



HERITAGE
International School

February 16, 2024

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

The way a team plays as a whole determines its success.

— Babe Ruth



WHAT'S NEW?

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The View from Dacia Boulevard, Director's notes



It is always nice to share some good news and success so straight off the bat, or should that be the hoop, our incredible senior boys basketball team are celebrating winning the local schools' championship. Not only in their first season, but also unbeaten at home and away. There are lots of reasons behind this success but in its raw essence are a very talented, committed, hardworking group of young men who play as a team and have grown in confidence over the months under the nurturing guidance of Coach Andrei. We are all incredibly proud of them in our Heritage community as students from across our schools have been able to watch them play on a Friday in the gym, we have all seen the strong team character and sportsmanship that has led to this success.

And yes, like all good Heads, I am going to stretch this metaphor into the academic side of the school, especially as all of these players have either IGCSEs or A Level exams in just a few months time. In Lyceum, the leadership of Mrs. Dorina and Mr. Goga, in guiding the students, along with the Lyceum teachers, through these months, in partnership with home, is hopefully going to bring individual success in exam results and university places for these cohorts. The parents who gave up their early Friday evening to come to school, to go over the mock results and what is needed next in terms of study and revision, I want to thank you for the collaboration and support. This is how these young people will be successful in the summer exams. The goal of good grades and a university place should be clear motivation and the prize worth playing for in education.

I worry about those students who are carrying low grades but still don't engage and continue to miss lessons and school. Poor attendance for many, not just students in A Level, is a real issue for our schools. I need parents to play their full part here, not just because it is a national legal requirement to attend school, but by students being in school we can engage, educate, motivate and raise standards and attainment. Anything below 95% attendance negatively impacts progress. I am finally seeing a better engagement from IGCSE as they realise a place back in the Lyceum is not automatic and they need good grades and attitude to continue study at Heritage. This goes for students across the schools in general and as we look to renew contracts for existing families for 2024-5 and there will inevitably be again students who we are not the school for. For those who align with our values, engage and want what Heritage offers, then these weeks and next few months need to make this clear to us in attendance, attitude and attainment.

Finally, in a week that saw a celebration of St Valentine's day and "Empathy Week" as our focus for Pastoral, we saw our school community at its best with lots of compassion and kindness everywhere. Last Saturday, we hosted another team from the Ministry of Education as part of the development of "Model schools Moldova" and Heritage has hosted a number of such visits as people want to see our school and hear our story. The discussions went on for many hours on a Saturday but it was time well spent as we spoke about young people, hope, opportunity and the future. Always worth celebrating and championing. Enjoy the latest IHH newsletter and thank you for your support of me and our schools.

Rob Ford
CEO & Director



Tes Awards for International Schools 2024
Shortlisted
Principal/Headteacher of the Year



Heritage in the Wider World

Heritage supporting national education community

It was a pleasure to welcome a team from the Ministry of Education on Saturday to see our schools, to talk all things education, reform, modernisation & schools for the future in Moldova



Heritage at Moldova Cybersecurity Forum



Heritage in the Wider World

Heritage in the news

HERITAGE @HIS_Moldova

It was a pleasure to welcome a team from the Ministry of Education on Sat to see our schools, to talk all things education, reform, modernisation & schools for the future in #Moldova 🇲🇩

We are proud to support our national education community & agenda. Our CEO even made the tea



Tatiana Popa #Moldova @Tatianapopab

It was an honour to be invited to a meeting with 🇲🇩 President @sandumaiaamd yesterday, as we discussed the European integration & how to pave our way to EU democracy. Is EU integration a need for #Moldova? No doubt! Will we & the #education system benefit! Definitely! 🇲🇩🇪🇺



Folkestone St Marys CEP @MarysCep

@HeritagePrimary & Y1 @MarysCep shared similarities & differences between their schools. We loved the Romanian alphabet & pupils showing basic equipment that all children need. Y1 sang 'London Bridge' & Heritage sang '100 days' #SDGs 1, 4, 10 @Schools_British @GSchoolAlliance



FOUNDERS LECTURE NO. 1
DIPLOMACY AS A PROFESSION

Join us in the Heritage Library (grades 10-12) or join us on Google Meet on Wednesday February 14th at 3pm MD time

H.E. UYGAR MUSTAFA SERTEL
 AMBASSADOR EXTRAORDINARY AND PLENIPOTENTIARY OF THE REPUBLIC OF TÜRKIYE TO THE REPUBLIC OF MOLDOVA

www.heritage.md

@BritishUkraine @HIS_Moldova for all your great support and commitment to outstanding global communication and collaboration..very best wishes to all at @COBISorg @tes

Heritage International School... - 01/02/2024

We are very proud to see our inspirational COBIS BSS sister school here and wonderful to catch up again with the amazing Anna! @GSchoolAlliance @yorkshirejohn @ISM_Plus @tes



Heritage in the Wider World

As part of the Insights Week, Outstanding Schools have partnered with the Global School Alliance to bring an exciting, free-to-attend podcast - 'Empowering Ethical AI Usage in International Schools'. During the webinar, the panel of speakers will explore: The Ethics of AI: How can students be educated to use AI safely, effectively, and responsibly? How should international schools adapt their digital safeguarding policies in light of AI advancements? Our Deputy Academic Director, Tatiana Popa, is one of the speakers.

The Webinar also features a student voice. Attendees can hear first-hand from our student, Sabina Turcan, the President of the Global School Alliance Secondary School Council, as she shares her unique perspective on the emergence of AI in education.

Learn more and register your free place below: <https://info.outstandingschools.com/insights-week>



Outstanding Schools

In partnership with the **Global School Alliance**

Empowering Ethical AI Usage in International Schools

Matt Lovegrove
Digital Learning Advisor
Cognita Schools

Tomas Duckling
Deputy Head
Aiglon College,
Switzerland

Tatiana Popa
Head of Global Education
Heritage International
School, Moldova

PLUS...
the Global School Alliance Secondary School President and student at Heritage International School, Moldova shares their unique perspective



Heritage in the Wider World

Heritage International School -a proud member of ECIS community

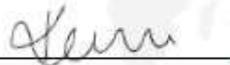
As an ECIS member, we are privy to an abundance of strategy, inspiration, bright ideas and daringly innovative projects that can help shape and enhance our own objectives. By becoming a member, we remain at the forefront of trends and big-picture thinking that affect the education sector, and we have quick access to cutting-edge products and services that support education.

CERTIFICATE OF ECIS MEMBERSHIP 2023-2024

HERITAGE INTERNATIONAL SCHOOL

is proud to be a member of the ECIS Community.

THE EDUCATIONAL COLLABORATIVE
FOR INTERNATIONAL SCHOOLS
2023/2024



Kam Chohan, Executive Director, ECIS



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Articles/Stories of Interest:

1

Why Are More Pupils Missing School in 2024?

[link](#)

2

Fighting the smartphone ‘invasion’: the French village that voted to ban scrolling in public | France | The Guardian;

[link](#)

3

Simple Supports to Decrease Fight-or-Flight Behavior. When young students are feeling overwhelmed, these strategies can help them find their calm again;

[link](#)

4

Univers Pedagogic Pro, Nr 5 din 1 februarie, 2024, P3;

[link](#)

5

The Global School Alliance January 2024 newsletter;

[link](#)

6

A Model Schools Network will be established in the Republic of Moldova;

[link](#)

7

CYBERSMILE LAUNCH “MODERN WITCH TRIALS” CAMPAIGN TO TACKLE CANCEL CULTURE;

[link](#)

8

National Online Safety guides empowering your whole school community to keep children safe in the online world, available to download for free;

[link](#)

9

Moldova Was Once An Electronics Powerhouse. Now It’s Reviving;

[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

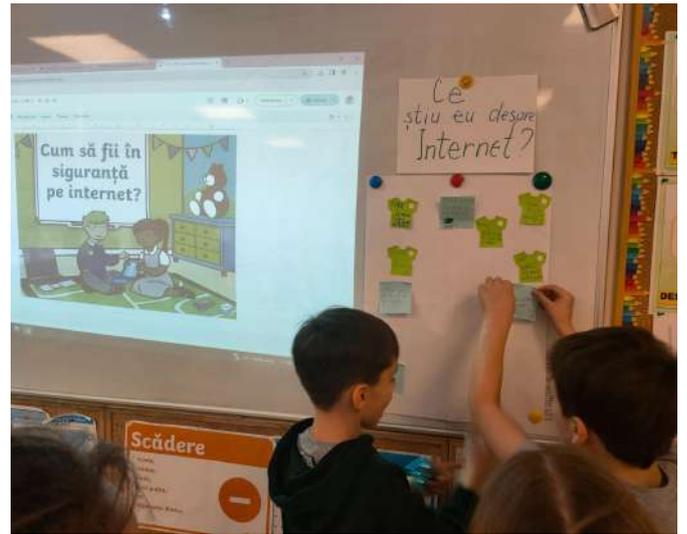
4 A students love to read together and have debates based on what they read. Already in their second year they are discovering the works of Katherine Applegate, who has become their favourite author. They happily made reading recommendations for their Primary schoolmates



[link](#)

News from Primary

Students in grade 1A learned about the online safety rules. The internet has many advantages, and it should be used appropriately



School Starter students learn English



[link](#)

News from Primary

Interdisciplinary activity in 3A: “An unforgettable memory”



[link](#)

News from Primary

Interdisciplinary activity in 3A: “A workshop in the woods”



[link](#)

News from Primary

Travelling through the air

Primary school students participated in the project “Travelling through the air” Build the Change in Cambridge maths lesson. We made air transport and discussed Climate action problems. Lego is a great opportunity to learn and rejoice!



View all materials at the link:

[link](#)

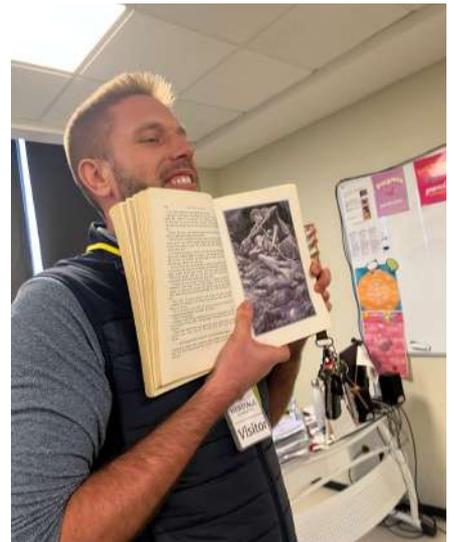
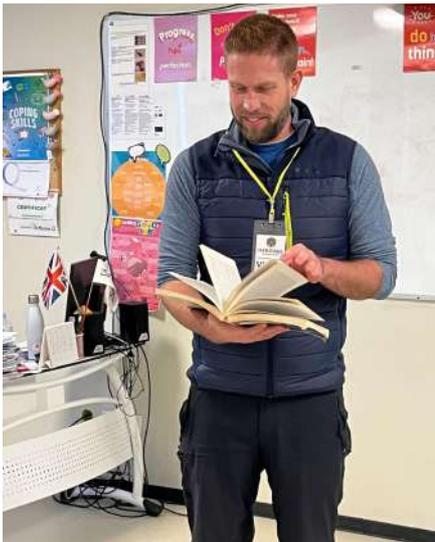
News from Primary

The magic of storytelling in 6E

Our 6E students were able to experience the magic of storytelling with a guest reader as part of our celebration of the amazing world of reading.

J.R.R. Tolkien's "The Lord of the Rings" excerpt was read aloud to the excited 6E pupils by Graeme Innes. With his compelling personality and well-known storytelling skills, Mr. Innes took us all to the magical world of Middle-earth throughout his reading.

Having a guest reader of Mr. Innes's level was a really memorable event for all those involved. Literature Week is a time for us to encourage a love of reading and storytelling among our students. The enchantment of "The Lord of the Rings" has enchanted readers of all ages for years, and we are thrilled to give our pupils a taste of that magic.



News from Primary

Dinosaur presentations

ESL lessons in Grade 3



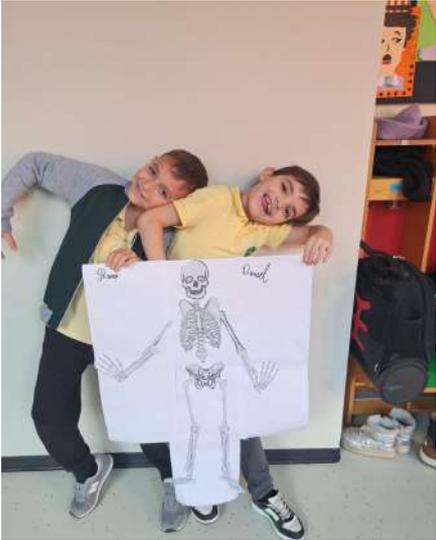
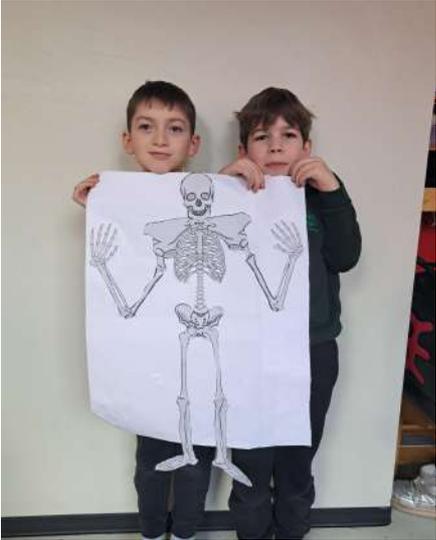
View all materials at the link:

[link](#)

News from Primary

" Human skeleton " group project

IPC Exit Point project



Grade 1-2 students become dedicated readers



News from Primary

6E embarked on an epic adventure inspired by Percy Jackson and the Lightning Thief! From intense Capture the Flag battles to crafting their own flags, diving into mythology quizzes, and even dressing up as gods and goddesses, it was an unforgettable day of imagination and excitement.



News from Primary

The first 100 days of school

The 100 days of school are here and the first graders are ready to party! To celebrate this milestone, we have created a special day: students dressed as if they were 100 years old or lived 100 years ago. Each student brought 100 small things to make a poster expressing the length of their educational journey. Students sang along, answered mystery questions, and had a memorable day!



View all materials at the link:

[link](#)

News from Primary

Literature Week activities in 5E

5E enjoyed a variety of Literature week activities, comprising writing book reviews and summaries, designing a book cover and having parents read to them



News from Primary

Reading Breakfast in 1E

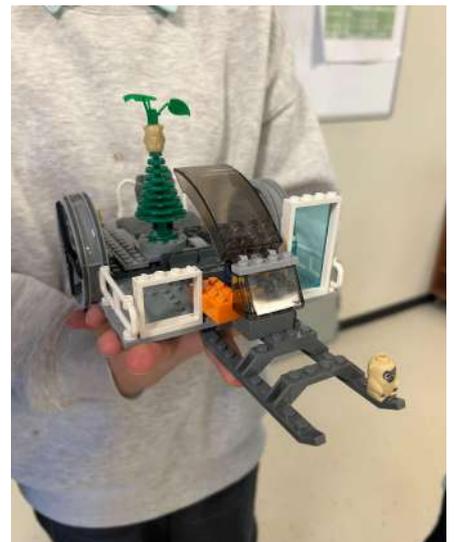
During the Literature week at Heritage, the students in 1E invited the students from 1A for a reading breakfast!



News from Primary

IPC lessons in 6E

6E student's recent participation in the Global Challenge, a collaborative initiative by the LEGO Group and Take Action Global, centered around the theme "Travelling through the Air". The students delved into innovative solutions to reduce carbon emissions in air travel. Working in groups, they engaged in hands-on exploration, aiming to create novel methods of aerial transportation with minimal CO2 release.



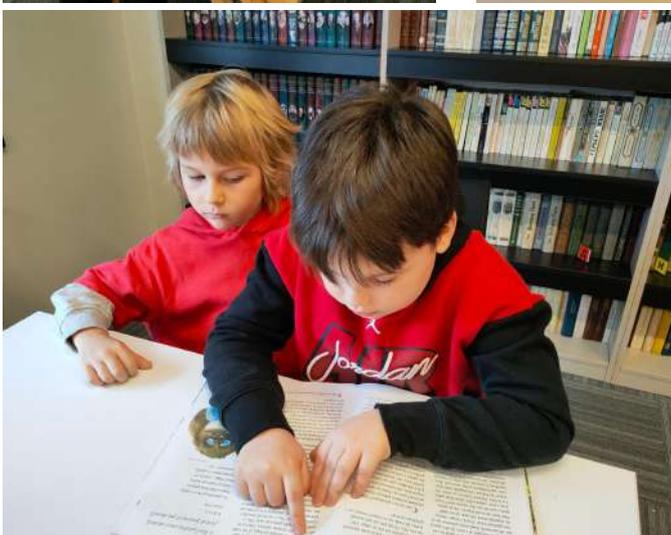
News from Primary

The first poetry competition for 1st graders.



News from Primary

Literature Week in Primary



News from Primary

This week during the "Literacy Day," Grade 4E and 5E performed a play script together. They explored concepts like stage direction, cast, and props, but also made new friends. What a fun way to improve your literacy skills.



[link](#)

2A students -active participants of international projects

2A students take part in the "Let's make friends" international project. They wrote letters to their friends from Brasov, Romania, the children were open and very excited. They wrote warm messages from their little big hearts



News from Primary

Literature Week in 2A



View all materials at the link:

[link](#)

School Starter students learn about animals

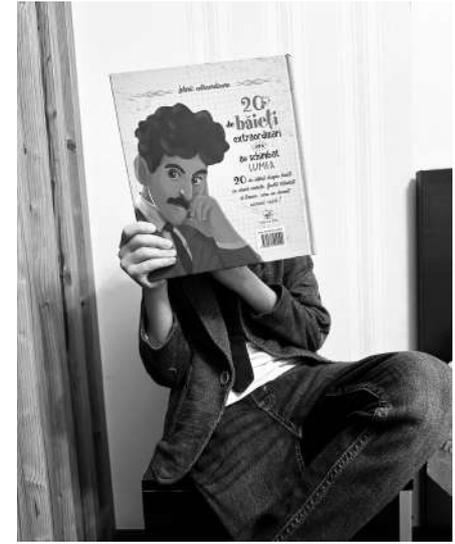
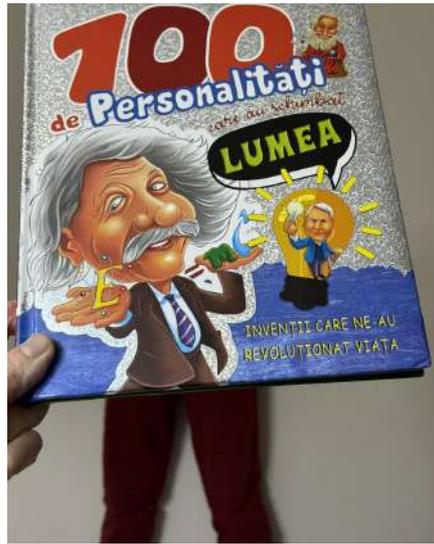


View all materials at the link:

[link](#)

News from Primary

BookFace Challenge



View all materials at the link:

[link](#)

Valentine's Day in Primary



View all materials at the link:

[link](#)

News from Primary

On Valentine's Day in 4B Maths is in the air



News from Primary

Literature Week in School Starter



View all materials at the link:

[link](#)

News from Secondary:

Secondary School Assembly

"Safer Internet Week"

Thursday 8th February 2024

**connect.
reflect.
protect.**



Safer Internet
Day 2024

INTERNET ADDICTION AND DIGITAL DETOX

WHAT ARE THE EFFECTS

- POOR SLEEP
- BACK PAIN
- WASTE OF TIME
- LESS FOCUS AND LACK OF CONCENTRATION
- ANXIETY AND DEPRESSION
- INCREASED STRESS

HOW TO DISCONNECT

- DISABLE PUSH NOTIFICATIONS
- DO NOT USE YOUR PHONE WHILE EATING
- LEAVE THE PHONE OUT OF THE BEDROOM
- ESTABLISH REGULAR TECH-FREE HOURS
- CHANGE YOUR SCREEN TO GRAYSCALE
- SPEND TIME IN PLACES WHERE YOU CAN'T USE YOUR PHONE

News from Secondary:

Art Lessons

7E students learnt how to apply new watercolor technique called "wet on wet watercolor painting", they created "Spring blossom with little bird" art works



News from Secondary

5A students wrote letters to their favourite book characters during the Literature Week



News from Secondary

Chemistry lessons in Secondary School



News from Secondary

Chemistry practical lessons in Lyceum



Cambridge Exams & Checkpoints

Exam Timetable

Cambridge International Primary Checkpoint : 6E

Tests Series: May 2024

Date	Session	Start Time	Cambridge Primary (Y6E)	Duration
9 April (Tue)	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
10 April (Wed)	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 (Thu)	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 : 8A and 8B

Tests Series: May 2024

Date	Session	Start Time	Cambridge Primary (Y8A/B)	Duration
8 April (Mon)	AM	9:00 AM	Cambridge Lower Secondary English as a Second Language (0876) Paper 2: Listening	approx. 35 minutes
10 April (Tue)	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
11 April (Wed)	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
12 April (Thu)	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 Exams & Checkpoints

Exam Timetable

Cambridge International Lower Secondary Checkpoint Test - Year 9E

Tests Series: May 2024

Date	Session	Start Time	Cambridge Primary (Y8A/B)	Duration
9 April (Tue)	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
10 April (Wed)	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 (Thu)	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](#)

IGCSE MOCK EXAMS 2 for IGCSE 2-1 and IGCSE 2-2 CLASSES

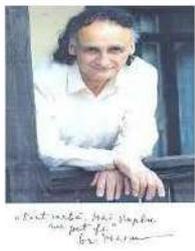
Mock Exams for IGCSE 2 (IGCSE 2-1 and IGCSE 2-2 Classes) will be started from Monday 19 February 2024 and end on 6th March 2024.

https://docs.google.com/spreadsheets/d/1Ptag-N7OfZf-R_ffmhYbcfndjC5Fo6sBoLlh5eojrfO/edit?usp=sharing

Cambridge International General Qualifications of IGCSE , AS and A Level Exams Timetable for the June 2024 series.

Link: [2024 MayJune GO IGCSE GCE AS and A Level ExamTimetable](#)

BOOKS RECOMMENDATION

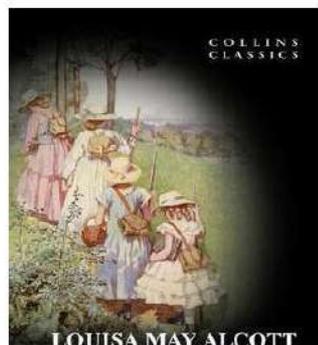
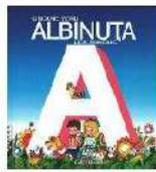


Grigore Vieru

Born: 14 February, 1935

Died: 18 January, 2009

Was a Moldovan poet, writer,
known for his poems and books for children.



LOUISA MAY ALCOTT
Little Women

Little Women Louisa May Alcott

A heart-warming tale of love, sisterhood and hardship during the New England Civil War, Little Women tells the story of the lovable March family. Meg, Beth, Jo and Amy try to support their mother at home while their father is away at war and enter into various scrapes and adventures as they do so.



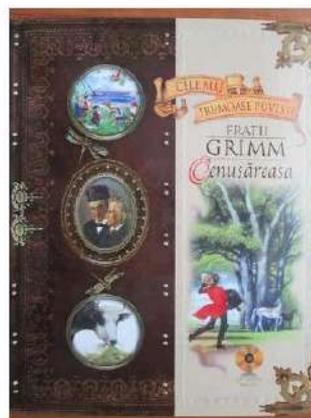
THE LOVE-ME BIRD Dunbar Joyce & Jatus Sophie

The Love-me bird is the sweet story of a small bird who will go to any lengths to find a love. At her friend, Shut-Eye, the owl's coaxing, she primps and preens and plays hard to get, to no avail. Her song is not answered. But after Shut-Eye advises her to change her tune, the Love-Me bird finally finds her true love.

Cenușăreasa Frații Grimm

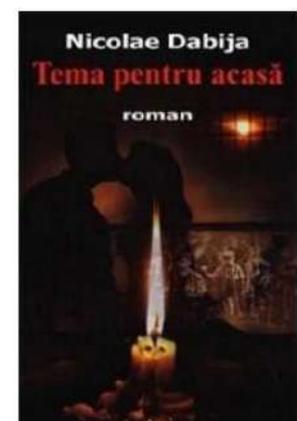
În această carte sunt selectate cele mai frumoase povești:

- Cenușăreasa,
- Degețel,
- Hansel și Gretel,
- Baba Dochia,
- Alba ca Zăpada și cei șapte pitici.



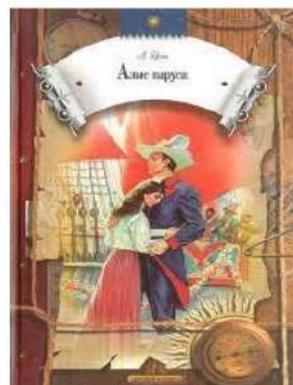
Tema pentru acasă Dabija Nicolae

„Tema pentru acasă” este un roman frumos, povestea unui tânăr profesor din Poiana, pe nume Mihai Ulmul, pe care-l îndrăgesc toate elevele, dar el nu are ochi pentru niciuna din ele. El a fost arestat pentru că devenise un așa-zis „dușman al poporului” și condamnat la 25 de ani de închisoare.



Рассказы о животных Э. Сетон-Томпсон

Книга Эрнеста Сетон-Томпсон о коротких историях из жизни диких животных стала настолько популярной, что задала тон всему дальнейшему творчеству писателя, который не только хорошо знал своих героев, но любил их, а главное, понимал.



Алые паруса Александр Грин

Маленькая Ассоль росла без матери и друзей и привыкла к оскорблениям и грубости людей. Но однажды она встретила в лесу Эглю - путешественника-собираетеля песен и сказок, и он поведал ей, что когда-нибудь в морской дали сверкнет алый парус чудесного корабля, на котором приплывет за ней храбрый юноша.

Quality Labels for Heritage eTwinning projects

Congratulations!



Founder's Lecture

On the 14th of February, our school hosted the 5th Founders' Lecture of this year.

This time, our special guest speaker was

H.E. Uygur Mustafa SERTEL, Ambassador Extraordinary and Plenipotentiary of the Republic of Türkiye to the Republic of Moldova.

HE Sertel spoke about Diplomacy as a profession, and it was a very insightful and detailed description of the job, with all the stages it takes to become a country's ambassador.

He told students about the usual day of a diplomat and all it can imply. He also spoke the knowledge a diplomat should possess, and what school and university subjects that are helpful in the profession.

As a tradition, the Q&A session followed, and our curious students had the chance to ask all they wanted to learn about. We were also joined by students from the College of Ecology, who enjoyed listening to HE Sertel as well.

Many thanks to His Excellency for this useful and interesting lecture!



Global Education

Goals Project

Our students are doing research and collaborating in teams as part of the Goals Project 2024!

Some classes are exploring SDG 16 - Peace, Justice and Strong Institutions. They look at targets and indicators, find examples, while looking through a triple lens - the global, national and local perspectives. As a result, their personal perspectives are changed, too.

We are waiting to see what they create to share with other classrooms in the world!



[See more pictures here](#)

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

What Parents & Carers Need to Know about ONLINE DATING & RELATIONSHIPS

WHAT ARE THE RISKS?

Most online dating apps claim to be for over-18s only but, in some cases, relaxed age verification also allows children to access them. What's more, some popular social media platforms use similar design features to many dating sites – blurring the line between why a young person initially downloads an app and what they *actually* end up using it for.

ONLINE GROOMING

Online grooming is when someone forms a connection with a child in the digital world and carefully cultivates this relationship with the intention of manipulating the child into doing something sexual or illegal. The process involves gaining the young person's confidence – which can make them far less likely to tell a trusted adult about their new online "friend", or to recognise what is even happening.

WEBCAM BLACKMAIL

Some young people have been coaxed into getting nude or semi-nude on a video chat with someone they met on a dating platform. They're then told that, unless they hand over a certain amount of money, a recording of the video will be posted online (or possibly sent to their contacts). This can be hugely traumatic for a young person and, in extreme cases, has resulted in self-harm and even suicide.

DAMAGE TO SELF ESTEEM

Many dating platforms encourage users to rate the images that people upload; this has clear potential to negatively impact a young person's self esteem. On some apps, pictures of a user's face and body can be rated anonymously, with notifications informing them if someone has then declined to match with them. This form of rejection can feel extremely hurtful and degrading.

CATFISHING AND SCAMS

Creating a false identity to deliberately lure people into a relationship (whether romantic or platonic) online is known as catfishing. Commonly, someone pretends to share interests or beliefs with their victim and gradually gains their trust. A young person's feelings for this fake 'friend' may cloud their judgement and can lead to them surrendering money, personal images, passwords and so on.

STALKING AND HARASSMENT

Stalking is obsessive behaviour by a fixated individual which disrupts their victim's life; it can bring severe distress and even the fear of violence. There have been frequent reports of stalking cases that originated on dating apps, with perpetrators creating new accounts in response to being reported or blocked. It's a particular cause for concern if a young person has ever given out personal details (such as their street or school name) online.

Advice for Parents & Carers

KEEP THE CONVERSATION GOING

Reassure your child that they can always talk to you about anything online that's worried them. Emphasise that if they're being sent unwanted images – or if they've shared images or video content themselves – they should tell you straight away. Discuss the potential risks of online dating and check in with them frequently to ensure that they're feeling comfortable about their online relationships.

TAKE A 'SAFETY FIRST' STANDPOINT

Encourage young people to be careful about who they send invitations to – and accept them from – on dating sites and apps. Familiarise yourself with how to adjust the privacy settings on your child's devices and apps to help them control who can access their profiles and information. Talk to your child about why it's unwise to share any sensitive, private or confidential information in their profile.

PROTECT CONTACT DETAILS

If a young person is interested in using online dating sites or apps, strongly encourage them to choose one that offers the facility to conceal both parties' email addresses when messaging prospective dates. If that's not possible, ensure that the young person sets up a separate email address which doesn't include their real name. This is easy to do via providers like Hotmail, Yahoo! Mail or gmail.

HIGHLIGHT COMMON DANGER SIGNS

Talk to your child about some of the obvious red flags in online dating: requests for money, for instance, should always ring alarm bells. Likewise, if a young person is in contact with someone who they feel is pressuring them into providing personal or financial information – or who they suspect is trying to trick them into it – they should end communication immediately and contact the dating service provider.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise; hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



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Upcoming Events



WE WILL GIVE YOU ALPACAS.

MARCH 30 *at* HERITAGE INTERNATIONAL SCHOOL

THE 2024 WORLD SCHOLAR'S CUP is uniting 50,000 students in 60+ countries and Ohio. For you, the journey begins here in Chisinau. Your team will write creative papers, debate obscure topics, answer inexplicable questions, and meet friends who understand you because no one understands them.

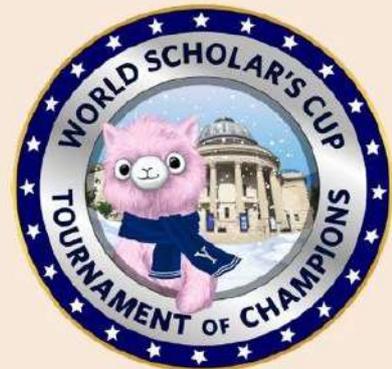
Join us for the alpacas.

Join us to qualify for the Global Rounds and for the Tournament of Champions at Yale.

Join us because someone told you it looks good on a university application.

But, mainly, join us because we only pretend to be a competition: we're really a community in which we can all be awkward together in 50,000 different ways.

There are also medals, trophies, and certificates. But the alpacas matter more.



MATURITY AGE DIVISIONS

Junior: 10-13. Senior: 14-old.

FOUR EVENTS

Debate. Writing. Challenge. Bowl.

COME AS A SCHOOL

Or, sign up on your own.

HOW TO PREPARE

Form a team, learn the theme, and ask ChatGPT "how do I feed an alpaca?"



SIGN UP AT **WWW.SCHOLARSCUP.ORG**



Sports. Clubs and Activities

**Congratulations to Heritage Basketball team, the winners of the Chisinau basketball Championship!
Go Heritage!**



Architecture Club



[link](#)

Upcoming Events

Books & Cookies Charity Event

*Books lovers with a sweet tooth take note: La VIA Community Center is hosting it's 3rd Annual **Books & Cookies Sale** on Saturday, March 2nd.*



[See more information here](#)

Action for Happiness Calendar

Friendly February 2024

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

1 Send a message to let someone know you're thinking of them

FRIDAY

2 Ask a friend how they have been feeling recently

SATURDAY

3 Do an act of kindness to make life easier for someone

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together

Key Dates

19th-23rd February 2024	Readers Cup	4th March 2024	Movie Night Primary School
19th-23rd February 2024	German Language Week	1st-7th March 2024	Heritage Festival of Tales
21st February 2024	UN International Mother Language Day	5th-6th March 2024	Teacher-Parents Conferences
24th-26th February 2024	COBIS Virtual Debates Competition	8th -12th March 2024	Spring Break
1st March 2024	Heritage Spring Fest	13th March 2024	Movie Night Lower Secondary School
1st March 2024	COBIS Eco Films Awards	15th March 2024	Heritage Film Festival

[See the Academic Calendar here](#)

School Improvement Priorities Headlines 2023-24

Vision and Aims:

Sustaining our ambitious culture and vision for World Class education as a growing international school in Moldova to meet future challenges.

A belief in people as our best assets and a positive school culture - Cohesion, Community, Communication, Compassion, Care

A leading innovative school and World Class, professional educational organisation in Moldova, Europe & Globally

A World Class, nurturing, outward facing 21st Century curriculum & learning for all that prepares students confidently for the challenges of the future as global citizens, socially responsible & leaders in their communities.

Outstanding innovative teaching and learning – a professional learning community that is adaptable to face uncertainty with certainty for our community. A servant team leadership culture that prepares leaders..

Heritage International School School Improvement Plan

2023-2024



Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2023-24

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

Preparing students for the future; skills, qualifications & wellbeing

Qualifications & Skills through holistic, challenging & rigorous education

A World Class School that is outward facing

Supporting & sharing innovation with our education communities

Developing future leaders & global citizens linked to careers/Higher Ed

To link the wider curriculum to the formal, daily classroom for holistic education

A Professional Learning Community

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 on CPD & Appraisal that develops all staff in our schools

To have an organisation that wants ideas and individuals.

An effective quality assurance system.

Wider Community Partnership & Engagement

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

To ensure any partnership is reciprocal & benefits our education model, ethos & values

Towards a sustainable, global & digital future

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

Systems and Strategies for Success

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 organisation operates effectively and efficiently based on structure, systems and policies

Compelling & Inclusive Learning for All

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

Our teachers, staff and community uphold these values and we live them daily in our school culture

To continue our success in bringing the World into classrooms daily for all.

A focus on celebrating key moments in education & school life

MAIN CONTACTS

Social Media:

[facebook](#)

[instagram](#)

[twitter](#)

[linkedIn](#)

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