



HERITAGE
International School

December 24, 2024

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ And now we welcome the new year. Full of things that have never been. ”

Rainer Maria Rilke



WHAT'S NEW?

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The View from Dacia Boulevard, Director's notes

We have reached the end of another calendar year and the end of a long 1st semester that started off in the bright September sunshine and finishes in the cold, dark December of Winter. These are 16 very long weeks but so essential in the foundations for the success in the second semester leading down to national and Cambridge exams for so many of our students. At the beginning of the new academic year we focused on the three pillars of developing our students in the academic, wellbeing and wider extracurricular role of our educational model. We started the new semester with the largest number of students to date, nearly 700, and our second cohort of graduates went off to study at universities around the World and some closer to home. We also started with the largest number of teachers and staff from around the globe and locally, to serve over 25 nationalities.



These past few weeks have been about celebrating our students and education, balancing the very academic centre of our purpose. We know the pressures of the 2020s on our community very well. Students see where the precious investments of their families, the hopes and ambitions, are going as we prepare for option choice evenings in IGCSE and A Level, mock exams and the ongoing process of Grade 12 applications to universities. The 2020s are not easy and sometimes we all worry about the future. We still face a senseless but brutal war over our border that is close to 3 years this February. Our values are central to fostering optimism and hope for a better future, creating global citizens and daily I see these in action in our students as they live, learn and develop. All the time we are all working hard to make this time in school positive and looking to a good future.

I was reminded the other day of this proverb; "Those who say it cannot be done should get out of the way of those who say it can". I always think this sums up the journey of Heritage as an international school in its short life so far enjoying its 8th year, changing for the better education in Moldova and the wider World. True to the mission and vision of our two remarkable Founders, Mrs. Natalia and Mr. Sinan. My personal thanks to the Board, the hardworking staff, the brilliant students, our wider community and especially our Heritage families for their trust and support. Take time to read all the wonderful activities and events that made the end of Semester 1 memorable and meaningful days in education. Have a wonderful break, time with families and friends. My season greetings to all and here is to a happy and hopeful 2025. I look forward to seeing everyone back in January for semester 2.

The Future starts here.

Rob Ford
CEO & Director.



Heritage in the Wider World



WHAT SOME OF OUR MEMBERS SAY ABOUT ECIS

We're always grateful to hear how much our members value being part of ECIS. Here's a sample of the wonderful feedback we have received:

Being part of ECIS has allowed me to connect with a global community of dedicated educators and leaders, where I've gained fresh perspectives and innovative strategies. Presenting at conferences has been a privilege, and the wealth of knowledge I've gained from others has been instrumental in enhancing my professional development.

Gioia Morasch
Primary & Elementary Assistant Principal
Frankfurt International School, Germany

Through ECIS, we will benefit from tailored professional development, especially in key areas like safeguarding, middle leadership, and innovative approaches such as Universal Design for Learning (UDL) and Artificial Intelligence (AI).

This collaboration reinforces our dedication to continuous improvement, helping us create a dynamic and inspiring environment where students and educators can thrive.

Liam Browne
Superintendent
Advanced Learning Schools, Saudi Arabia

My first experience with ECIS was through their excellent safeguarding training. Yet ECIS represents so much more: what I particularly value is an exceptional network that promotes high quality relationships, enables the sharing of best practice and ultimately enhances the learning environment.

Luke Osborne
Head of School
International School of Ulm/Neu Ulm, Germany

Thank you, ECIS, for being one of the best supporters and providers of high quality collaborative partnerships for international schools!

Rob Ford
CEO and Director
Heritage International Schools, Moldova



HIS_Global_Education
@his_global

The @HIS_Moldova is proud to be a Climate Action School and to take action for the planet in 2024, together with @TakeActionEdu and other schools in the world! #TogetherWeCan #climateactionedu #Moldova
See you in 2025, for a bigger impact!

Take Action Global @TakeActionEdu · 2d

What a year! 🌱 Together, we reached nearly 6 MILLION students and educators, planted over 2 MILLION trees, and absorbed millions of kilograms of CO2. Thank YOU for making 2024 a year of impact! #ClimateActionEdu #TogetherWeCan #HappyHolidays



22:18 · 17/12/2024 · 105 Views



Global School Alliance @GScho... · 47m
Celebrating 5 Years: Global School Alliance 🎂

Thank you to everyone who was part of our very special anniversary event in London last month, bringing educators together from across the UK and globally.

We look forward to another exciting year ahead!



Rob Ford

So many good, hopeful stories about what's happening in schools

Heritage in the Wider World

Alina Trofim Recognized for Excellence in Preparing Students for Competitions

For the second consecutive year, Alina Trofim has been honored by the Ministry as the best teacher for preparing students for olympic competitions. Her dedication and expertise have led to remarkable results, with her students achieving top positions in both national and international science competitions. Alina's commitment to nurturing young talent and fostering academic excellence has had a profound impact on her students, helping them achieve recognition and gain valuable experiences that will enrich their future careers. Her passion for education continues to inspire both her students and colleagues at Heritage International School.



Articles/Stories of Interest:

1

9 Ways to Embrace Winter—Even if You Think You Hate It;

[link](#)

2

100 Notable Books of 2024 - The New York Times;

[link](#)

3

Moldova, your Christmas home;

[link](#)

4

AREAL/FOMS. Christmas Week Shelter Appeal. With just a week to go to the big day we know everyone is very busy, but could you please spare us a few pounds or Euros to help feed our shelter rescued dogs and cats this Christmas? We have over 300 homeless pets with hungry tummies to fill, so we would be very grateful for any help and support;

[link](#)

5

Child Aid Winter Appeal. Esther House in rural Moldova is a day centre for children aged 5-15 who are at risk. They are from poor families, often left with relatives or neighbours when parents work abroad; are in single parent families; or from families where there is alcohol abuse and violence;

[link](#)

6

The Winter Project Moldova aims to reach hundreds of children from socially vulnerable families and placement centers. It consists of Christmas themed activities, fun costumes, bright decorations, music, entertainment shows, plenty of food and sweets, and a carefully prepared gift for every child, brought by Santa;

[link](#)

7

30 Unique Ways Christmas Is Celebrated Around the World;

[link](#)

8

The Age of Instagram Face;

[link](#)

9

2024, The Year in Pictures;

[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

A Sweet Celebration: Heritage Primary School Christmas Concert

Heritage International School's Primary Christmas Concert delighted the audience with performances from our youngest stars. Dressed in festive attire, the children filled the air with holiday cheer through songs, dances, and skits. Their energy and enthusiasm captured the true spirit of Christmas, creating a joyful and memorable experience for all.



News from Primary



News from Primary



View all materials at the link:

[link](#)

News from Primary

Gingerbread cookies

This year, our Stage 6 class proudly continued the delightful tradition, now in its fifth year, of making and decorating gingerbread cookies! The activity featured a friendly competition that showcased our students' creativity, teamwork, and festive spirit. A big congratulations to Alexandra for her outstanding design, which earned her the top spot! This cherished tradition not only celebrates artistic expression but also strengthens the sense of community and camaraderie among our students.



View all materials at the link:

[link](#)

News from Primary

2A 2B English: Weather Chart Project in Class

The students worked on creating a Weather Chart project. They happily presented their creative work, described the different seasons, and compared the weather throughout the week. The project was completed with great joy and enthusiasm!



View all materials at the link:

[link](#)

News from Primary

3A 3B IPC: Exit Point 'Exploring Ancient Egypt & The Importance of the Nile River'

The students discovered how the Nile supported life, farming, and trade. They enthusiastically worked on projects, exploring topics such as how houses were built and how the Shaduf helped bring water to the fields. They also learned about the Ancient Egyptians' belief in many gods and explored the life of Pharaoh Tutankhamun. Additionally, they studied the significance of the pyramids and the board game Senet.



View all materials at the link:

[link](#)

News from Primary

A Magical Journey to Santa's House: 2A's Christmas Adventure

2A's Christmas celebration took students on a whimsical trip to Santa's house, where they enjoyed a fun-filled day of games, dances, songs, and plenty of smiles. The children embraced the holiday spirit as they participated in festive activities and spread joy with their lively performances.



News from Primary

Carols and Sorcova: A Holiday Tradition

The students of 6E brought the magic of Christmas to life by creating their own sorcova, a traditional Romanian New Year's custom. Through their creativity, they crafted colorful branches adorned with decorations, and shared the joy of this festive tradition with the school.



News from Primary

5E's trip to Santa's grotto

5E had an unforgettable time at "Santa's House," where they were immersed in the holiday spirit. They sang, danced, and were entertained by Santa's cheerful helpers. To top it all off, each student was treated to a sweet present, making the experience even more magical. It was a truly festive and memorable day, filled with joy and holiday cheer!



News from Primary

Secret Santa in 2A

Secret Santa brought joy and positive emotions among the students of class 2A.



Classroom Shop

Throughout this semester, the 1E students demonstrated great dedication and effort to earn their own Classroom Cash through consistent hard work and positive behaviour. They accumulated their earnings by actively participating in class, completing assignments, and showing good teamwork. On the final day of school, the students had the exciting opportunity to spend their hard-earned Classroom Cash at the Classroom Shop, where they could choose from a variety of rewards. This activity not only celebrated their achievements but also encouraged them to reflect on the value of perseverance and effort.



News from Primary

A Glimpse Behind the Curtains: 1E's Visit to the National Theatre of Opera and Ballet "Maria Biesu"

The children from 1E had the opportunity to visit the National Theatre of Opera and Ballet "Maria Biesu." During the trip, they toured the director's practice room, explored the stage and had a close-up view of the set designs, and learned about the orchestra and its instruments. Additionally, they attended a rehearsal for the first act of Carmen, where they enjoyed several iconic musical pieces.



Math, Fun, and Festive Spirit: 4B's Christmas-Themed Math Challenge

In the spirit of the season, 4B students participated in a Christmas-themed math lesson that combined learning with fun. Working in teams, they tackled project-based tasks designed to develop their logical and mathematical thinking. The classroom was filled with excitement as students competed for the title of the most accurate and fastest problem solvers, while discussing solutions and showing creativity. To conclude the festive session, each student received a Christmas ornament engraved with "Best Mathematics Expert," a sweet reminder of their hard work and the holiday spirit that filled the day.



View all materials at the link:

[link](#)

2A- Christmas party

The naughtiest elves danced on the school stage! Did you see them? Class 2A students worked hard to create a beautiful dance.



News from Primary

Interesting Activities in 3A: Christmas Market and Boots for St. Nicholas

In class 3A, the holiday spirit was in full swing with two delightful activities. The students organized their own Christmas Market, where they showcased creative projects and festive decorations, bringing the joy of the season to life. They also crafted boots for St. Nicholas, a fun tradition where each student made their own personalized boot to celebrate the arrival of St. Nicholas. These activities not only sparked creativity but also deepened their connection to Christmas traditions, filling the classroom with holiday cheer!



News from Secondary

Message from the Head of Secondary

Dear Students, Parents, and Staff,

As we reach the end of this incredible calendar year, I want to take a moment to reflect on the extraordinary semester we've had together. It has been a period filled with remarkable achievements, vibrant activities, and a strong sense of community.

To our brilliant students, I am immensely proud of each and every one of you. Your dedication, hard work, and enthusiasm have led to outstanding successes. From winning competitions (such as World Scholars Cup) to organizing events through the

Student Council (Talent Show and Winter Ball), you have shown what it means to be active and engaged members of our school. Every week brought something new and exciting, and it was a joy to witness your growth and accomplishments.

Our dedicated teachers have been your guiding lights, providing support and inspiration every step of the way. Their commitment to your education and well-being has been unwavering, and together, you have achieved great things.

I would also like to extend my heartfelt gratitude to our wonderful parents. Your contributions through volunteering, donations, and unshakable support have been invaluable. You have played a crucial role in creating a nurturing and thriving environment for our students.

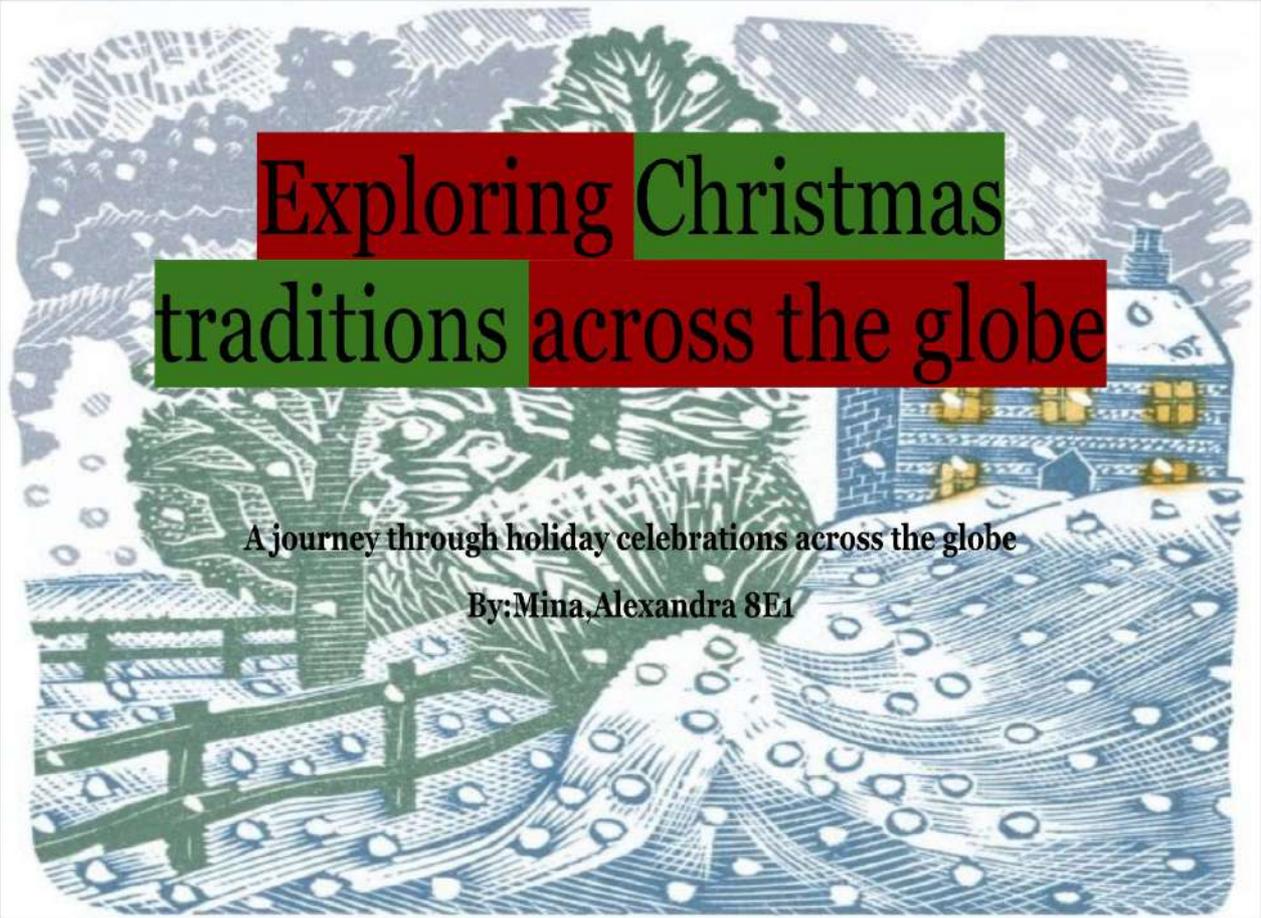
Thank you all for making this semester so productive and successful. I look forward to continuing this journey together and achieving even greater heights in the coming year.

Warmest regards,

Tatiana Popa
Head of Secondary



This Week Assembly- Assembly on Winter celebrations around the world



Exploring Christmas traditions across the globe

A journey through holiday celebrations across the globe

By: Mina, Alexandra 8E1



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](#)

Student Leadership

Heritage Students Excel at National and International Competitions

This year, eight talented students from Heritage—Nichita, Ștefania, Felicia, Lena, Alexandra, Teodor, Valeriu, and Dumitru—were awarded for their exceptional performance in science, earning prestigious prizes and diplomas to enhance their CVs.

A special congratulations is extended to Ștefania Gațcan, who, through her dedication and innovation, was awarded a patent for the creation of an antiviral and antibacterial preparation.

The entire Heritage community celebrates these remarkable achievements, and wishes continued success to all students striving for new accomplishments in the year ahead!



Student Leadership

Heritage Talent Show Shines with Incredible Young Performers

Eight talented young stars from Heritage took the stage at our Talent Show, dazzling the audience with their incredible artistic abilities. Each performer displayed amazing creativity and passion, leaving everyone in awe. After much deliberation, we're excited to announce the winners:

🏆 **First Place:** Sanda-Bianca and Mihai (tie!)

🥈 **Second Place:** Gabriel

🥉 **Third Place:** Loredana

A huge thank you to DJ Dragoş for creating the perfect atmosphere, and to our event host, Sanda-Bianca!

We are so proud of all our participants—Heritage students, you are truly amazing! Keep shining!



Student Leadership

Christmas Card Competition – A Special Thank You

Thank you to all students who took part in our Christmas Card Competition. Your creativity and effort brightened this festive season. We are proud of your wonderful contributions.

As we celebrate Christmas, we recognize the joy and spirit you've brought to our school. Your participation made this time of year even more special for all of us



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>

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 concerning how 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 apprised 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>

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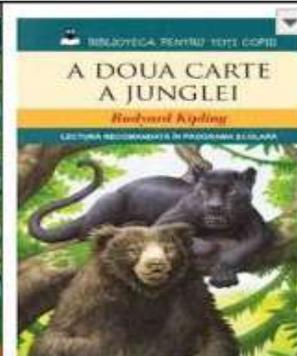
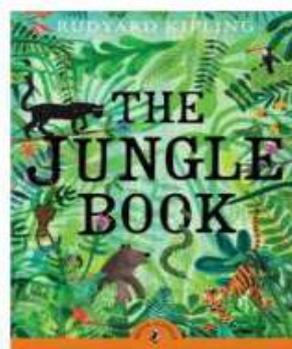
BOOKS RECOMMENDATION

The last month of 2024, we end with a famous author born in December.

Rudyard Kipling - was born on December 30, 1865 in Bombay, India. He was a British poet and novelist, winner of the Nobel Prize for Literature in 1907. He is famous for his children's story "The Jungle Book" (1894), the Indian spy novel "Kim" (1901), the poems "Gunga Din" (1892) and "If—" (1895), numerous sketches and short stories.

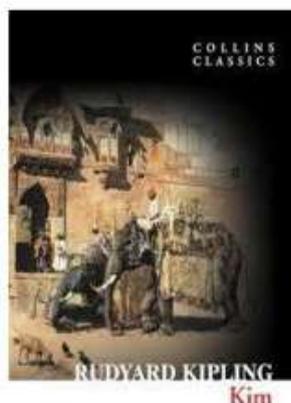
KIPLING RUDYARD The Jungle Book

A classic story of friendship between man and beast. Saved from the jaws of the evil tiger Shere Khan, young Mowgli is adopted by a wolf pack and taught the law of the jungle by lovable old Baloo the bear and Bagheera the panther.



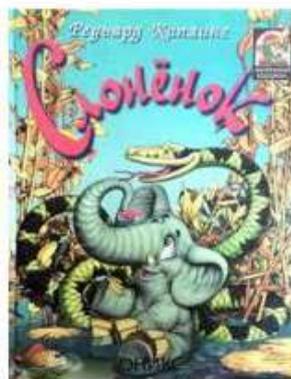
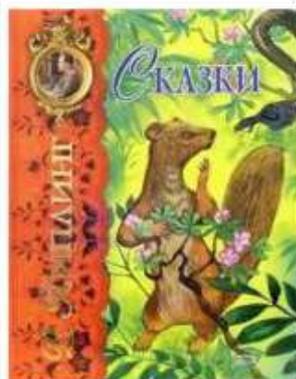
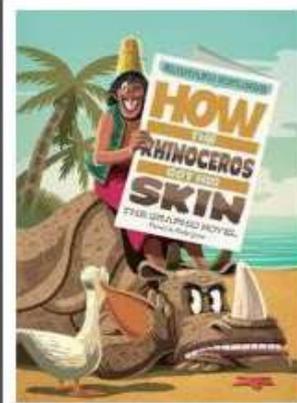
KIPLING RUDYARD Kim

Rudyard Kipling is famous for his Indian spy novel "Kim" (1901).
In this exotic tale of mystery, friendship and struggle, Kipling gives a fascinating insight into the British Raj and the volatile age of Imperialism in India.



KIPLING RUDYARD How the Rhinoceros got his skin: The graphic novel

When a rude rhino steals a cake, the baker gets even by filling the rhino's skin with itchy cake crumbs in this graphic retelling of Rudyard Kipling's classic tale.



Киплинг Редьярд Слонёнок Сказки

Сборник известных сказок английского писателя Редьярда Киплинга.

В книгу входят :

- Как было написано первое письмо;
- Как было выдумана азбука;
- Слонёнок;
- Как верблюд получил свой горб;
- Откуда у носорога шкура;

Для среднего школьного возраста.

A Kind Reminder from the Head of Pastoral

Dear Parents,

Please ensure your child adheres to the school uniform policy. Here are a few key points to note:

- Visit the school uniform shop to find the correct size for your child.
- If suitable sizes are unavailable, students may wear a white top and black bottom as an interim measure.
- If your child arrives without the proper uniform, you will be contacted to:
 - Bring the correct uniform to school, or
 - Pick up your child to change at home.
- A special request to IGCSE parents with female students: skirts should be no shorter than 10 cm above the knees.

We appreciate your cooperation in helping us maintain high standards.

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 OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve heavy loads that may contain allergens. Cross-contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Inspire responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modeling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/safety-over-the-festive-season>

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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



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

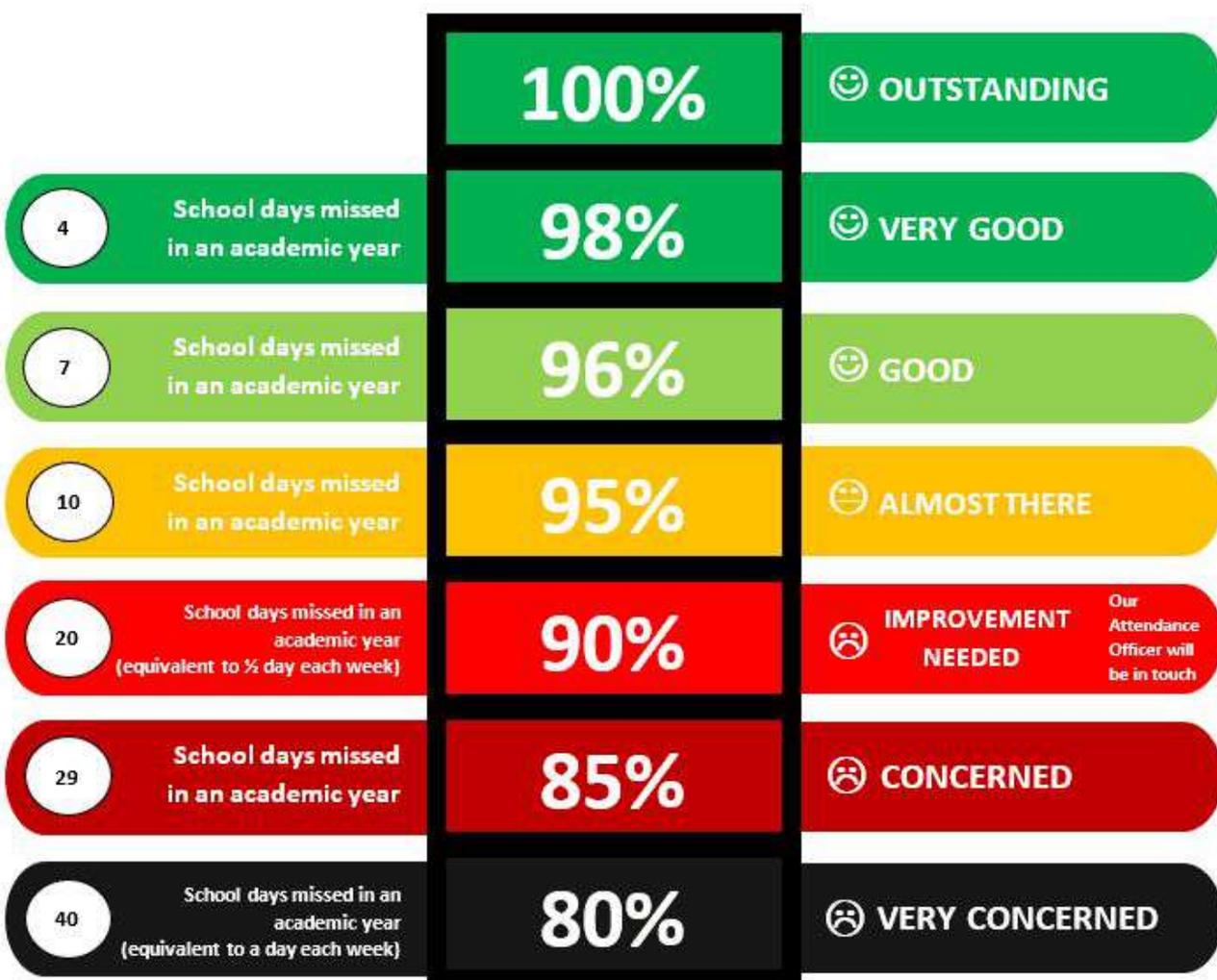
School Improvement Priorities Headlines 2024-25:

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](#)

School Information

Heritage Community Raises 60,000 MDL for Charity at Christmas Bake Sale

The Heritage community came together in a heartwarming display of generosity, raising 60,000 MDL during our "Christmas Bake Sale" event! Students and their families baked a variety of sweets and cookies, which were sold to support a vulnerable family in need. Identified by CCF Moldova, the family consists of a single father and his four children, who will greatly benefit from this much-needed financial aid. A huge thank you to everyone who contributed—your kindness and spirit of giving have made a real difference this holiday season!



Action for Happiness Calendar

December Kindness 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Key Dates

25.12.2024 -08.01.2025 (14 days)	Winter Break
9th January 2025	Resumption for the Second Semester
13th - 17th January 2025	Romanian Language Week
15th January 2025	National Culture Day
23rd January 2025	International Handwriting Day
20th - 24th January 2025	Arts Week

[See the Academic Calendar here](#)

MAIN CONTACTS

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