



HERITAGE
International School

September 27, 2024

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ And all at once, summer collapsed into fall. ”

Oscar Wilde



WHAT'S NEW?

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The View from Dacia Boulevard, Director's notes



At Heritage, there is no "ordinary" week and these weeks since we launched our new academic year have been no exception to the rule. This past week, we have had the honour and pleasure of receiving a number of special guests into the campus to see our school at work. It was a pleasure to meet and welcome the new director of QSI Chisinau, Dr. Yaisa Banek, and we spoke of the ongoing collaboration & challenges we have as partner international schools in Moldova. We also welcomed into Heritage this week, Dr. Eben Plese, the US State dept's regional education director for Eastern Europe. He was very impressed by what he saw. All week, we have had the joy and pleasure of two long standing partners and friends of Heritage in our community, Mr. John Rolfe MBE of the Global School Alliance, and Mrs. Colette Cotton, a British Council ambassador. John is also a school governor and was the guest of honour on Thursday as we celebrated the success of our 4th cohort of Cambridge IGCSE graduates at our now traditional graduation ceremony at the end of September. As well as meeting staff and students in school, John and Colette also met with the UK Ambassador to Moldova, HE. Fern Horine, as well as the Minister of Education, Mr. Dan Perciun.

Both meetings emphasised not only the vital role of education in providing certainty in uncertain times, but also the need to connect to the wider world in an open, global mind set to learn more and improve what we have, as well as sharing our common values for young people. This week, Mrs. Inga attended the COBIS Black Sea schools principals' conference in Istanbul and discussed with our international partners the challenges and influences shaping education for the second half of the 2020s. We live in constant change and as a wise man once said, we have to get comfortable with being uncomfortable in education.

*All visitors to Heritage over these few weeks have been impressed with our students, especially their confidence, their intellectual curiosity, the fluency of their communications in a number of languages, as well as their optimism and hope. As we come to the end of September, the model we have and continue to improve as an international school, gets better and better. This is also down to the support we have from our families and the constructive and respectful partnership between home and school. This is vital to get us to the outstanding organisation we know we can be. As I meet students, staff and parents on the gate daily, and look back at over 5 years in this role, I can see the sea change in where we are now as an international school. My academic leaders also see it as we walk the school daily and visit classrooms to see wonderful learning and unique opportunities in class. Our exam classes have also seen those that have graduated, taken their places at university and what they had to do to get good grades, starting with showing up for class and engaging in learning. We all know, it doesn't matter who you are, or where you are from, life is not handed to you on a silver tray. This sharper focus on learning is now more palpable and serious. Our outgoing student council president, Sabina, spoke to IGCSE students about how she won her scholarship and achieved through hard work her grade A*s at IGCSE and grade As at AS Level. How she was involved in developing her key skills and values that will make her stand out as a candidate as she is now applying for university for autumn 2025. We also know the cycle of education goes fast and the days are getting cooler and shorter as October is around the corner. We need to waste less time on the silly issues and put energies into academic standards.*

Finally, there is one stand out conversation theme I have had with all visitors and that is what makes Heritage stand out in terms of the educational culture and values here. We take our mission from our two co-Founders, Mrs. Natalia and Mr. Sinan, whose dream of a progressive, international school in Moldova is why we are all here. Students from this school will not only be prepared to face the future with confidence but they will be global citizens imbued with values such as service and confidence. This practice can be seen in many aspects of school life but none more so this week as the community yet again opened their hearts to support our school charity AREAL/FOMS and donated food and items for the dogs and cats of the shelter. Delivering this community collection from Heritage with the student council never fails to make me believe the future really is in good hands with this generation.

The Future starts here.

Rob Ford
CEO & Director.

Heritage in the Wider World



John Rolfe MBE
@yorkshirejohn

Many thanks from @GSchoolAlliance to the inspirational Sabina for all her insightful support and commitment to the Secondary Student Councils!... brilliant credit to the fantastic @HIS_Moldova @Tatianapopab



Tatiana Popa #Moldova @Tatianapopab · 2d

My students Bogdana & Sabina will tell why joining student councils is important.
Is the SC popular in your school?
At @HIS_Moldova , students love to be part of the Student Councils! You won't guess how many stu...



Global School Alliance
@GSchoolAlliance

Exciting news! 📺 We'll be streaming LIVE from @HIS_Moldova in Moldova for next week's conference in partnership with @justfinancefdn.

Join us on Thursday to learn how schools can deliver financial education in an impactful and sustainable way: [globalschoolalliance.com/virtual-confer....](https://globalschoolalliance.com/virtual-confer...)



Heritage International School-Moldova,...
@HIS_Moldova

It was a great pleasure to welcome to Heritage our colleague, the new Director of QSI Chisinau school, Dr. Yaisa Banek. We spoke about areas we can collaborate more on as international schools, as well discussing all things education. #InternationalSchools #Partnership #Moldova



Heritage International School-Moldova,...
@HIS_Moldova

We are very honoured to give our Heritage community traditional #Moldova 🇲🇩 welcome to @yorkshirejohn of the brilliant @GSchoolAlliance and @ColetteCotton a long standing ambassador of @Schools_British

John & Colette will be seeing schools in the country & HMA @fern_horineUK 🇬🇧



Heritage in the Wider World



ISN International Schools Network

New Article

Empathy in Action: Shaping the Next Generation of Compassionate Leaders in Schools

#Curriculum & Assessment, #Research in Education, #Teaching Theory, Practice & Implementation, #Wellbeing in Schools, #Work Skills & Global Citizenship

Educator in Practice Article

Larisa Mirza
Head of Pastoral Care and Student Support Service, CELTA-qualified Cambridge Teacher, Heritage International School

[link](#)

Larisa Mirza focuses on guiding students to embrace

[link](#)

Independent School Management Plus
@ISM_Plus

School leadership: Are you ever guilty of indulging in 'headteacher cosplay'?
Read Rob Ford's latest brilliant piece for us here

schoolmanagementplus.com/ceo-trust-lead...
#leadership @HIS_Moldova

Leadership: Try to avoid 'headteacher cosplay' | School Ma...

From schoolmanagementplus.com

[link](#)

Heritage in the Wider World

John Rolfe MBE, Colette Cotton, Tatiana Popa and our director Rob Ford met with UK Ambassador to Moldova, HE Fern Horine, and Minister of Education Mr. Dan Perciun. Their discussions emphasized the critical role of education in navigating uncertain times and the need for a global perspective to enhance learning and development.



Visit to Gheorghe Asachi High School, Chisinau, for European Day of Languages

On the occasion of European Day of Languages, John Rolfe MBE, Colette Cotton, Tatiana Popa, and our director Rob Ford visited Gheorghe Asachi High School in Chisinau. The visit celebrated linguistic diversity and cultural exchange, highlighting the importance of language learning in fostering connections across Europe



Articles/Stories of Interest:

1

Cambridge International students' university and subject choices revealed;

[link](#)

2

Are you guilty of 'headteacher cosplay'?

[link](#)

3

Empathy in Action: Shaping the Next Generation of Compassionate Leaders in Schools;

[link](#)

4

How to help your child choose the right university course;

[link](#)

5

We're living in the age of rage. I'm a psychoanalyst – here's what we need to do to calm down | Society | The Guardian;

[link](#)

6

Powys artist leaves big donation to Moldovan animal charity;

[link](#)

7

A Guide to Getting Rid of Almost Everything. Once you've thanked and said goodbye to the items that do not spark joy, what can you do with them?;

[link](#)

8

The 'Doomsday' glacier is set to melt faster. That's not good;

[link](#)

9

25 Festive and Cozy Fall Bucket List Ideas for This Season;

[link](#)

The Heritage 10 Golden Rules

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

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

News from Primary

Sunny Celebrations: Primary Assembly in the Great Outdoors!



View all materials at the link:

[link](#)

School Starter Ro- A thematic project "My Family is the Most Wonderful!"

The preschoolers at School Starter recently carried out a thematic project titled "My Family is the Most Wonderful!" The children, together with their parents, created their family trees, presenting essential information about their families. At school, they memorized poems about family, drew pictures of their families, shared stories about the help they provide to their families each day, and engaged in many other exciting activities on this theme!



[See more pictures here](#)

News from Primary

1C, guided by their teacher Natalia Perepeliuc visited the school library

September is Literacy Month in primary school. Students from class 1C, guided by their teacher Natalia Perepeliuc visited the school library. They read together, discussed, created and most importantly became good friends with books. Their adventure has begun!



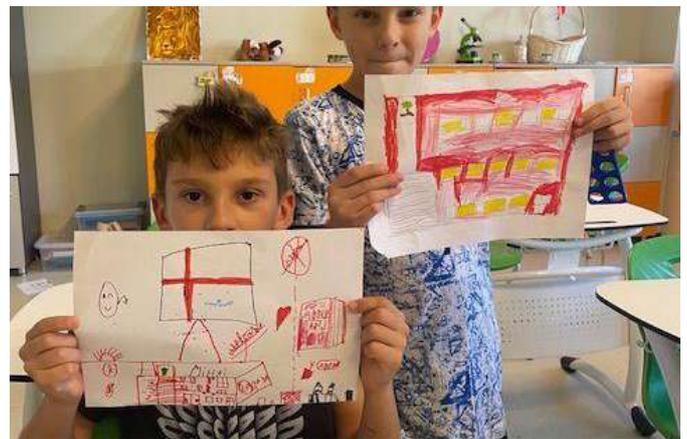
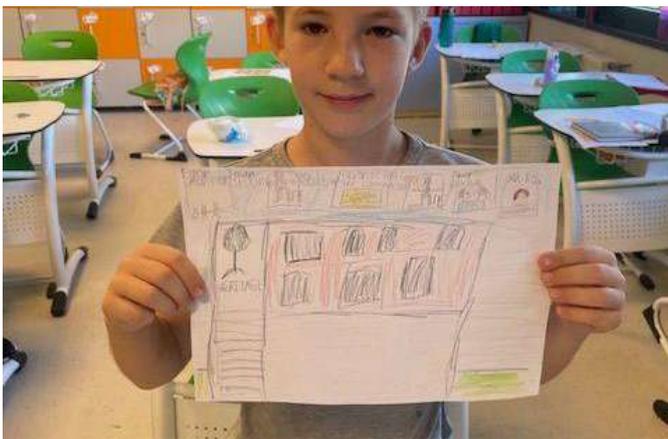
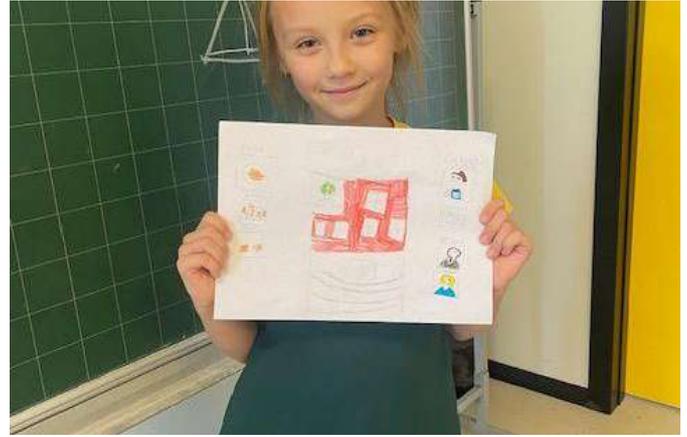
Emotion Ball Toss

In our 6E Cambridge PSHE lesson, we explored mental health by discussing our emotions through the fun game "Emotion Ball Toss"! Students took turns sharing feelings they've experienced recently, fostering a supportive environment. This activity not only promotes openness but also reminds us that we all share similar emotions.



News from Primary

My Favorite place to learn is Heritage International School



View all materials at the link:

[link](#)

Gardening 2A

Gardening is much more useful when you've already learned about the world of plants and their parts in science class. Class 2A students, together with their parents and gardener, planted tulip and daffodil bulbs. We all look forward to spring to admire the colorful flowers in the school garden. But in summer, we will taste the strawberries! From a barrel, our parents have improvised 2 good spaces to plant strawberries. Together we can realize a dream of having a beautiful school!



[See more pictures here](#)

News from Primary

The first lesson of Cambridge Maths in 1C. Students are learning the shapes and their properties



News from Primary

European Languages Day 2A



2E English project

For the Poetry Unit the students explored a range of poems involving onomatopoeia and poetry patterns. Learning about chants has been most rewarding as it gave the students a window into Indigenous cultures. They wrote their own chants using sound words and nature elements. The classroom was busy creating their own prototypes of teepees, dreamcatchers, indigenous regalia and totems.



Bringing Math to Life: 6 E Learners Explore the World of Decimal Numbers at La Mamuka

Today, our 6 E learners engaged in experiential learning at La Mamuka, focussing on the number system and the significance of decimal numbers in real-life applications, such as pricing and large calculations. They learned about decimal numbers and how we encounter them in everyday situations, like working out prices and handling big numbers. It's amazing to see math come alive outside the classroom! This hands-on experience fosters critical thinking and real-world connections in math education.



News from Primary

Alphabet Adventures and Number Explorations: Discovering A and 1 at School Starter Ru!



View all the materials at the link:

[link](#)

News from Primary

Hard Work Rewarded: Movie Day Celebration in 3E

To celebrate the dedication and effort put in by our students, we held a special Movie Day as a reward for their hard work! The day was filled with excitement as students gathered to enjoy a selection of popular films, complete with popcorn and cozy seating.

The atmosphere was lively, with laughter and joy echoing through the halls as classmates bonded over their favorite scenes. This fun-filled event not only served as a well-deserved break but also fostered a sense of community and camaraderie among the students. It was a perfect way to acknowledge their achievements and motivate them for the challenges ahead!



3E Science Experiment

A science experiment focused on planting and observing how different environmental conditions influence plant growth. The investigation aims to explore how factors like light, water, soil type, and temperature impact the overall development and health of the plants.



View all materials at the link:

[link](#)

1-C, Art Lesson: Illustrating a Favorite Character from Books

In Class 1-C, our art lesson focused on illustrating a favorite character from books. Students eagerly shared their beloved stories and characters, sparking their imaginations.

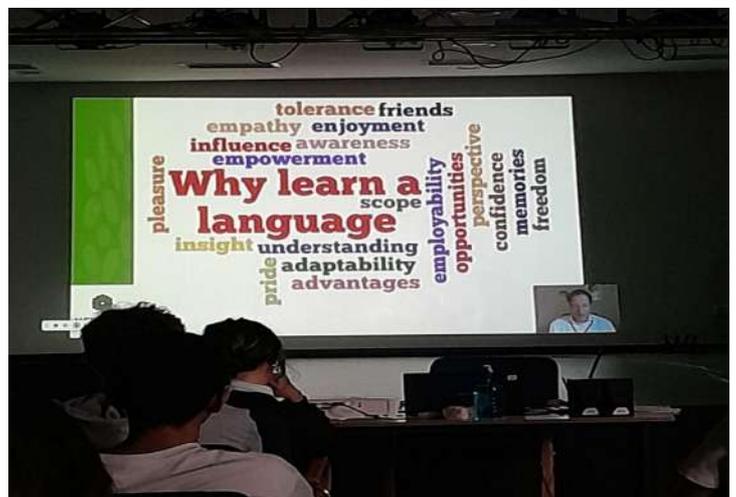
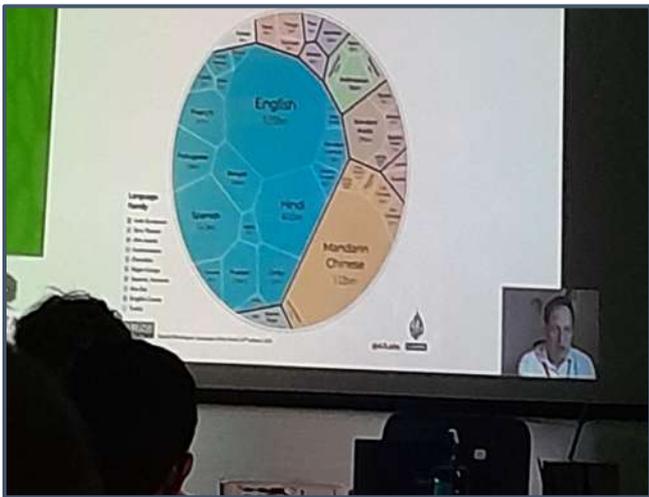
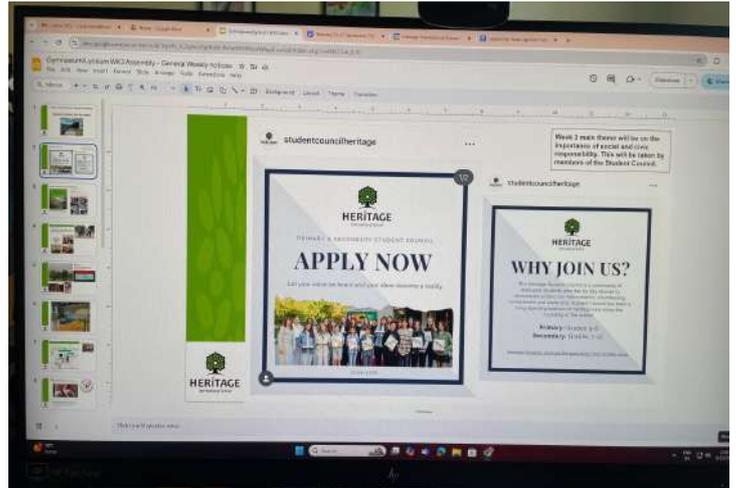


View all materials at the link:

[link](#)

News from Secondary

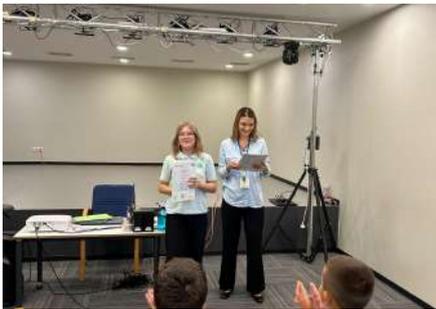
Uniting for Success: the Secondary School Assembly



News from Secondary

Cambridge Flyers Certification

Exams have always posed a challenge for students, but the moment of glory when results are revealed is truly satisfying! Students from classes 5A and 5B recently celebrated their achievements in learning English. They successfully obtained their A2 Flyers Cambridge English certification, demonstrating their proficiency in communication, listening, reading, and writing. Congratulations to all the students for their hard work and outstanding accomplishments!



View all materials at the link:

[link](#)

News from Secondary

Engaging with Science: 8E2 Practical Activity

In class 8E2, students recently participated in a hands-on practical activity during their Science lesson.



Demonstration chemical reaction to 9E

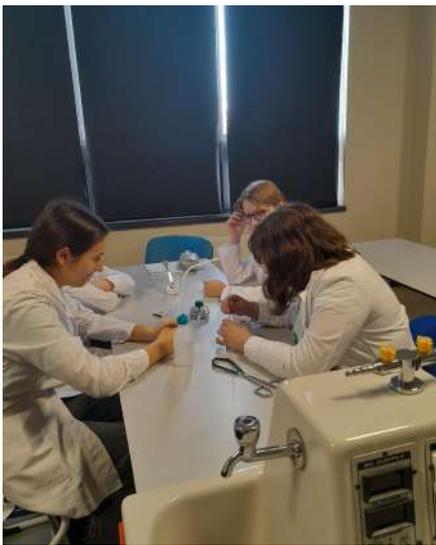
In Science lessons 9E2 students had an exciting opportunity to observe a live demonstration of chemical reactions led by their teacher, Azra Noureen.



News from Secondary

Engaging with Science: 8E1 Practical Activity

In class 8E1, students recently took part in a hands-on practical activity during their Science lesson.



Exploring Primitive Art: A Unique History Lesson in Fifth Grade

On September 18, fifth-grade students participated in an engaging history lesson titled "The Art of Primitive Man" guided by their teacher Ana Rosca. This immersive experience allowed them to step back in time and discover the creative beginnings of our distant ancestors, exploring the motivations behind their cave wall drawings.

The lesson combined learning with hands-on creativity, as each student became a primitive artist. Using simple materials, they crafted their own drawings inspired by ancient depictions of animals, hunting scenes, and everyday life. This practical activity deepened their understanding of how art served as a means of communication and fostered connections between people.

We are proud of our students' creative achievements and are excited to showcase their artwork in this edition of the newspaper!



News from Secondary

27th Sept 2024 - IGCSE graduation

On September 27, 2024, we proudly celebrated the graduation of our IGCSE students in a memorable ceremony that marked a significant milestone in their academic journeys. Families, teachers, and friends gathered to honor the hard work and achievements of our graduates, who have shown remarkable dedication throughout their studies.





Support your child on the path to success

Your child's school has invested in the award winning resource, **GCSEPod**, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision throughout their secondary school journey.



The correlation between success and failure was made almost 100% clear with the use of GCSEPod.

Head of MFL at Yateley School

I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive.

Student

My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved the Pods and this style of revising.

Parent



- 30+ GCSE subjects
- 4 KS3 subjects
- Available online and offline
- Audio visual learning
- Builds confidence
- Revision & learning videos
- Knowledge checkers to test understanding

Want to find out how you can support your child with GCSEPod?

Join one of our **free webinars** by visiting:

<https://www.theaccessgroup.com/en-gb/education/resources/gcsepod-teacher-parent-and-student-webinars/>



Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account:

1. Go to GCSEPod.com and click '**LOG IN**'
2. Click '**New to GCSEPod? Get Started**'
3. Enter your child's details and confirm the name of the school they attend
4. Create a username and password



www.gcsepod.com

Cambridge International Qualifications

Facts and figures About Cambridge International Qualifications:

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

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

Programmes and qualifications offer at Cambridge International:

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

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

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

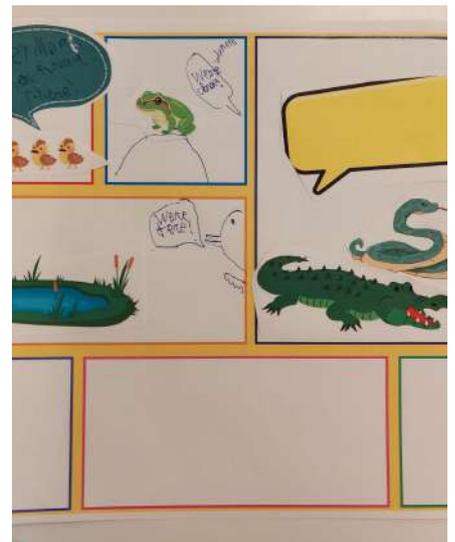
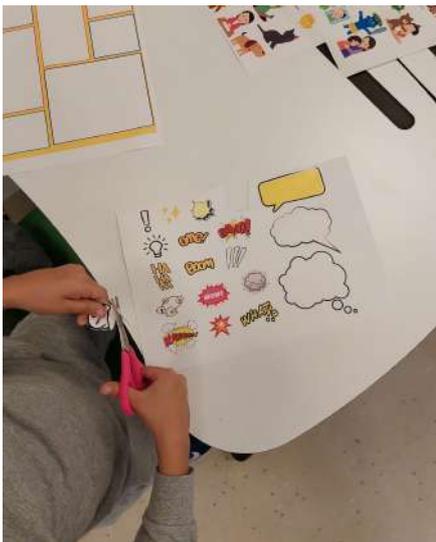
[link](#)

Sport. Clubs and Activities

Comic strips come to life here in our English Club

On Tuesday, pupils from classes 1E, 2E, and 3E had a fantastic time creating their own comic strips, guided by Viorica Ladar, the coordinator of the English Primary Club. The children carefully cut out their chosen characters, set the backgrounds, and built their stories one box at a time.

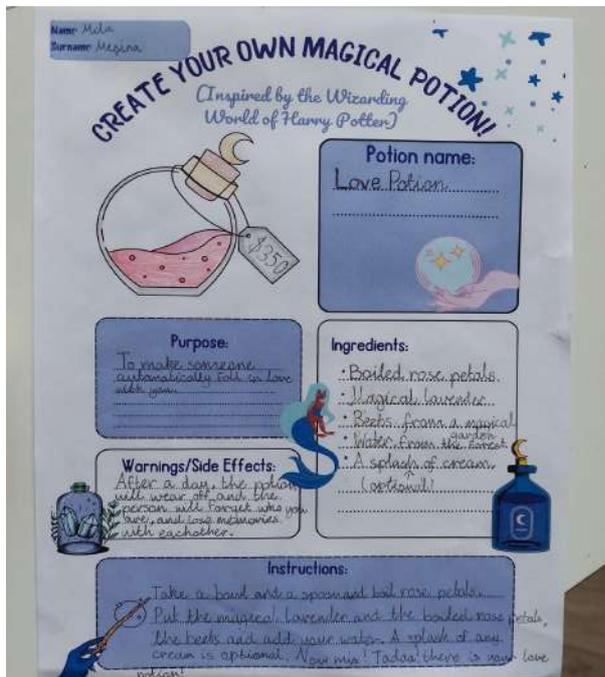
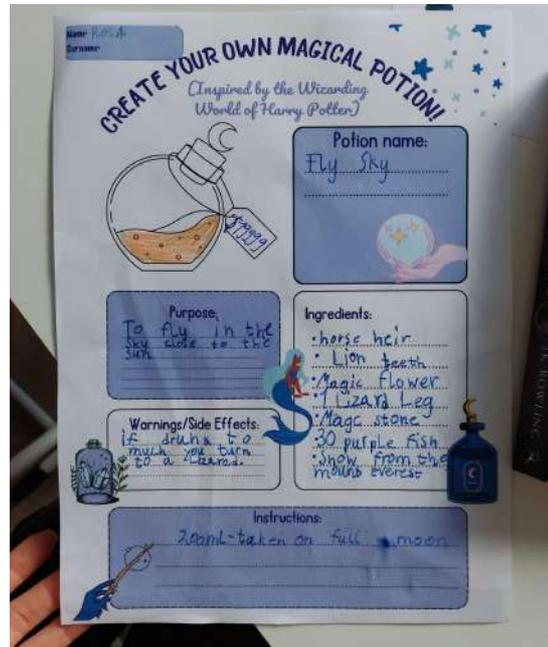
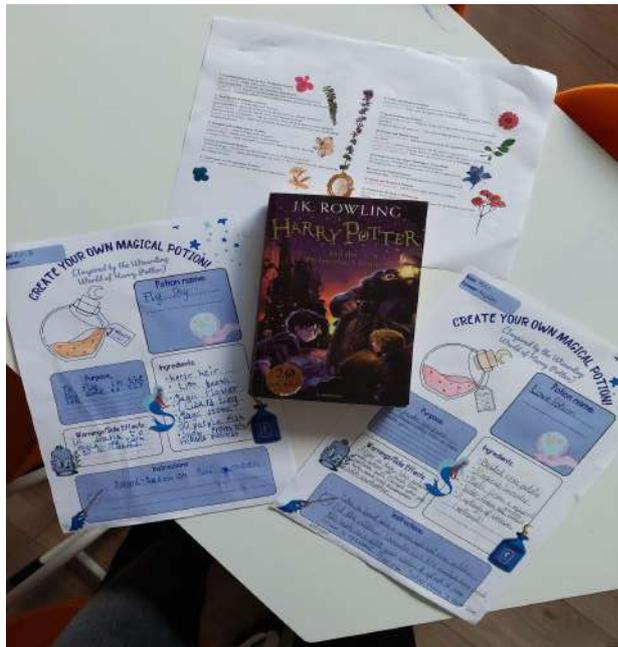
This exciting activity allowed their imaginations to flow while also challenging their budding writing skills. It was a wonderful opportunity for creativity and storytelling, fostering a love for both art and literature among the young learners!



Sport. Clubs and Activities

What else would you need on a Wednesday other than some Harry Potter magic?!

On Wednesday the pupils brought some magic to their day by coming up with potion recipes inspired by the world of Harry Potter. It was a great activity to stimulate creative thinking, to practice spelling and have a whimsical time.



Sport. Clubs and Activities

Building Dreams: Primary Students Create with LEGO!



Invitation for the Heritage Community, come to support your colleagues and take part in a great event

Vă invităm cu drag la

CUPA INTERNAȚIONALĂ DJIGHITOVCA

DATA: 28.09.2024

LOCAȚIA: RM, COM. BUDEȘTI, CLUBUL DE HIPISM "SPARTA"

STR. BĂLȚATA 45

ORA EVENIMENTULUI: 10:00

Intrarea la eveniment este gratuită

PARTICIPANȚI: REPUBLICA MOLDOVA, TURCIA, REGATUL
UNIT, NORVEGIA, KAZAHSTAN, UNGARIA, REPUBLICA CEHĂ

Show-ul include acrobații pe cal.



Climate Action Project

We are thrilled to announce that on September 30, we will kick off the 2024 Climate Action Project! For the next six weeks, our students will join thousands of classrooms worldwide to delve into the pressing issue of climate change, exploring its causes, solutions, and impactful actions.



University Destinations 2024



Heritage Globe



Back copies of the International Heritage Herald can be found on our website.

Link here: <https://www.heritage.md/en/school/heritage-herald>

Student Leadership

Thank You for Your Generosity: Food Drive for the Animal Shelter!

We are grateful to everyone who contributed to our food collection for the animal shelter! Throughout the day, our community came together to gather much-needed supplies for our furry friends in need.



Student Leadership

We are proud to announce that Stefania Gobjila, a student from Class 5A, recently participated in a tennis tournament in Romania! This experience not only showcases her dedication and talent but also highlights the opportunities for our students to engage in competitive events beyond the classroom.

We commend Stefania for her hard work and commitment, and we look forward to supporting her and all our students in future endeavors. Keep up the great work, Stefania!



10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



#WakeUpWednesday

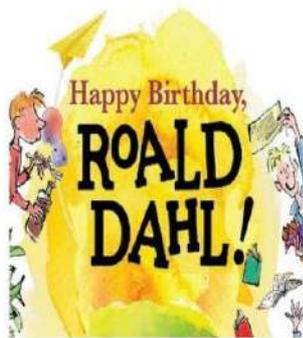
The National College

BOOKS RECOMMENDATION



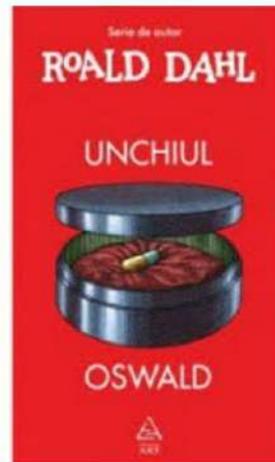
The return of reading culture

Roald Dahl Day!
On September 13th



ROALD DAHL
We offer you some recommendations loved by children.

1. Matilda
2. Charlie and the chocolate factory
3. Fantastic MR FOX
4. The BFG
5. The Witches



ROALD DAHL
Unchiul Oswald
Roald Dahl a scris și cărți pentru adulți.

Oswald este personajul principal al cărții. Este un tânăr foarte ambițios, cu un spirit antreprenorial fantastic, gata să își asume orice risc pentru a se îmbogăți.

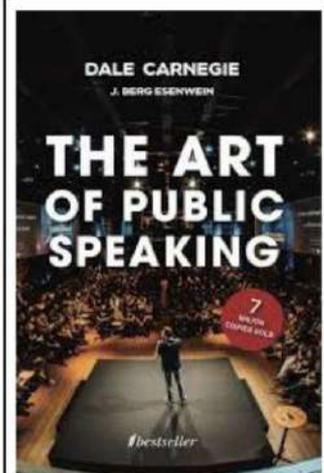
Франкель Наталия
Румянцев Дмитрий
Event Маркетинг: все
об организации и продвижении событий

Эта книга для людей, организующих мероприятия.



CARNEGIE DALE
The art of public speaking

It is a book for those who want to improve their speaking skills. You will find hundreds of tips and tricks on how to become an efficient and effective public speaker.



НОСОВ НИКОЛАЙ
Фантазеры

Рассказ Носова Фантазеры о двух мальчишках - Мишутке и Стасике, которые рассказывали друг другу выдуманные истории и соревновались, кто кого переверт.



DRUȚĂ ION
Povestea furnicii

Eroina acestei povești, este o furnică foarte mică care se confruntă cu natura și minunățiile acesteia. De-a lungul călătoriei ea își pierde un picioruș, rămânând doar cu cinci. Oare a reușit să supraviețuiască ?

5 Top Tips for Assisting Your Teenager with Mental Health

Promote a Culture of Open Communication:

Establish a supportive atmosphere where your teenager can freely share their feelings without fear of consequence. Let them know it's normal to share their feelings, and attentively listen without jumping to assumptions or solutions.

Encourage healthy routines:

Motivate them to maintain regular sleeping schedules, nutritious meals, and routines for exercising. These routines may greatly benefit mental health by improving mood and reducing anxiety levels.

Provide Stress Management Techniques:

Introduce your teenager to relaxation practices such as mindfulness, meditation, deep breathing, and writing. As a result, they will be better able to control their anxiety and deal with stressful situations.

Limit social media use:

Monitor and limit social media and screen time. Excessive usage of social media may increase emotions of worry, lack of accomplishment, and sadness. Encourage them to communicate in person and participate in other things that they like.

Seek Professional Assistance When Needed:

If your teenager seems overwhelmed or shows signs of mental health issues such as ongoing depression, worry, or behavioural issues, consider asking for help from a counselor, therapist, or school psychologist. Professional assistance may make an enormous impact.

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

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



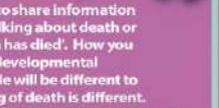
8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
 Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>



School Improvement Priorities Headlines 2024-25

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 in our values 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

2024-2025



Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2024-25

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

Academic Quality & Standards

Professional Quality & Standards

Organisational Quality & Standards

Providing Certainty in Uncertain Times

A Values led Education for all

Shaping our Future; H@10

A raising standards agenda in all schools especially linked to Cambridge & National Qualifications.

Effective use of data informing Teaching & Learning as well as outcomes.

A developed Home/School partnership supporting learning & the Learner.

Systems & Strategies that raise attainment & achievement both in qualifications & personal intellectual development.

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

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

To have a clear focus & support in HR & Schools on CPD & Appraisal that develops all staff in our schools

To have an organisation that wants ideas and individuals.

An effective quality assurance system.

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

Our communities working with us for all students

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

Recognising that there is no "typical Heritage student" in our communities, remaining responsive to all Heritage families

We continue to develop systems, policies, structure, mindset, as an international organisation serving our communities well

We want our students to maximise their potential with us and go onto university, careers & future life. A focus on skills as well as knowledge.

To continue to develop holistic student support services that support & celebrate fully young people.

To continue to provide unique, compelling and engaging learning opportunities and moments inside and outside of the classroom.

To not fear the future but want to lead and change it, connecting the local to the national to the global.

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

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

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 education is about substance not gimmicks

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

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

We embrace these aspects as part of our mission to prepare for the future

H@10 is an established, sustainable, outstanding beacon international school in Europe

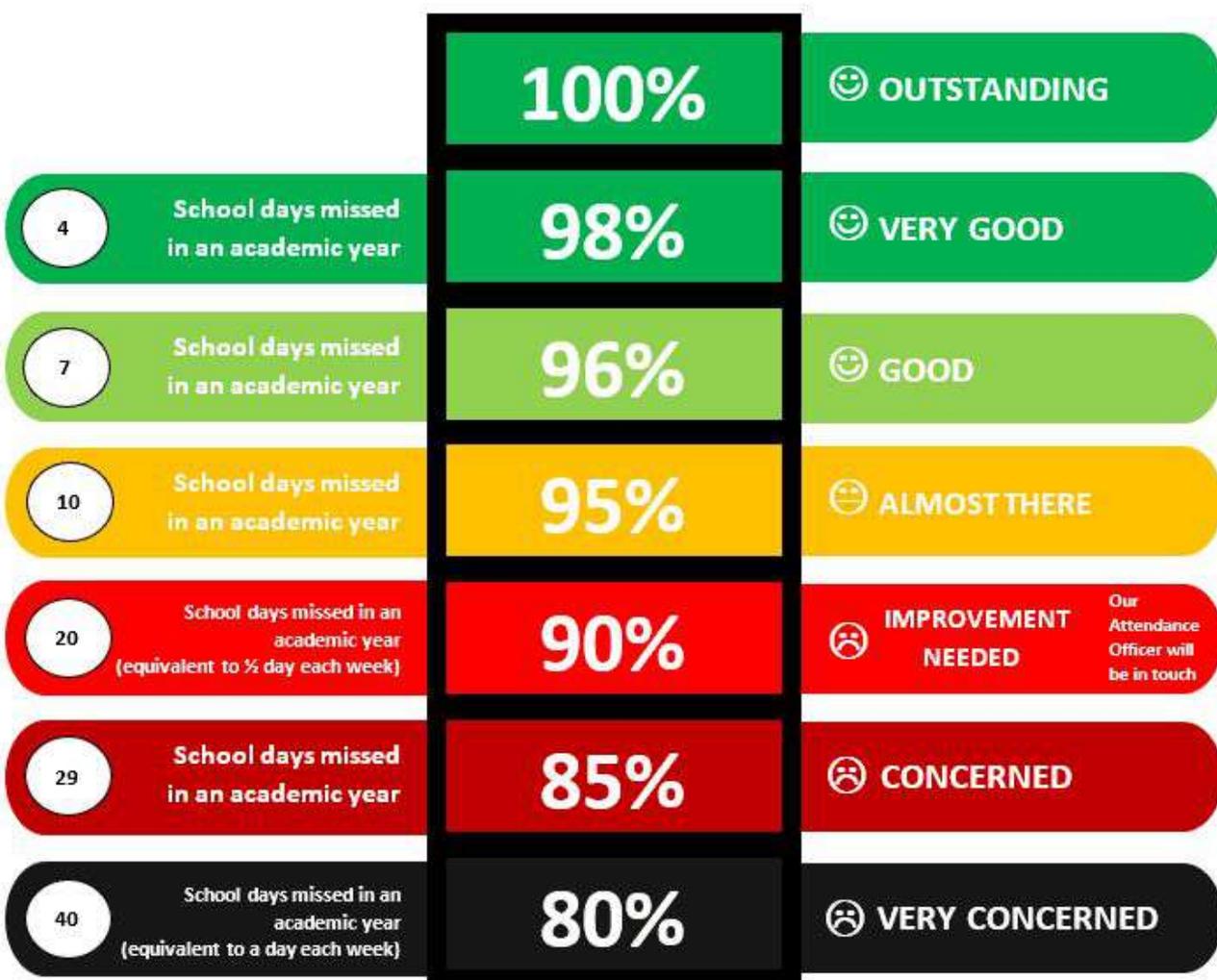
School Improvement Priorities Headlines 2024-25:

School Information

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

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

Attendance Ladder



Uniform Reminder

Students are kindly asked to wear the Heritage uniforms, and in case they didn't find sizes for their respective colours, to wear white tops and black bottoms, as instructed by our Head of Pastoral at the beginning of the year. The school uniforms variations are as follows:



Read more details in the [School Uniform Policy](#)

Uniform Reminder

Students are kindly asked to wear the Heritage uniforms, and in case they didn't find sizes for their respective colours, to wear white tops and black bottoms, as instructed by our Head of Pastoral at the beginning of the year. The school uniforms variations are as follows:

4 Casual Uniform

Mandatory on every day

Girls :

- Polo shirt with short sleeves
- Polo shirt with long sleeves
- Skirt with pleats
- Cardigan
- Vest
- Jeans trousers

11 Casual Uniform

Mandatory on every day

Boys :

- Polo shirt with short sleeves
- Polo shirt with long sleeves
- Cardigan
- Vest
- Jeans trousers

7 Sport Uniform

Mandatory for PE lessons

Girls :

- T-shirt
- Sweatshirt
- Long trousers
- Short trousers
- Colour T-shirt

10 Formal Uniform

Mandatory for special events

Boys :

- Shirt
- Jacket
- Classic pants

3 Sport Uniform

Mandatory for PE lessons

Boys :

- T-shirt
- Sweatshirt
- Long trousers
- Short trousers
- Colour T-shirt

2 Formal Uniform

Mandatory for special events

Girls :

- Shirt
- Jacket
- A-line sarafan
- Relief sarafan
- Skirt with pockets
- A-line dress
- Relief dress

Read more details in the [School Uniform Policy](#)

Uniform Reminder

Students are kindly asked to wear the Heritage uniforms, and in case they didn't find sizes for their respective colours, to wear white tops and black bottoms, as instructed by our Head of Pastoral at the beginning of the year. The school uniforms variations are as follows:

School Uniform

LYCEUM

School uniform colours appropriate to the grades:

Class	School Starter	Primary classes					Gymnasium classes				Lyceum		
		1	2	3	4	5	6	7	8	9	10	11	12
Cambridge Pathway													
Bilingual Pathway (Romanian, Russian)	optional												

Dress Code

- Smart casual (for details see [School Uniform Policy](#))
- Three warnings Policy

Uniform Mandatory on every day

Lyceum students (Grades 11 - 12) are expected to be dressed smart casual:

Top: shirt / blouse / turtleneck. Only white colour is allowed, no pattern or logo. NO T-shirts of any kind.

Bottom: black trousers / smart skirt/shorts (no more than 10cm above the knees, no ripped or 'distressed' items, no leather).

Lyceum students must wear at least one item (clothes or accessories) of the Lyceum colour with the Lyceum logo.

The option being:

- Neckerchief (for girls)
- Tie (unisex)
- Zipper bomber-like cardigan (unisex)
- Sweatshirt (unisex)

Read more details in the [School Uniform Policy](#)

Action for Happiness Calendar

Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

Key Dates

1-30 October 2024	Internet Safety Month
1 st October 2024	International Music Day
5th October 2024	UN World Teachers' Day
7th - 11th October 2024	World AI (Artificial Intelligence) Week
14th - 27th October 2024	EU Code Week
16th October 2024 (TBC)	Black Sea Schools Higher Education Fair

[See the Academic Calendar here](#)

MAIN CONTACTS

Social Media:

[facebook](#)

[instagram](#)

[twitter](#)

[linkedIn](#)

Contact us:

+373 620 222 10

Back copies of the
International Heritage Herald
can be found on our website:
<https://www.heritage.md/en/school/heritage-herald>

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Head of Secondary

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Head of Lyceum:

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Exam officer:

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Pastoral Care:

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Governors:

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English language courses for children and adults:

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