HERITAGE
International School

April 4th, 2025

THE INTERNATIONAL
HERITAGE HERALD

THOUGHT FOR THE WEEK

"The mind that opens to a new idea never returns to its original size."

Albert Einstein

WHAT'S NEW?

Thought for the week	1
Director's weekly notes	3
Heritage in the wider world	4
Articles/stories of interest	9
The Heritage 10 golden rules	10
News from Primary	11
News from Secondary	27
Cambridge Exams	33
Student Leadership	35
Sports, Clubs and Activities	38
Digital Corner	40
News from the Library	41
Pastoral Care	43
School Information	46
Action for Happiness	54
Main contacts	55

Director's notes

If your weekend was not as vibrant and engaging as ours, it is only because you have not attended the World Scholar's Cup National Round at Heritage. In a remarkable display of student engagement and academic excellence, Heritage International School traditionally hosted the World Scholar's Cup National Round bringing together students in an environment of intellectual challenge, debate, teamwork, and collaboration.Each teacher and parent would like to ignite students' passion for learning, enhance their public speaking abilities, and develop confidence, empathy, and resilience. WSC is just one example of how school events shape well-rounded, confident, and motivated students all while encouraging a spirit of friendly competition and mutual respect.

The students were encouraged by their teachers who dedicated this weekend to supporting the students, and by the Student Council, the champions of the previous WSC National and International Rounds.

After a huge WSC success, we had 3 days of Fairy tales at Heritage, you could meet kings, wizards, deer, and lions in the hallways, and our Primary teachers and students brought the magic and valuable lessons of old and new tales, the students were fantastic actors and enthusiastic audience, so proud to be on the stage and discover new magical adventures. Huge thanks to our Primary Teachers for their creativity and dedication, you can see the students' involvement in all the activities!

Our school events enhance the learning process beyond the traditional classroom setting and create a unique Heritage environment, offering students real-world applications for the concepts and skills they're learning, turning abstract ideas into valuable tangible experiences. Extra school activities and school events provide an exciting way for children to explore their interests, develop essential life skills, and foster their curiosity and passion for learning.

As parents, your support in guiding your child toward these opportunities can make all the difference in their educational experience. So, let's work together to ensure our children stay motivated, excited, and passionate about their learning. We are delighted to invite you to an upcoming event, our Sports Day on May 17th (Saturday), Don't miss out on this special occasion, your presence and support mean so much to our students!

The Future starts here.

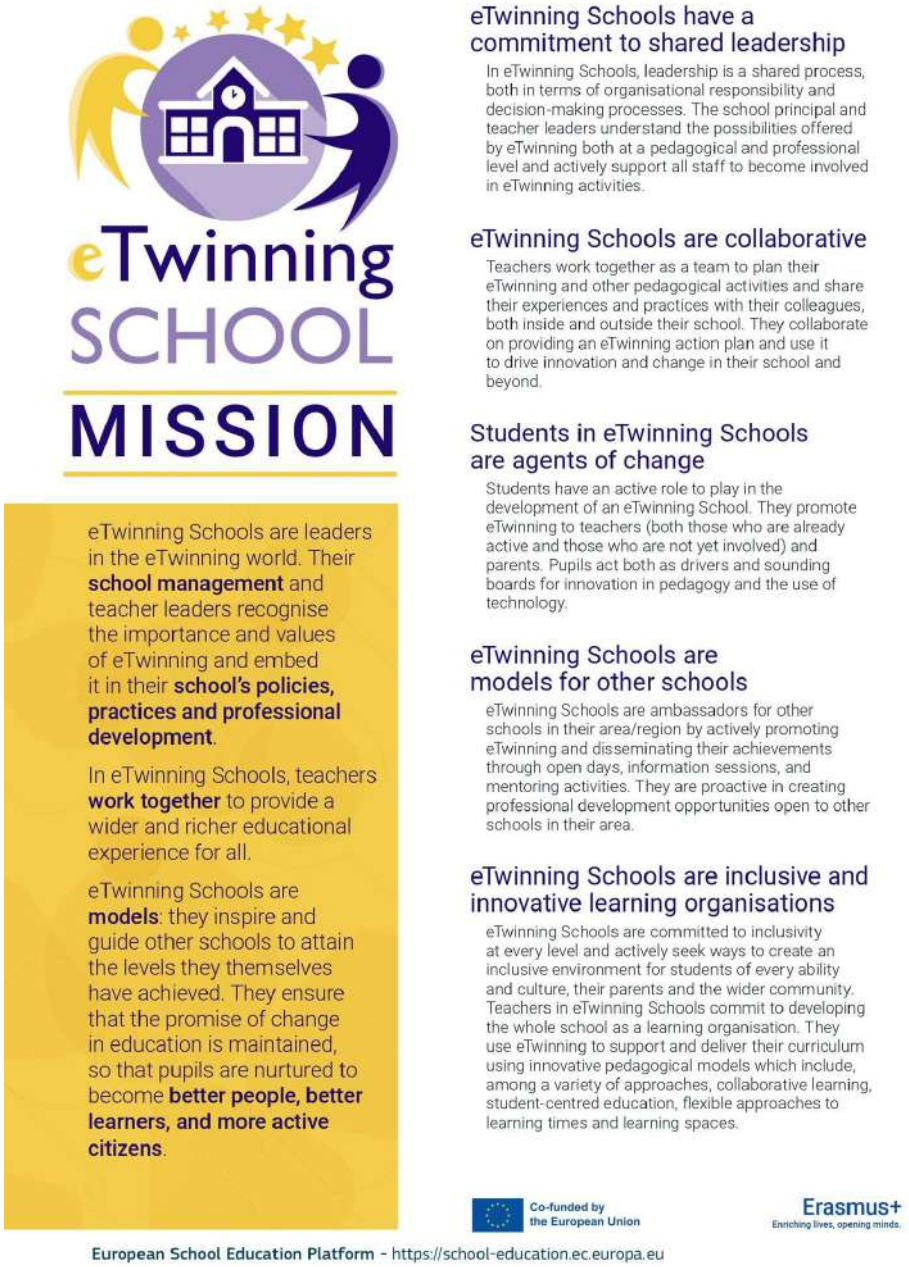
Inga Chiosa
Acting Director

Heritage in the Wider World

Career Skills Day at Heritage was an impactful event where students learned from experts in fields like law, diplomacy, hospitality, health, volunteering, communications, IT, and banking. They gained insights into the skills needed for various professions and participated in job interview simulations tailored to their career interests. The event was well-received and will be continued to help students become successful global citizens and leaders. A big thank you to the guests for their time and contributions!

Heritage in the Wider World

Heritage has been awarded the eTwinning School Label for 2025-2026, recognizing the school as a role model in areas such as digital practices, online safety, innovative pedagogy, continuous teacher development, and collaborative learning. This is the third time Heritage has received this prestigious title, thanks to the dedication and exceptional results of the eTwinning team. A special thanks to eTwinning ambassadors Adriana Bujag and Tatiana Popa, along with all the eTwinner teachers involved!



World Scholar's Cup Moldova Round 2025

Heritage International School hosted the Moldova round of the World Scholar's Cup 2025. This year's theme, "Reigniting the Future," provided students with a wide range of interesting topics to debate, as well as quizzes, challenges, collaborative writing opportunities, and more.

The event brought together 380 students from over 15 schools across the country. We welcomed participants from Edinet, Drochia in the north, as well as from Causeni, Chisinau, Anenii Noi, and even schools from Transnistria.

Students ranging from 8 to 19 years old competed in activities designed to test their creativity, persuasion skills, and ability to collaborate effectively, while also providing opportunities to shine individually.

We are incredibly proud of all our participants, both young and older, who earned numerous gold and silver medals, as well as trophies.

We would like to express our gratitude to our Heritage team for dedicating their weekend to support our learners, as well as to the teachers who prepared the students. We are especially proud that our learners can compete in an intellectual competition in English, without relying on artificial intelligence or other tools during preparation.

Keep rocking, Heritage!

Heritage in the Wider World

View all materials at the link: *link*

Heritage in the Wider World

Embassy of Sweden in Chisinau · Follow
22h ·

😂 2 profesoare din Republica Moldova au participat, la Stockholm, la Nobel Prize Teacher Summit 2025, un eveniment de talie mondială, ce a unit pedagogi din întreaga lume! 🫶🌍

"Sunt extrem de recunoscătoare și bucuroasă că am fost printre cei 20 de profesori din 9 țări deținători de bursă pentru a participa, dintr-un total de 700 de aplicanți din acest an. Tema summit-ului pentru 2025 a fost "Viitorul democrației", unde am discutat pe larg despre rolul profesorului în dezvoltarea gândirii critice, pentru a le preda elevilor despre democrație, încredere, și rolul fiecăruia în societate, din locul unde ne aflăm. Organizatorii au adus în fața noastră speakeri - laureați ai Premiului Nobel pentru Pace", spune Tatiana Popa, directoare adjunctă pentru educație și coordonatoarea treptei gimnaziale la Școala Internațională Heritage.

💡 Mai multe informații despre Nobel Prize Teacher Summit, aici: https://nobelprizemuseum.se/en/teachersummit2019/about-teacher-summit

View all materials at the link: *link*

Articles/Stories of Interest:

1

Do bans on smartphones in schools improve mental health?

link

2

Top 10 Benefits of Extracurricular Activities for High School Students

link

3

How to Motivate Your Child or Teen to Join Extracurricular Activities: 4 Proven Strategies

link

4

9 Steps for Extracurricular Activities to Help Your Child Find New Hobbies

link

5

Empower Your Mind with Every Battle: Why Quizzing Helps Children!

link

6

400+ Extracurricular Activities: a List of Examples, Ideas, & Opportunities for Students, and a Comprehensive College Guide

link

7

After-school activities: The pros and cons of filling your kids' schedule

link

8

Why boredom is good for children

link

9

Chisinau Half Marathon 2025

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

Fairy Tales Festival 2025

This week, our class held a wonderful Fairy Tale Festival. Each student chose their favorite fairy tale and created a bright and meaningful lapbook on the theme "The Amazing World of Fairy Tales." The kids eagerly presented their work, shared their impressions, and explained why they felt connected to their chosen story. The atmosphere in the classroom was truly magical - everyone listened attentively, asked questions, and discussed the characters and plots.
The highlight of the event was our mini-theater, where the children enthusiastically acted out scenes from the fairy tales. I'm so proud of my students — they showed creativity, dedication, and true inspiration!

View all materials at the link: *link*

1B Students Celebrate International Book Day with Their First Visit to the School Library

The students of class 1B successfully completed their study of the alphabet and, in celebration of International Book Day, made their first visit to the school library. There, they were introduced to the fascinating world of books. From now on, they will be the library's most exemplary readers!

Memorable Moments from the MAI Excursion

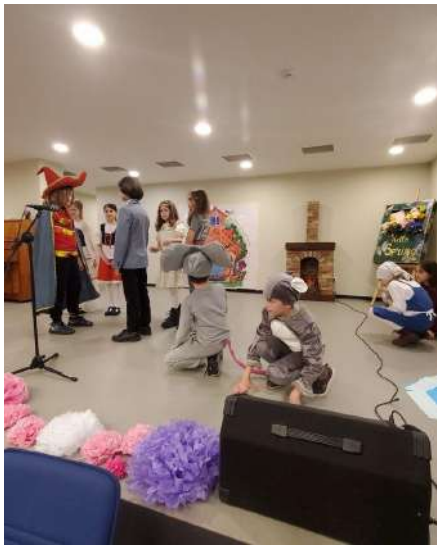
View all materials at the link: *link*

Class 1B Students Shine at the "Festival of Stories" 2025

On April 1st, 2025, the "Festival of Stories" took place, and the students of class 1B presented the story "The Three Billy Goats Gruff.

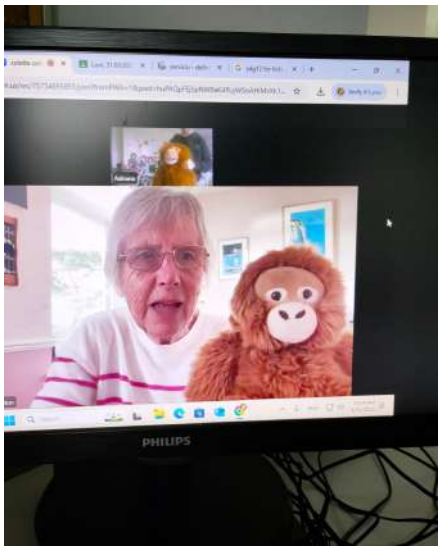
Class IV "A" and "B" Students Work on Group Projects in Art Lessons

3E The Fairy Tale Festival “ The Pied Piper”



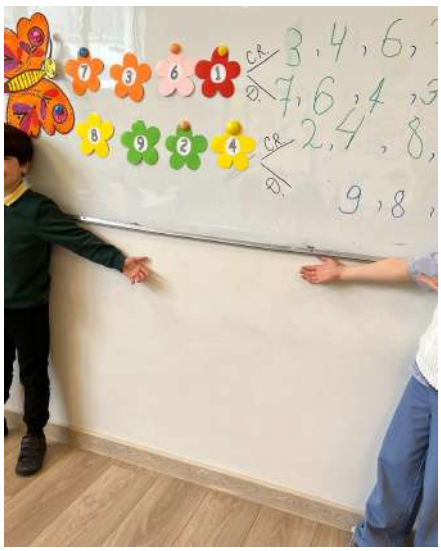
Meet with students from St.Mary's Folkestone

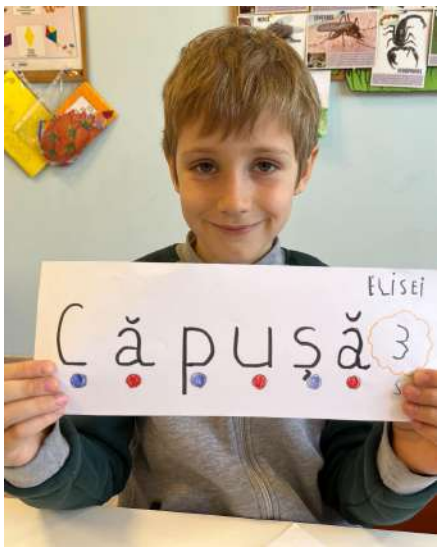
Students from 2A met online with students from St.Mary's Folkestone School. Students from both countries learned about SDG12. They had a lovely discussion, with multiple insightful questions and answers. Students created crafts from recycled plastic found in their households. Both schools showed-off their orangutan mascots, which are part of the program to support the preservation of these animals and their natural habitats. The beautiful traditions of collaboration with St.Mary's school makes us more active and involved in solving global problems in cooperation with other nations and cultures.



View all materials at the link: *link*

Thematic project: "In the World of Insects," carried out by the preschoolers of School Starter.





Fairy Tales Festival 2025

The 2025 Fairy Tales Festival was a special event, full of magic and creativity, organized by the primary school students. They enthusiastically got involved in all stages of preparation, from writing scripts and creating decorations to designing costumes and rehearsals. Both classic stories and their modern versions were reinterpreted in an original way, with the dramatizations full of energy and expressiveness. The atmosphere in the hall was exceptionally warm and emotional. Every moment on stage was a lesson in collaboration and creativity. This festival was a testament to the talent and dedication of the students, as well as a celebration of imagination. Without a doubt, the 2025 edition will remain in everyone's hearts as a symbol of the power of stories to unite people.

View all materials at the link: link

The Fairytale Festival 1E

The students of 1E made their debut as actors on the Heritage Stage during the Fairytale Festival. They did an amazing job, making sure to speak loudly and clearly. Their performance of The Very Hungry Caterpillar was a success because of their hard work and effort. They also performed two original songs, created by the class, which added something special to the event.

1E Rifero Chocolate Factory Visit

As part of their IPC lessons on the journey of cacao beans and chocolate, the students of 1E had the chance to visit the Rifero Chocolate Factory. They learned how chocolate is made, got hands-on by making their own chocolate, and, of course, enjoyed plenty of it. It was a fun and tasty adventure that deepened their knowledge of chocolate production, including the crucial art of tempering. The students are now not only experts at eating chocolate but also at knowing everything about it—just don't ask them to share their secret stash!

Science 1E

In science, 1E began exploring the concept of forces. This week, they created mini pom-pom launchers. To make the launchers work, the students learned how to use the force of pulling. The launchers turned out to be so much fun that the children joked about using them to celebrate birthdays or the New Year—shouting with excitement as they launched the pom-poms! It's been an enjoyable and educational project, though the trickiest part was collecting all the pom-poms after each launch—and resisting the urge to launch anything and everything in sight!

The students of class 3A participated in the national contest "The Kangaroo Stories."

Trip to the Moldovan Village Buciumul

View all materials at the link: *link*

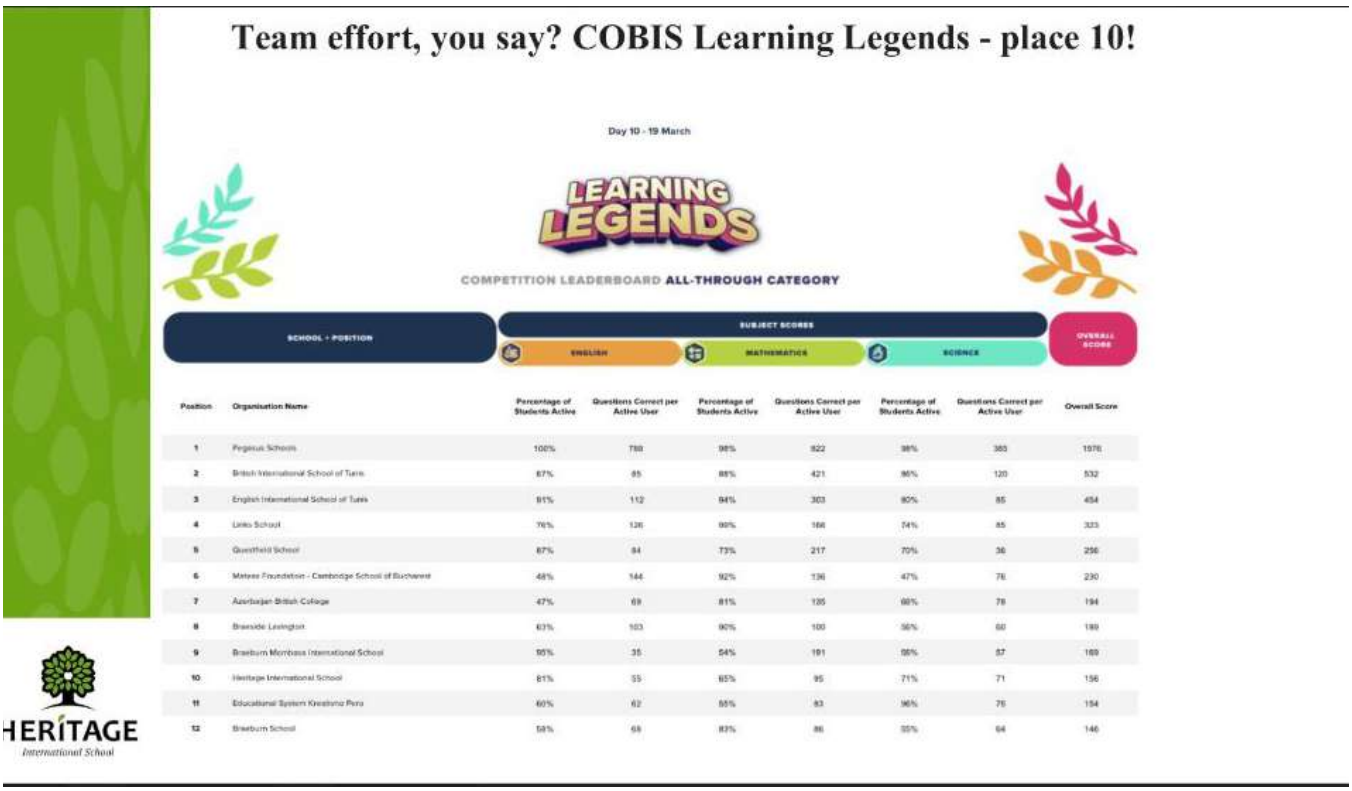
The students of class 3A participated in the contest "The Magic Pen."

View all materials at the link: link

3A The Storytelling Festival

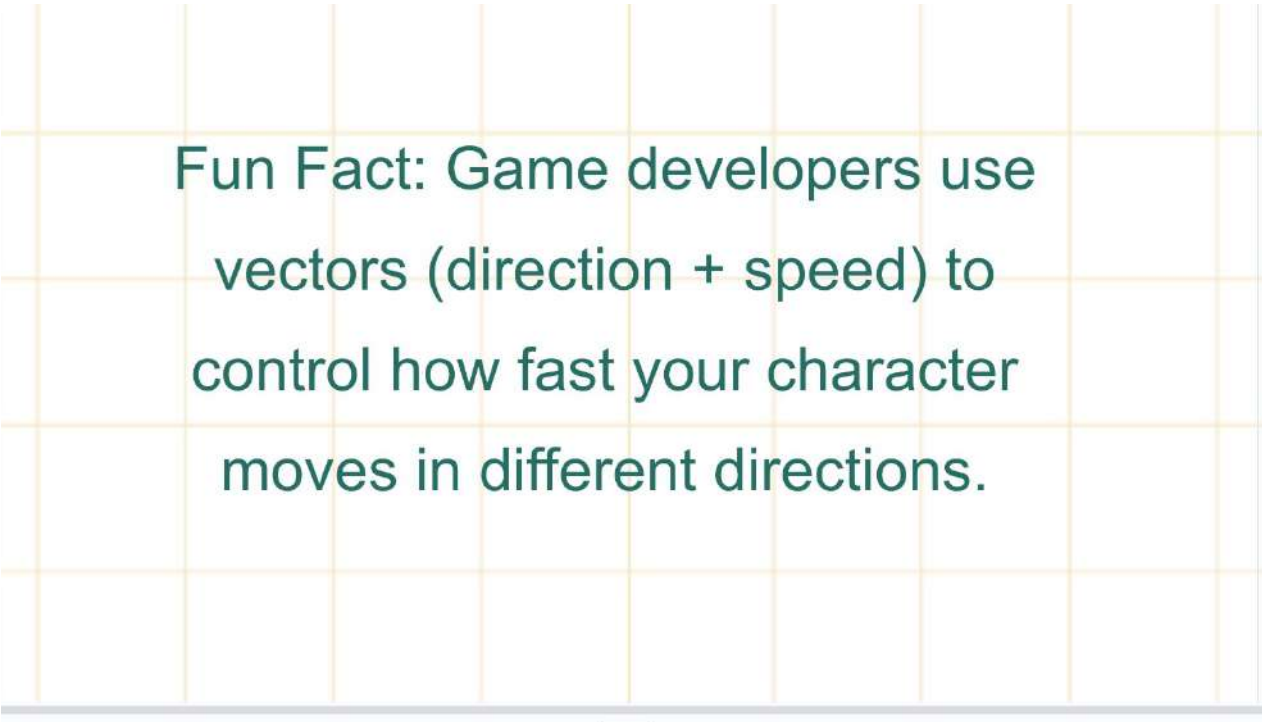
View all materials at the link: link

Week 28 Gymnasium & Lyceum assembly - Guinness World Records

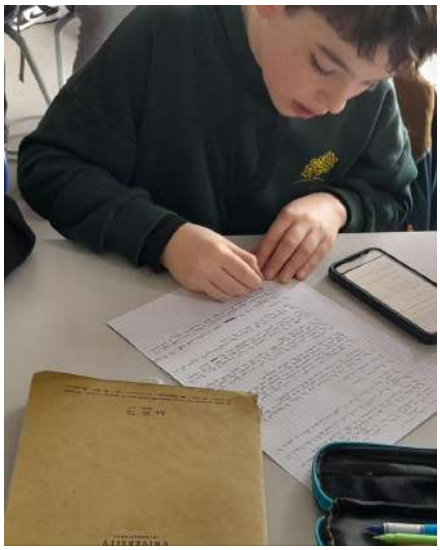


Position	Organisation Name	Percentage of Students Active	Questions Correct per Active User	Percentage of Students Active	Questions Correct per Active User	Percentage of Students Active	Questions Correct per Active User	Overall Score
1	Pegasus Schools	100%	788	98%	822	98%	383	1976
2	British International School of Tunis	87%	85	88%	421	86%	120	532
3	English International School of Tunis	91%	112	94%	303	80%	85	454
4	Linko School	76%	126	99%	168	74%	85	323
5	Questfield School	87%	84	73%	217	70%	36	256
6	Mateav Foundation - Cambridge School of Bucharest	48%	144	92%	136	47%	76	230
7	Azerbaijan British College	47%	69	81%	125	68%	78	194
8	Braeside Lexington	63%	103	90%	100	56%	60	189
9	Braeburn Mombasa International School	95%	35	54%	191	86%	57	189
10	Heritage International School	81%	55	65%	95	71%	71	156
11	Educational System Kreativno Peno	60%	62	55%	83	96%	76	154
12	Braeburn School	58%	68	83%	86	55%	64	146

Week 29 Gymnasium & Lyceum assembly - World Maths Day



Open book assessment for 8E



Getting ready for Science exams

access

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

Cambridge Mock Exams & Checkpoints

Exam Timetable of Cambridge International Primary Checkpoint : 6E

Tests Series: May 2025

Date	Session	Start Time	Cambridge Primary (Y6E)	Duration
7 April (Monday)	AM	9:00 AM	Cambridge Primary English (1958) Paper 1: Written test (non-fiction)	60 minutes
	PM	12:00 PM	Cambridge Primary English (1958) Paper 2: Written test (fiction)	60 minutes
9 April (Wednesday)	AM	9:00 AM	Cambridge Primary Maths (1996) Paper 1: Written test (Non-calculator)	45 minutes
	PM	12:00 PM	Cambridge Primary Maths (1996) Paper 2: Written test (with calculator)	45 minutes
11 April (Friday)	AM	9:00 AM	Cambridge Primary Science (1997) Paper 1	35 minutes
	PM	12:00 PM	Cambridge Primary Science (1997) Paper 2	35 minutes

Exam Timetable
Cambridge International Lower Secondary Checkpoint - 9E

Tests Series: May 2025

Date	Session	Start Time	Cambridge Lower Secondary (9E)	Duration
7 April (Monday)	AM	9:00 AM	Cambridge Lower Secondary English (0861) Paper 1: Written test (non-fiction)	1 hour and 10 minutes
	PM	12:00 PM	Cambridge Lower Secondary English (0861) Paper 2: Written test (fiction)	1 hour and 10 minutes
9 April (Wednesday)	AM	9:00 AM	Cambridge Lower Secondary Mathematics (0862) Paper 1: Written test (Non-calculator)	60 minutes
	PM	12:00 PM	Cambridge Lower Secondary Mathematics (0862) Paper 2: Written test (with calculator)	60 minutes
11 April (Thursday)	AM	9:00 AM	Cambridge Lower Secondary Science (0893) Paper 1	45 minutes
	PM	12:00 PM	Cambridge Lower Secondary Science (0893) Paper 2	45 minutes

Cambridge Mock Exams & Checkpoints

Exam Timetable
Cambridge International Lower Secondary Checkpoint - 8A and 8B

Tests Series: May 2025

Date	Session	Start Time	Cambridge Primary (8A/B)	Duration
7 April (Monday)	AM	9:00 AM	Cambridge Lower Secondary English as a Second Language (0876) Paper 1: Reading and Usage	45 minutes
	PM	12:00 PM	Cambridge Lower Secondary English as a Second Language (0876) Paper 3: Writing	40 minutes
8 April (Tuesday)	AM	9:00 AM	Cambridge Lower Secondary English as a Second Language (0876) Paper 2: Listening	approx. 35 minutes
9 April (Wednesday)	AM	9:00 AM	Cambridge Lower Secondary Mathematics (0862) Paper 1: Written test (Non-calculator)	60 minutes
	PM	12:00 PM	Cambridge Lower Secondary Mathematics (0862) Paper 2: Written test (with calculator)	60 minutes
11 April (Friday)	AM	9:00 AM	Cambridge Lower Secondary Science (0893) Paper 1	45 minutes
	PM	12:00 PM	Cambridge Lower Secondary Science (0893) Paper 2	45 minutes

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

link

Exam Timetable
Cambridge International IGCSE, AS and A Level
June 2025 series

6E students are making a difference!

In 6E, we're excited to be part of a school-wide sustainability initiative by collecting bottle caps for recycling. This project goes beyond reducing landfill waste—it sparks creativity and encourages us to see everyday items in a new light. Plastic bottle caps, can be transformed into stunning works of art, proving that sustainability and creativity go hand in hand. Every small action adds up, and together, we're making choices that shape a greener, more inspired future!

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

Heritage School Students Shine at the Municipal Chess Olympiad

On March 22, 2025, the most talented young chess players in Chișinău competed in the Municipal Chess Olympiad "Problem Solving" for primary school students. The event, with 109 participants from 17 schools, tested their logical thinking, attention, and ability to find quick and efficient solutions to chess problems.

Heritage International School was represented by five talented students:

- *Eva Dițoiu (Grade 1)*
- *Adelina Ungureanu (Grade 2)*
- *Richard Cebotarenco (Grade 2)*
- *Ștefan Culeac (Grade 3)*
- *Mykhailo Krepak (Grade 4)*

Each student earned valuable points, contributing to the team's overall score. After intense competition, the Heritage team secured 5th place, an impressive result that reflects the students' hard work and dedication.

Congratulations to all the participants!

The School's Freshmen and Their Seagulls from the Art Club

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep appraised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.

#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: https://nationalcollege.com/guides/top-tips-for-safety-on-social-media

@wake_up_weds /wuw.thenationalcollege @wake.up.wednesday @wake.up.weds

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BOOKS RECOMMENDATION

ANTOINE DE SANT-EXUPERY
The little Prince

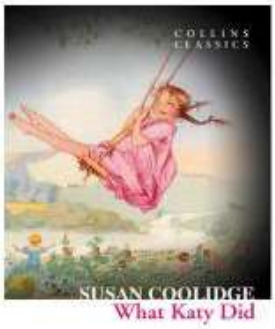
The Little Prince has become a classic philosophical fable for young and old. Having crash-landed in the Sahara desert, a pilot comes across a young boy who introduces himself as the Little Prince and tells him the story of how he grew up on a tiny asteroid before travelling across the galaxies and coming to Earth. His encounters and discoveries, seen through childlike, innocent eyes, give rise to candid reflections on life and human nature.

КОРНЕЙ ЧУКОВСКИЙ
Доктор Айболит и другие сказки

Все дети знакомы с такими персонажами, как доктор Айболит, Бармалей, Муха-цокотуха и другие. Вместе с ними они совершат невероятные, порой весёлые, а порой и опасные приключения. Эти произведения поднимут настроение всей семье, а также расскажут о любви к людям и животным, взаимовыручке и поддержке.

IOAN SLAVICI
Moara cu noroc şi alte povestiri

O capodoperă literară scrisă într-o manieră dură şi apăsătoare emoţional, fiind brăzdată de o tensiune psihodelică. Trădare, mânie, lăcomie, gelozie, crimă. Aceste caracteristici ne taie respiraţia pe tot parcursul nuvelei. Deznodământul se aşterne cu brutalitate peste personajele acţiunii, ca o sentinţă definitivă.



SUSAN COOLIDGE
What Katy Did

Is the classic American tale of childhood, love, hope, and 'doing good'. 12-year-old Katy dreams that one day she will be 'beautiful and beloved, and amiable as an angel'. But goodness and obedience don't come easily to Katy, who had promised to be a good stand-in mother to her younger siblings but finds it difficult to stick to her word.

CONSTANTIN CHIRITA
Cireşarii, vol.I

Un roman care se citeşte sub tensiunea fiecărui dialog, a fiecărei aventuri, a enigmelor şi a unor acţiuni a căror credibilitate vine din capacitatea autorului de a crea o lume în sine, aspiraţională, inspiratoare.
Aici veţi simţi prezenţa Cireşarilor, care-şi doresc prieteni asemenea lor şi care visează să se îndrăgostească pentru întaia oară.

АННА АХМАТОВА
Сочинения в 2х томах

В эпоху глубоких социальных потрясений в России, между двумя революциями, возникла и сложилась поэзия одной из самых значительных и одаренных фигур русской литературы - поэзия Анны Ахматовой. Первый том включает стихотворения и поэмы собранные ею в семь книг, 2 том-статьи, очерки, воспоминания и переводы.

The poster with which the school library participates in the National Contest "Libraries for Moldova European 2030"

Toată viața umanității este inclusă în cărți. Veacurile s-au scurs – cărțile au rămas. Fiecare din noi simte necesitatea de a citi, curioși să afle din istoria omenirii. Pasiunea și dragostea față de literatură este necesar să fie implimentată în frumoasa și frageda perioadă a copilăriei, anume atunci apare contactul cel mai puternic cu cartea. Impactul fiecărei cărți citite oferă schimbări în dezvoltarea personalității umane. Cei care prietenesc cu cartea gândesc altfel, deosebit, își zidesc cu entuziasm viitorul prosper. Mintea copilului are nevoie de lectură. Doar citind el obține cunoștințe și educație, intelegență și rațiune, află adevărul și descoperă răspunsul la orice întrebare. Tot ceea ce e omenesc se găsește în cărți. Timpul petrecut cu cartea este unul de calitate, el ne scăpă de povara existenței cotidiene și ne creează dispoziție în orice anotimp.

Eminescu Library
Liceul Privat
„Școala Internațională HERITAGE"

Managing Exam Stress: What You Can and Cannot Control

It's normal to feel pressure when examinations approach, but focusing on what you can control can help you cope with stress more successfully. Recognize your emotions, whether nervousness, annoyance, or self-doubt, but don't let them consume you. Always remember that you are empowered to shape your thoughts, and using constructive techniques can assist you in maintaining proper concentration and equilibrium.

Strategies for Coping with Exam Stress

Structure

- *Create a study plan with clear goals.*
- *Break tasks into manageable steps.*
- *Include time to review progress and celebrate achievements.*

Routine

- *Set a consistent daily schedule, including study, meals, and sleep.*
- *Differentiate between weekday and weekend routines.*
- *Avoid too much time in front of a screen and staying up late to study.*

Balance

- *Ensure a mix of study, rest, exercise, and social time.*
- *Take regular breaks to maintain concentration.*
- *Step outside for fresh air and movement.*

Connection

- *Reach out to friends and family for support.*
- *Don’t hesitate to talk about your worries.*
- *Spend time in nature to refresh your mind.*

Exam season might be more manageable if you have structure, regularity, balance, and connection in your life. Remember, the exam is just one step on your path; concentrate on progress, not perfection.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

SMILE

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.

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The National College®

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SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.

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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

HERITAGE

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

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.

Professional Quality & Standards

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.

Organisational Quality & Standards

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

Providing Certainty in Uncertain Times

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.

A Values led Education for all

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

Shaping our Future; H@10

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.

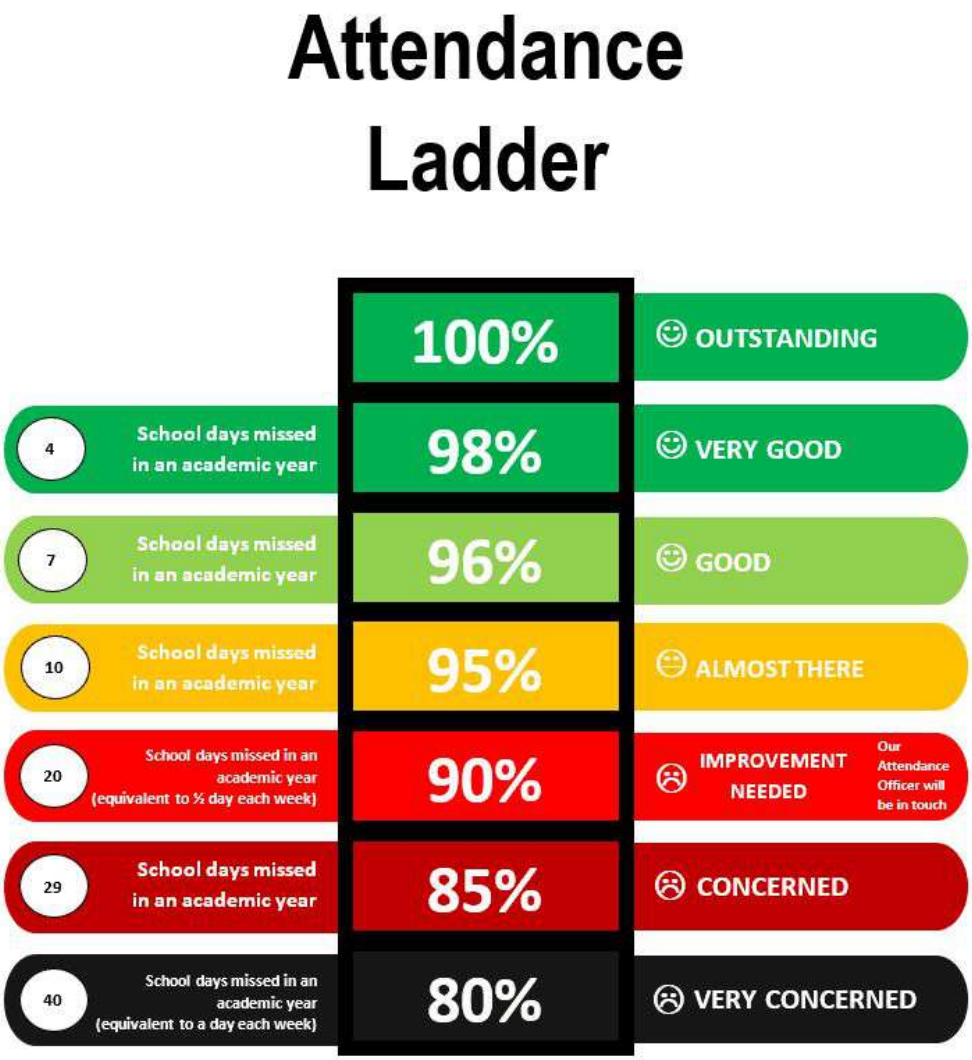
We embrace these aspects as part of our mission to prepare for the future

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

School Improvement Priorities Headlines 2024-25:

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.



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]

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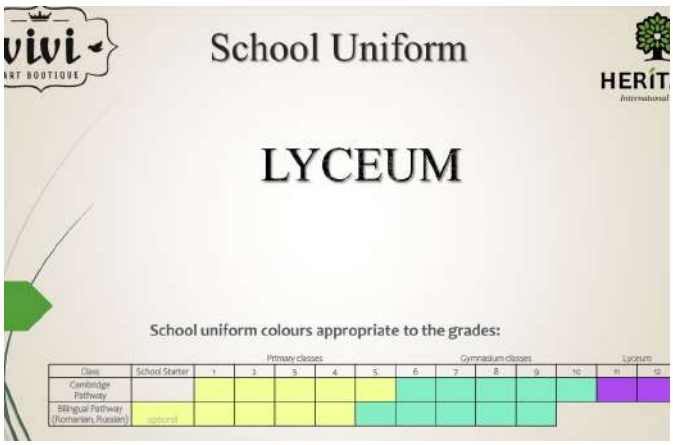

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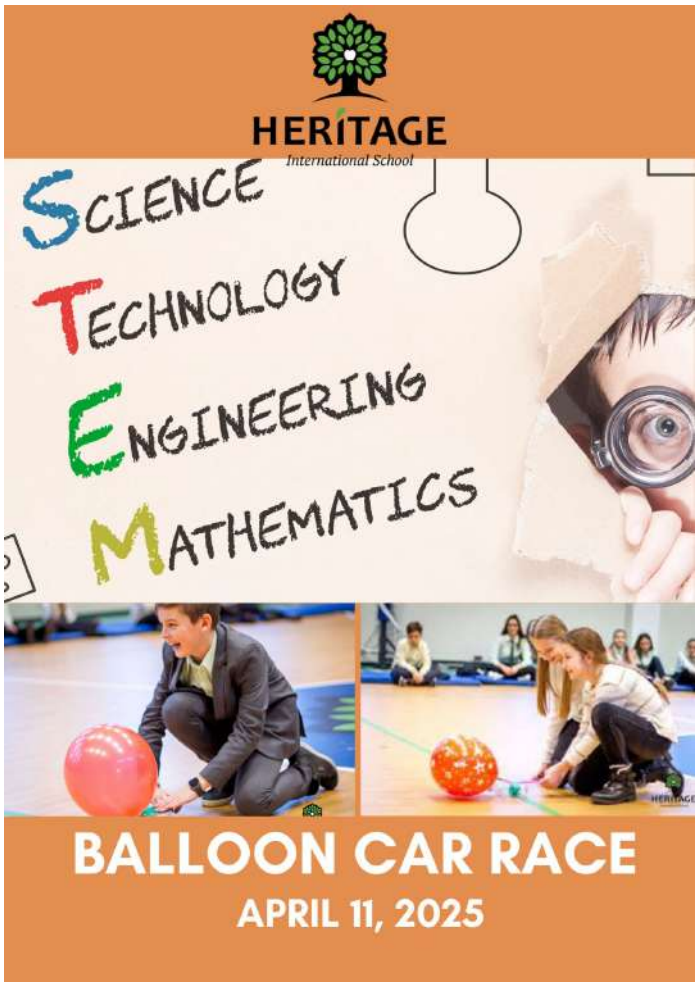
Lost and Found Reminder

We'd also like to stress how important it is to put your child's name on every piece of clothing. Numerous unidentified uniform components have accumulated in our lost and found section as the academic year draws to a close. Clear labeling helps us quickly and easily return lost items to their owners.
We tremendously appreciate your cooperation in adhering to these guidelines and ensuring that uniform items are appropriately labeled. We can keep the school a good place for everyone to learn and feel encouraged if we all work together.

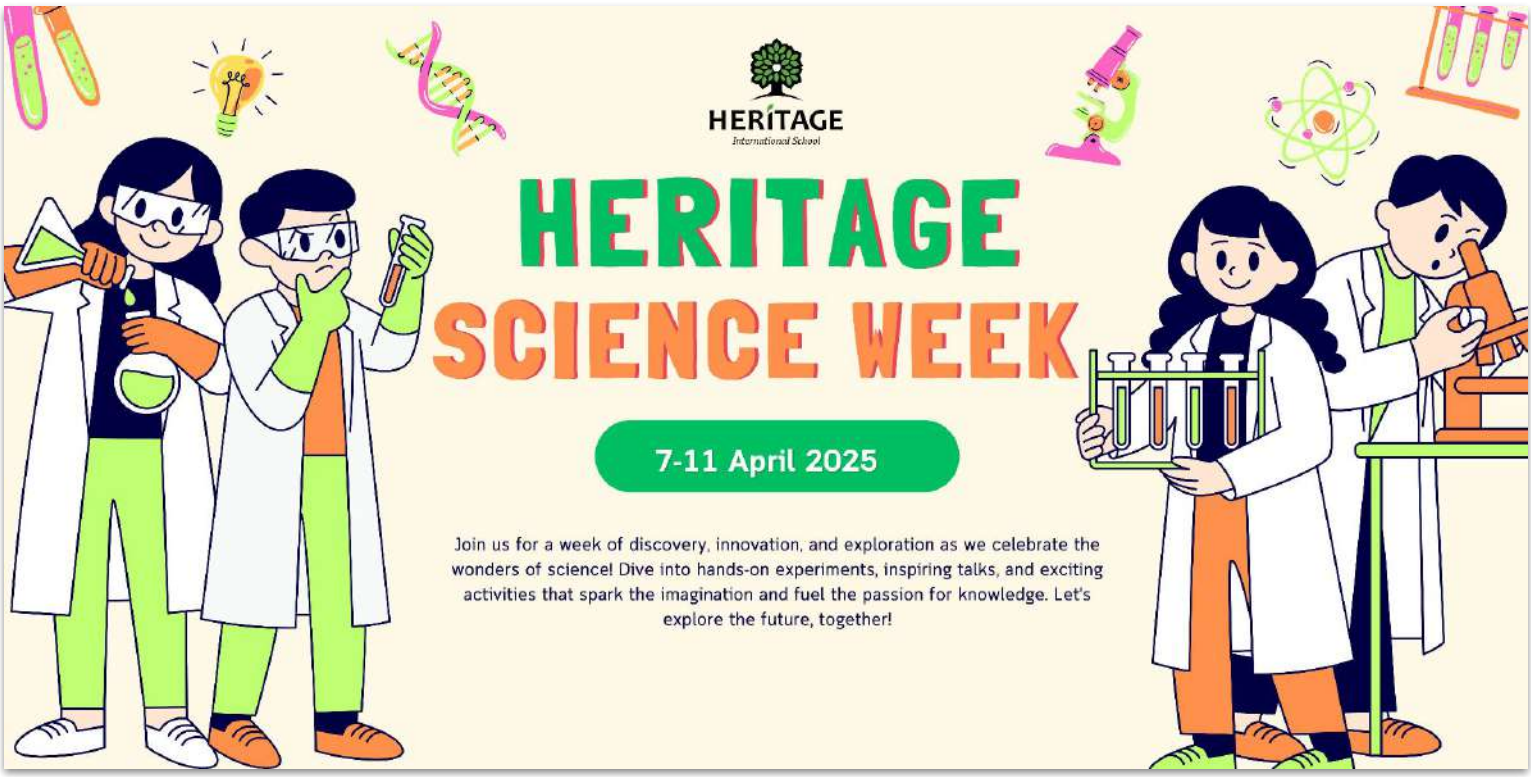
School Information

There are many respiratory and gastrointestinal illnesses that are easily transmitted in a school environment. Staying home when sick can significantly reduce outbreaks and decrease disruptions to learning that occur when large numbers of students and staff at a school become ill.

Students should STAY home if he or she *has a temperature higher than 37 degrees or symptoms of illness*


HERITAGE
International School
SCIENCE
TECHNOLOGY
ENGINEERING
MATHEMATICS
BALLOON CAR RACE
APRIL 11, 2025

HERITAGE
International School
SCIENCE FAIR
14 APRIL 2025


HERITAGE
International School
HERITAGE
SCIENCE WEEK
7-11 April 2025
Join us for a week of discovery, innovation, and exploration as we celebrate the wonders of science! Dive into hands-on experiments, inspiring talks, and exciting activities that spark the imagination and fuel the passion for knowledge. Let's explore the future, together!

Action for Happiness Calendar

Key Dates

7-11 April 2025	Science Week
10th April 2025	Heritage Science Exhibition
11th April 2025	Balloon Car Race
22nd April 2025	Earth Day
23rd April 2025	World Book Day / Shakespeare Day
23rd April 2025	UN English Language Day

See the Academic Calendar here

MAIN CONTACTS

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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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