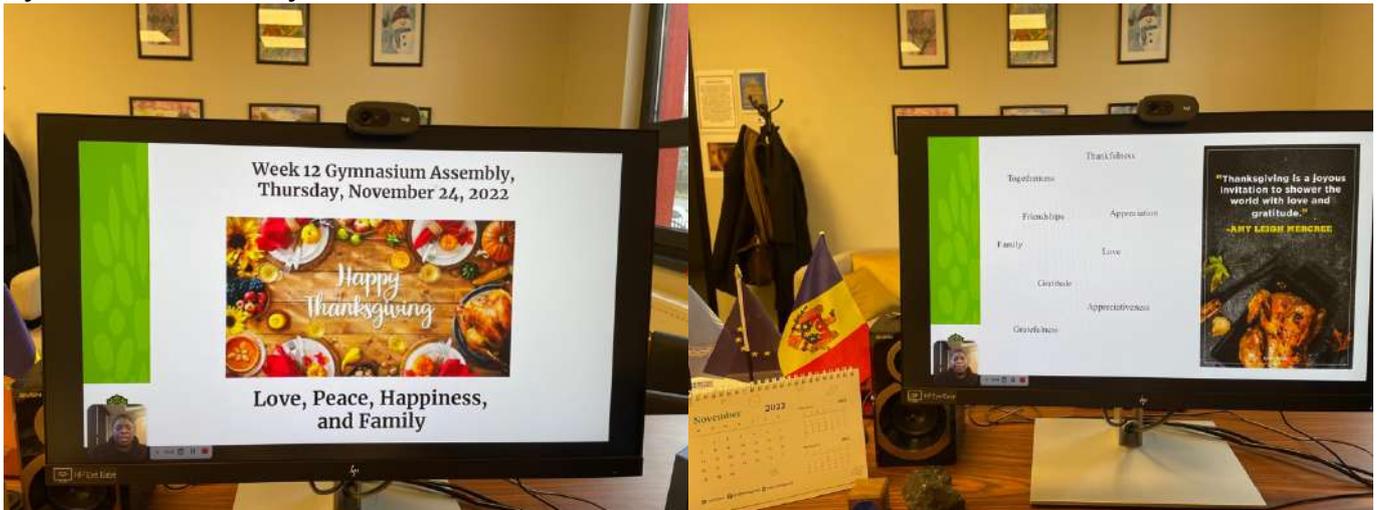
Another eventful week for 5E, comprising investigating water evaporation in science, writing 'Thank you' notes on Thanksgiving Day and not least, the 2nd round of Global Perspectives presentations to parents about keeping healthy.





NEWS FROM GYMNASIUM

Gymnasium Assembly



Facts and figures About Cambridge International Qualifications:

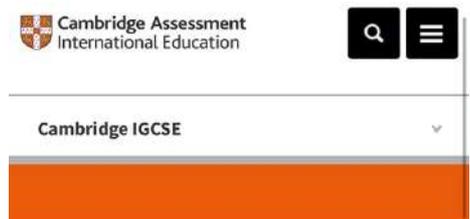
Here are the facts why the Cambridge International is famous for

- *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/>

Appreciation Certificates awarded to the invigilators for successfully running the Public Exams of Cambridge Assessment International Education (CAIE) November 2022 Series.



IGCSE 2 (10E1/10E2) Mock Exams 1:

The mock exams for IGCSE 2 will commence from Wednesday 7th December, 2022. Here is the timetable:

IGCSE 2 Mock Exams 1 Timetable

Exam Date	Session (AM/PM)	Exam Start Time	Syllabus Title	Syllabus Code	Venue
7 Dec 22 (Wed)	AM	8:45	English	500	10E1 (215) / 10E2 (217)
8 Dec 22 (Thu)	AM	8:45	Mathematics	580	10E1 (215) / 10E2 (217)
	PM	12:00	Art and Design	400	301
9 Dec 22 (Fri)	AM	8:45	Geography	460	10E1 (215) / 10E2 (217)
	PM	12:00	Art and Design	400	301
12 Dec 22 (Mon)	AM	8:45	Coordinated Science	654	10E1 (215) / 10E2 (217)
	PM	12:00	Art and Design	400	301
13 Dec 22 (Tue)	AM	8:45	Business Studies	450	10E1 (215) / 10E2 (217)
	PM	12:00	German / French Foreign Language	0525 / 0520	217
14 Dec 22 (Wed)	AM	8:45	History	470	10E1 (215) / 10E2 (217)
	PM	12:00	Economics	455	217
15 Dec 22 (Thu)	AM	8:45	Global Perspectives	457	10E1 (215) / 10E2 (217)
	PM	12:00	Information and Communication Technology	417	217 (Theory) / 209 (Practical)

Note:

Students have to be in their venue 10 minutes before the start of their exams.

If any students have no exam, they will follow their normal lessons.

Students will join their respective lesson(s) right after finishing of their exams

SEEK EXAM SUCCESS

- 1... Experts believe that you should only study for 20 minutes before you take a break. Little and Often!
- 2... 10 Hours sleep is vital for peak performance during exams. Remember to treat yourself to that lie-in on Sunday too!
- 3... 95% of material is forgotten within 7 days if you don't revisit it!
- 4... Exercise helps to stimulate the brain, thus improving study performance - even if it's just going for a walk!
- 5... Test yourself frequently so you can find out where the gaps are in your knowledge!

Education Perfect IGCSE Revision Challenge Results

Bronze Award

Education Perfect
IGCSE Revision
Challenge 2022

Sabina Turcan
Heritage International School, Moldova

Congratulations for answering 650 questions during the Education Perfect IGCSE Revision Challenge 2022. You earned 518 points, placing you in the top 10% of competitors from around the world.

Alex Burke
Chief Executive Officer



Credit Award

Education Perfect
IGCSE Revision
Challenge 2022

Mariella Caraus
Heritage International School, Moldova

Congratulations for answering 474 questions during the Education Perfect IGCSE Revision Challenge 2022. You earned 346 points, placing you in the top 20% of competitors from around the world.

Alex Burke
Chief Executive Officer



Credit Award

Education Perfect
IGCSE Revision
Challenge 2022

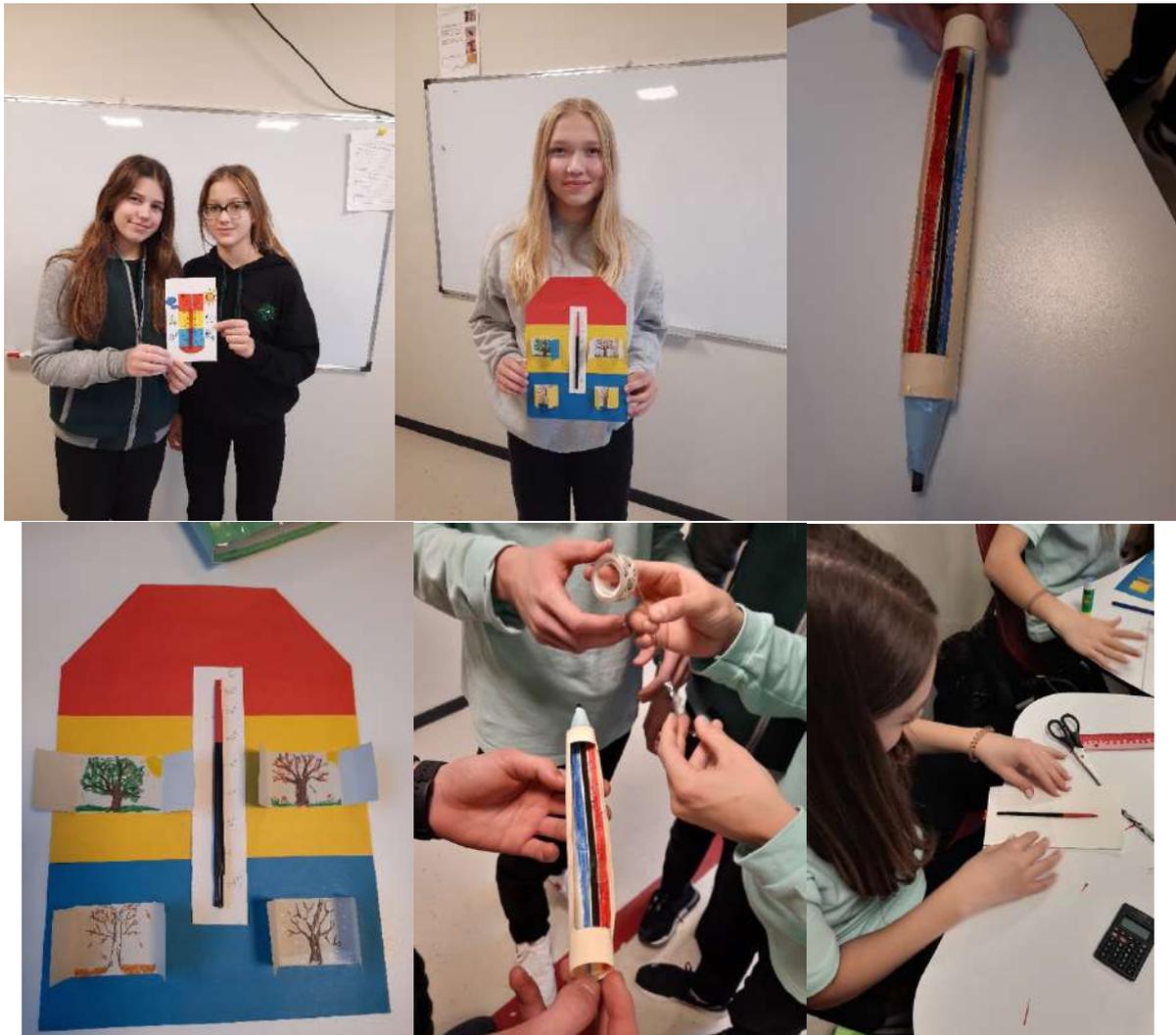
Bogdana Bujag
Heritage International School, Moldova

Congratulations for answering 426 questions during the Education Perfect IGCSE Revision Challenge 2022. You earned 387 points, placing you in the top 20% of competitors from around the world.

Alex Burke
Chief Executive Officer



VIII-a "A", Physics lesson was dedicated to Romania National Day, the students learnt about thermal phenomena and made a thermometer



NEWS FROM LYCEUM



Recommended Cambridge International A Level subjects for the most popular careers

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

Heritage Lyceum learners become:

-  **confident**
-  **responsible**
-  **reflective**
-  **innovative**
-  **engaged**



Within the Cambridge International AS & A Level Program

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

In December our AS students will have 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.



GCE AS and A Level Mock Exams 1 Timetable

GCE AS and A Level mock exams will commence from Monday December 5 and end on Friday December 16, 2022.

Here are the timetables:

GCE AS Level Mock Exams 1 Timetable					
Exam Date	Exam Start Time	Syllabus Title	Syllabus Code	Expected Number of Students	Venue
5 Dec 22 (Mon)	14:00-16:00	English General Paper	8021	24	Room 217
	14:00-16:15	English Language	9093	14	Room 304
6 Dec 22 (Tue)	8:30 - 10:00	Geography (Paper 1)	9696	8	Room 304
	13:15- 14:45	Art and Design	9479	8	room 301
7 Dec 22 (Wed)	10:20- 12:05	Art and Design	9479	8	room 301
	13:05- 14:45	Art and Design	9479	8	room 301
8 Dec 22 (Thu)	8:30- 10:05	Art and Design	9479	8	room 301
	12:15 - 14:15	Business	9609	21	Room 304
12 Dec 22 (Mon)	10:25-12:25	Biology	9700	12	Room
	13:05-15:00	English Literature	9695	4	Room 305
13 Dec 22 (Tue)	10:25-13:10	German	8683	8	Room 018
	13:15-14:45	Mathematics	9709	23	Room 304
14 Dec 22 (Wed)	08:35-10:05	Economics	9708	10	Room 305
	15:30-16:30	Chemistry	9701	8	Room 303
15 Dec 22 (Thu)	8:30-10:00	Physics (Partial paper 1 and 2)	9702	7	Room 303
	11:30-13:00	AS LAW	9084	9	Room 304
16 Dec 22 (Fri)	8:30-10:00	Psychology	9990	19	Room 217
	11:20-13:20	Sociology	9699	5	Room 304
	12.15-13.45	Computer studies		7	Room 209

Note: Students will join their respective lesson(s) right after finishing of their exams

GCE A Level Mock Exams 1 Timetable					
Exam Date	Exam Start Time	Syllabus Title	Syllabus Code	Expected Number of Students	Venue
5 Dec 22 (Mon)	8:30-10:05	Art and Design	9479	4	Room 301
	12:15 - 13:30	History (Paper 1)	9489	11	Room 305
6 Dec 22 (Tue)	8:30-10:05	Travel and Tourism	9395	12	303
	-				
7 Dec 22 (Wed)	8:30-11:10	Art and Design	9479	4	Room 301
	13:05-15:20	English Language	9093	16	Room 305
8 Dec 22 (Thu)	1:05 - 14:35	Geography (Paper 3)	9696	10	Room 302
	13:05-- 14:45	Art and Design	9479	8	room 301
9 Dec 22 (Fri)	9:20-10:20	Chemistry	9701	2	Room 303A
	13:05 - 14:05	History (Half of Paper 2)	9489	11	Room 305
12 Dec 22 (Mon)	13:05-14:35	Economics	9708	2	Room 015
	12:15-13:45	Computer Science (Paper 3)	9618	4	Room 301
13 Dec 22 (Tue)	11:25-12:25	Biology	9700	1	Room 303A
	11:25-13:25	Business	9609	17	Room 305
	08:30-11:00	Information Technology (Paper 4)	9626	3	Room 309
14 Dec 22 (Wed)	8:30-10:00	Mathematics	9709	8	Room 015
	-				
15 Dec 22 (Thu)	10:30-12:00	Physics (Paper 4 and 5)	9702	4	Room 018
	9:30-11:00	A Level LAW	9084	12	Room 217
16 Dec 22 (Fri)	8:30-10:15	Information Technology (Paper 3)	9626	3	Room 310
	10:30-13:00	Computer Science (Paper 4)	9618	4	Room 310

Note: Students will join their respective lesson(s) right after finishing of their exams

Lyceum IELTS 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.

GLOBAL EDUCATION

The Heritage Global Challenge for International Education Week IEW2022 was very successful! Many thanks to our colleagues who took the challenge and travelled virtually through education to schools and classrooms around the world!

Thus, Anna-Maria Cires, together with Valentina Carmazan and her class, travelled to Sibiu, Galati, Teleorman în România, to Athens and Thessaloniki, Greece and to Denizli in Turkey. They spoke to their eTwinning partners. All in all, they travelled **5700 km!**

Adriana Bujag and her class 4A travelled to Legionowo, Poland, to Tudela, Spain, to Ayia Napa in Cyprus, to Braşov, Romania, to Arta in Greece, and to Olsztyn in Poland. All these were virtual meetings with her partners in the eTwinning project she is running this year. All in all, Adriana and 4A travelled **11100 km!**

Tatiana Popa and her students managed to travel to Brazil twice that week (to Ponta Grossa and to Parana) to discuss climate change, our activities in the Climate Action Project. We travelled to Indianapolis, USA ((my students participated in the Global Kahoot Cup 2022) and to Mankkaa school in Espoo, Finland, to discuss education systems. All in all, Tatiana travelled with students **32875 km!**

The total number for **Heritage school for the IEW2022 is 49675 km!!!**

Congratulations to all the students and teachers involved! Many thanks to our wonderful global educators, who dare to take up new challenges for the benefit of our young global citizens!



Heritage International School achieved the Bronze Award status in the Global School Alliance, thus being recognised among the top performers in this global community. Our school has been a GSA member school since 2020, and has 3 GSA ambassadors from Heritage, who spoke at their conferences, wrote articles and shared our story widely! Our students are part of the GSA Student Council for primary and secondary, where they meet with students worldwide, discuss various issues and do common projects.

Congratulations, Heritage!



Last Thursday, our Heritage community celebrated Thanksgiving Day. The students pinned "Thank You" messages on the board in the lobby for other members of our beautiful school, besides the nice activities organized by our educators in the classroom.

As we always show our civic responsibility, this time we organized a food drive for the vulnerable children who are taken care of by La Via charity organization. This organization delivers hot meals to 30 children daily, so each little help matters.

Many thanks, dear Heritage families, for doing a good deed for those in need!



HERITAGE
International School

**THANKSGIVING
FOOD DRIVE**

LA VIA CHARITY ORGANISATION
needs your help to offer a warm meal
to children and families in need!

Non-Perishable Items List:

- Condensed milk
- Cornmeal
- Rice
- Wheat flour
- Buckwheat
- Oatmeal
- Semolina
- Pasta
- Sugar
- Paste
- Dried peas
- Pasta
- Tea
- Jam
- Canned meat/fish
- Canned peas
- Canned corn
- Canned beans
- Biscuits
- Candies
- Chocolate
- Oil
- Liquid soap/Dish soap
- Shampoo/Shower gel
- Laundry detergent
- Toothpaste
- Toilet paper



HERITAGE
International School

INTERNATIONAL FOOD FRIDAY
Special Thanksgiving Feast menu

HAPPY Thanksgiving

Soup
Pumpkin cream soup

Salad
Vegetable soup with green pods

Stuffed Roasted Turkey
Thanksgiving Sandwich (Toast bread, mashed potatoes, turkey meat, cherry tomatoes & basil)

Dessert
Apple Strudel

Drink
Pomegranate punch



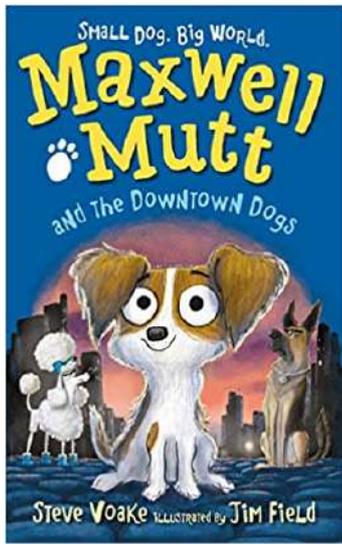
STUDENT LEADERSHIP

Thanksgiving Food Drive

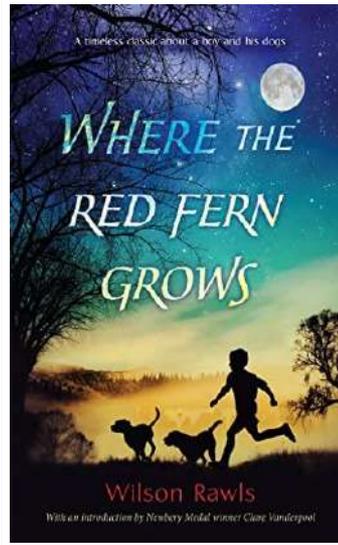


NEWS FROM EMINESCU LIBRARY

Heritage librarian has some book recommendations for our students.



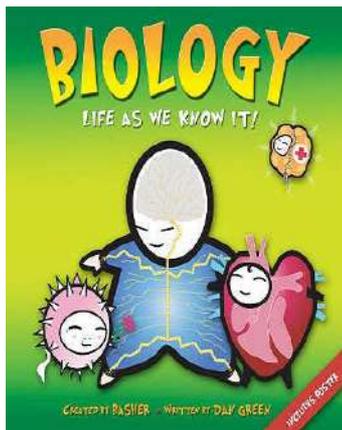
Funny stories for fans of Dick King-Smith and Disney Classic animal adventures; with art by Jim Field. Maxwell Mutt might be small, but his heart is big and the city is full of adventure. Before long, he teams up with a gang of downtown dogs: Restrepo the retired police-dog, Mr B the homely bulldog and Madison the angry poodle (do not mention his hairdo). When Maxwell hears the call of a friend in need, the dogs brave the big, bright city, where they hear tales of the Collector; the cruellest ever dog-catcher. But dreams, fun and adventure are waiting along the way...



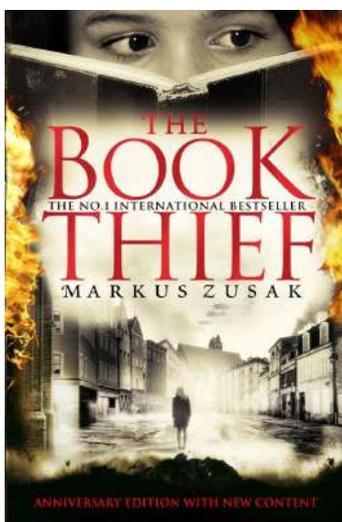
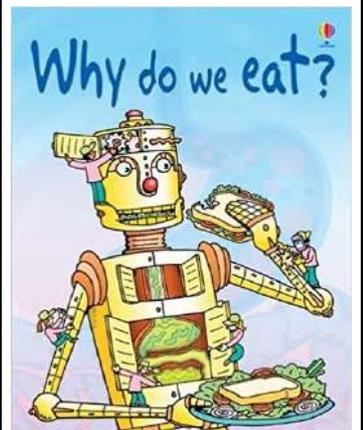
Read the beloved classic that captures the powerful bond between man and man's best friend. Billy has long dreamt of owning not one, but two, dogs. So when he's finally able to save up enough money for two pups to call his own—Old Dan and Little Ann—he's ecstatic. It doesn't matter that times are tough; together they'll roam the hills of the Ozarks. Soon Billy and his hounds become the finest hunting team in the valley. Stories of their great achievements spread throughout the region, and the combination of Old Dan's brawn, Little Ann's brains, and Billy's sheer will seems unbeatable. But tragedy awaits these determined hunters—now friends—and Billy learns that hope can grow out of despair, and that the seeds of the future can come from the scars of the past.

Biology: Life as We Know It! Written by Dan Green

Nature's building blocks have never been more sociable than in this newest offering from the creators of The Periodic Table and Physics. From cells to DNA, from viruses to mammals, from chlorophyll to flowers and fruit, and including the human body's parts and systems, Biology is a single volume BIO101 course. Distinctive characters, a creative palette, and straight-forward text make it all clear—and fun!

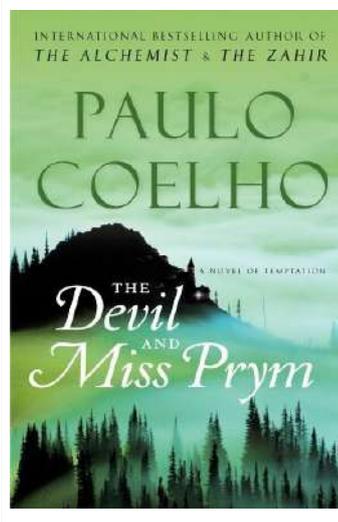


Why do you need food and what happens to it inside your body? Which foods give you energy and which ones make you fit and strong? In this book you can explore your amazing insides and discover all kinds of fantastic food facts. Usborne Beginners are colourful information books for children beginning to read on their own.



The Book Thief is a historical fiction novel by the Australian author Markus Zusak, and is his most popular book. Published in 2005, The Book Thief became an international bestseller and was translated into 63 languages and sold 16 million copies. It was adapted into the 2013 feature film, The Book Thief.

The novel is about the adventures of Liesel Meminger in Germany during a time of war. By personifying "Death" as a tangible thing, the novel narrates a unique perspective into the world of the victims of the war. There are many tangible themes throughout the entire story.



A novel of temptation by the internationally bestselling author Paulo Coelho, The Devil and Miss Prym is a thought-provoking parable of a community devoured by greed, cowardice, and fear—as it struggles with the choice between good and evil. A stranger arrives at the remote village of Viscos, carrying with him a backpack containing a notebook and eleven gold bars. He comes searching for the answer to a question that torments him: Are human beings, in essence, good or evil? In welcoming the mysterious foreigner, the whole village becomes an accomplice to his sophisticated plot, which will forever mark their lives.

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 apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION 13+
(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18 CENSORED

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £89; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 11 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive; figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW

Introduced in late 2022, the "TikTok Now" feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

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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.



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Sources: <https://www.bbc.com/uk/news/technology-53045305>
<https://www.ipsos.com/insights/social-media-9322171/>



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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.



The Heritage 10 Golden Rules

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

5. THE WAY WE SPEAK TO EACH OTHER AND THE WORDS WE USE ARE THE RIGHT ONES

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

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

Gymnastics club





Craft Club



SCHOOL INFORMATION

School Improvement Priorities Headlines 2022-23:

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuOK3znedxCuifXHrIk9oOtg6dNbFaY/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 21st 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

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>



UPCOMING EVENTS

16 December
20 December
21 December
22 December

Christmas Bake Sale
Heritage Christmas Program Primary/Secondary
Talent Show/ Secondary
Winter Party /Upper Secondary

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

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