



HERITAGE  
International School



# THE INTERNATIONAL HERITAGE HERALD

March 17, 2023



## THOUGHT FOR THE WEEK

*"The world is full of magic things, patiently waiting for our senses to grow sharper."*

*William Butler Yeats*

## DIRECTOR'S WEEKLY NOTES

### *The View from Dacia Boulevard:*

*This certainly has been the month to celebrate student agency and success. I want to say a huge congratulations to two outstanding students, Andrea Ghimpu and Teodor Zaporojan, for competing in the international Linguistics Olympiad, here in Moldova. Teodor was given a special mention by the judges and Andrea was placed second overall. Our thanks to Mrs. Livia State for her support and leadership here as well. Fantastic news from the Bucharest international chess tournament for our school. Ștefan Culeac competed in the tournament for juniors in the age category up to 8 years, and Nikita Solod – in the 10-year age category within the "Florin Gheorghiu" International Chess Festival. Each of them got 2 points out of 6 possible. Moreover, the only representative of Moldova in the open tournament without an age limit in the event was their coach – Sergiu Martinenco. He got 4 points out of 6 possible, ranking 7th out of 55 participants. This weekend, Mrs. Johnson and the Model UN Team are off to New York and we know they are going to have an amazing experience. I want to thank Mrs. Johnson for her support and leadership here as well on our 1st ever school visit of this nature. What keeps emerging every time I work with schools and school boards globally, is the fundamental importance of dedicated and professional teachers in schools and Mrs. Livia and Mrs. Johnson represent the outstanding teachers at Heritage. I am also pleased to see the much more developed student leadership and agency from all areas of the school and despite my doubts, I am very impressed with the success of Movie Nights in school and thanks to the student council here for their leadership and hard work.*



*The exams season is basically upon us and I know Mr. Anjum and his team are working hard to ensure students are prepared and get as much exposure and experience in their mocks to make sure they are at their best for the actual exams later this Spring. I mentioned in my Gymnasium and Lyceum assembly this week the school's Academic Honesty policy and with the advent of AI and tools like ChatGPT, we have anticipated how to approach this in school. Mrs. Tatiana Popa has done an incredible amount of work here, with the new policy and to make sure all students understand the need for their personal academic integrity in their work and not to believe they can submit work generated from something like ChatGPT. There are so many unfortunate case studies of individuals in a range of fields who have fallen because of falsehoods about qualifications and poor practice when it comes to their own work and plagiarism. I don't want any of our students to leave Heritage without having the core student value of academic honesty central in their integrity. Later this Spring, Mrs. Tatiana will be leading webinars for global schools in COBIS and Global School Alliance to share our practice. We continue to share our good practice with the national education community and this weekend we will be hosting another "Teach Meet" at Heritage for our colleagues across Moldova on education and innovation with our dear friend, Rick Davies from NASA. My thanks to Mrs. Inga and Mrs. Tatiana for their leadership and time here. Mrs. Anna-Maria Cires is currently in Brussels at the Future Classroom Lab, representing Heritage and Moldova as part of the EU's Code Week.*

*I was asked to lead a panel of global school leaders on Friday 17th, for a new international education group, the Global Independent School Association, looking at how school leadership can transform education. In London, early this month at the Outstanding School Europe conference, the importance*

of networks, collaboration and being able to offer innovative educational models, even in the difficult and uncertain times we are in, successful international schools continue to do, well frankly, a lot of what we do at Heritage daily and weekly. It is here in every IHH newsletter. This is why when we toured the nearly completed Lyceum this week, it was clear the investment and vision of international education at Heritage from our Founders and Board. Part of that outward facing mindset and innovation has come to fruition following my cup of tea and a catch up with Baroness Royall in the House of Lords a couple of weeks ago and she has very kindly agreed to come and visit Heritage to meet staff and students at the start of April. This is an incredible opportunity for our school and we are looking forward to working with our colleagues at UTM and the UK Embassy on how we can develop education innovation further with Baroness Royall and the University of Oxford. The World really is full of magic things.

I can honestly say in nearly four years here in Moldova, never a dull moment at Heritage,

Have a great weekend, enjoy this edition of the IHH newsletter and thank you for your support of me and the schools. Happy St. Patrick's Day to Dr. O'Connell, the Irish Consul in Moldova, and all our friends and families in the Irish Community.

Rob Ford  
CEO & Director.



## HERITAGE IN THE WIDER WORLD

**John Rolfe MBE** @yorkshirejohn

Fantastic work! Many thanks from @GSchoolAlliance to the inspirational @Tatianapopab @HIS\_Moldova and all involved in this great project... globally minded educators are the most important people in the world...@SDGoals @ConnectSDGs

**Tatiana Popa #Moldova** @Tati... -07/03/2023

The #GoalsProject meeting which took place yesterday explored the #SDG8 & our students spoke about the work in it, respective contexts and countries. How nice it was to meet their counterparts! Thanks to all attendees! 🇬🇧🇷🇺🇪🇺🇸🇯🇵  
@marcelavilan1 @StellaFicai @TakeActionEdu #PBL

**ECIS** @ECISchools

Our pleasure! It's great to have you as our School of the Month 🌟🇬🇧🇷🇺🇪 @his\_global @HIS\_Moldova

**HIS Global Education** @his\_global · 12h

Many thanks, @ECISchools! Nice to open the newsletter and discover us just at the start! @HIS\_Moldova

**ECIS** 20:02 to me

**Richard (Rick) Davis** @redplanetrick

So looking forward to supporting @his\_global #TeachMeet! Such a wonderful, innovative and dedicated group. Gives me so much hope for the future. Thank you @Tatianapopab for the invitation.

**HIS Global Education** @his\_global · 5d

Heritage International School announces its 2nd #TeachMeet workshop for local English teachers. The session is for physical attendance & all teachers in Moldova are welcome! Register here: docs.google.com/forms/d/e/1FAI... The speakers- from @HIS\_Moldova, but also guest speakers from @NASA!

Heritage International School, Moldova presents

TEACHMEET #2 WORKSHOP FOR ENGLISH TEACHERS

**FROM EDUCATION TO INNOVATION**

Teachers will learn about:  
-innovative techniques for modern teaching  
-latest technologies for the classroom  
-creative strategies for a holistic approach to teaching  
-learning spaces to enhance the learning experience



## ARTICLES/STORIES OF INTEREST

- ChildAid; "School Essentials and Family Support: At times, families need a bit of help to stay together. Poverty can lead to child abandonment, and we encounter many cases of parents in despair. By working closely with our partners, we are making sure children have the basics to have as normal a life as their circumstances permit. Like food and school supplies; <https://www.childaidee.org.uk/school-essentials-and-family-support/>

- DEC Appeal: TURKEY-SYRIA. EARTHQUAKE APPEAL. Devastating earthquakes have hit Turkey and Syria, killing thousands of people and reducing buildings to rubble. People need urgent aid to survive. Donate now to help save lives. DONATE NOW. LEARN MORE; <https://www.dec.org.uk/>

- International education – doing the right thing for students and the world; <https://thepienews.com/the-view-from-international-education-doing-the-right-thing-for-students-and-the-world/>

- The first great energy transition: how humanity gave up whaling; <https://www.theguardian.com/environment/2023/mar/11/the-first-great-energy-transition-how-humanity-gave-up-whaling>
- As Russia's bombs fall, a major wind-power project comes online in Ukraine - The Washington Post; <https://www.washingtonpost.com/climate-solutions/2023/03/09/ukraine-wind-green-power/>
- Windows on a war: Miguel Gutiérrez's photographs of Ukraine | Photography | The Guardian; <https://www.theguardian.com/artanddesign/2023/mar/05/windows-on-a-war-miguel-gutierrez-photographs-ukraine>
- Chat GPT4: Is the world prepared for the coming AI storm? - BBC News; <https://www.bbc.com/news/world-us-canada-64967627>
- International Day to Combat Islamophobia | United Nations; <https://www.un.org/en/observances/anti-islamophobia-day>
- Gaslighting, Narcissist, and More Psychology Terms You're Misusing; <https://time.com/6262891/psychology-terms-misused-gaslighting-toxic-narcissist/>
- 7 recipes for St. Patrick's Day that aren't corned beef; <https://www.washingtonpost.com/food/2023/03/15/st-patricks-day-recipes/>



## NEWS FROM PRIMARY

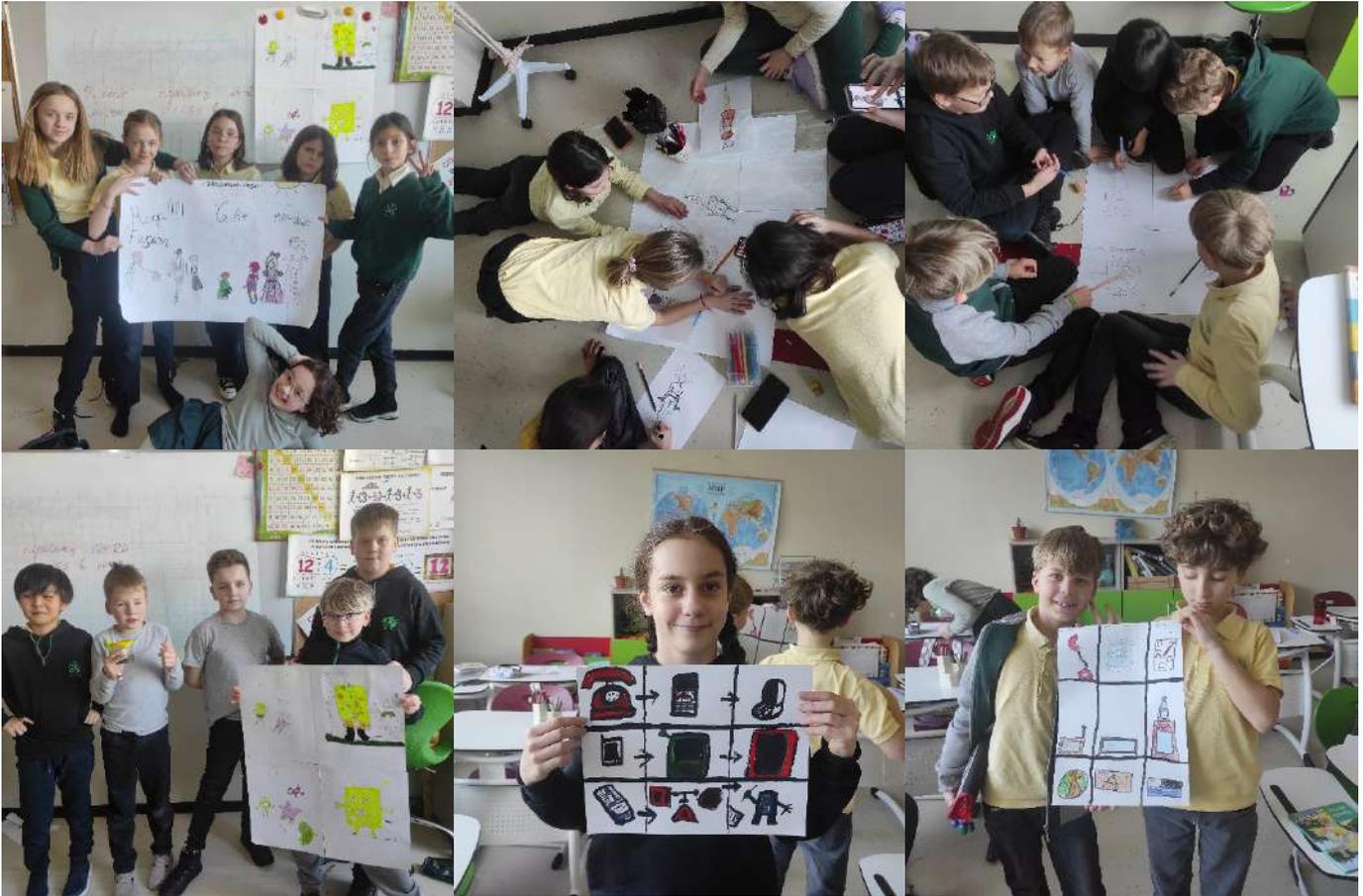


### Magic Pen Calligraphy Workshop





The 4<sup>th</sup> graders developed group projects "Evolution". Students were tasked to assign roles in the group, choose materials and desired technique. They worked in combined techniques of painting and collage. Each team chose the subject, analysed historical data and completed the project, and explored the evolution of money, telephones, cartoon heroes, fashion and World Cup results.



5E and 2E put their minds together to agree and colour strategies of dealing with strong feelings and emotions.



*In science this week, 5E have tested the strength of magnets. In doing so, they bearded into mind fair testing, they identified control, dependent and independent variables as well as considered potentially confounding variables.*



*1A,1B students applied the technique of mono typing-a simple, fun activity with an unpredictable outcome.*





*This week in science 5E students learned about light in space and we went outside to explore shadows during different times of the day.*



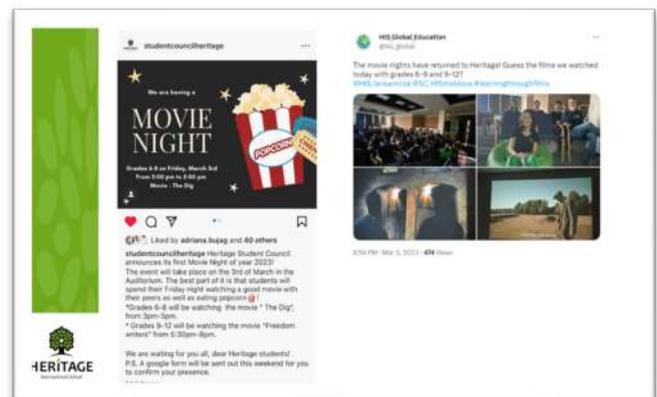
*Musical-rhythmic games in the Music lesson in 2B*





## NEWS FROM GYMNASIUM

### Gymnasium Assembly



On March 19<sup>th</sup> \*the **Heritage Model United Nations** delegation will attend the **Global Citizens Model United Nations**, an international Model UN conference held in New York City. Students attending this conference will have the opportunity to develop their use of skills such as, *public speaking, teamwork, problem solving, adaptability and leadership.* What an awesome experience this would be for our Heritage future leaders of tomorrow!



**Lower Secondary Checkpoint Mock Exams (Year 9E/ Years 8A & 8B)**

Dates: 20 - 23 March 2023

Grades: 8A / 8B

Venue: 307 / 314

| Date                  | Session | Start Time | Cambridge Lower Secondary Checkpoint (Y8A/B)  | Duration           | Lesson Number |
|-----------------------|---------|------------|---|--------------------|---------------|
| <b>20 March (Mon)</b> | AM      | 8:40 AM    | Cambridge Lower Secondary English as a Second Language (0876)<br>Paper 2: Listening         | approx. 35 minutes | Lessons 1 & 2 |
| <b>21 March (Tue)</b> | AM      | 8:40 AM    | Cambridge Lower Secondary English as a Second Language (0876)<br>Paper 1: Reading and Usage | 45 minutes         | Lessons 1 & 2 |
|                       | PM      | 12:00 PM   | Cambridge Lower Secondary English as a Second Language (0876)<br>Paper 3: Writing           | 40 minutes         | Lessons 4 & 5 |
| <b>22 March (Wed)</b> | AM      | 8:40 AM    | Cambridge Lower Secondary Mathematics (0862)<br>Paper 1: Written test (non-calculator)      | 60 minutes         | Lessons 1 & 2 |
|                       | PM      | 12:00 PM   | Cambridge Lower Secondary Mathematics (0862)<br>Paper 2: Written test (with calculator)     | 60 minutes         | Lessons 4 & 5 |
| <b>23 March (Thu)</b> | AM      | 8:40 AM    | Cambridge Lower Secondary Science (0893)<br>Paper 1   | 45 minutes         | Lessons 1 & 2 |
|                       | PM      | 12:00 PM   | Cambridge Lower Secondary Science (0893)<br>Paper 2   | 45 minutes         | Lessons 4 & 5 |

Grade: 9E

Venue: 312

| Date                  | Session | Start Time | Cambridge Lower Secondary (Y9E)   | Duration              | Lesson Number |
|-----------------------|---------|------------|---|-----------------------|---------------|
| <b>21 March (Tue)</b> | AM      | 8:40 AM    | Cambridge Lower Secondary English (0861)<br>Paper 1: Written test (non-fiction) | 1 hour and 10 minutes | Lessons 1 & 2 |
|                       | PM      | 12:00 PM   | Cambridge Lower Secondary English (0861)<br>Paper 2: Written test (fiction)     | 1 hour and 10 minutes | Lessons 4 & 5 |

|                           |    |          |  |            |                  |
|---------------------------|----|----------|--|------------|------------------|
| <b>22 March<br/>(Wed)</b> | AM | 8:40 AM  | Cambridge Lower Secondary Mathematics<br>(0862)<br>Paper 1: Written test (non-calculator)  | 60 minutes | Lessons<br>1 & 2 |
|                           | PM | 12:00 PM | Cambridge Lower Secondary Mathematics<br>(0862)<br>Paper 2: Written test (with calculator) | 60 minutes | Lessons<br>4 & 5 |
| <b>23 March<br/>(Thu)</b> | AM | 8:40 AM  | Cambridge Lower Secondary Science (0893)<br>Paper 1  | 45 minutes | Lessons<br>1 & 2 |
|                           | PM | 12:00 PM | Cambridge Lower Secondary Science (0893)<br>Paper 2  | 45 minutes | Lessons<br>4 & 5 |

Note: Exams will be conducted in the respective classes and the subject teachers who have the usual lessons will do invigilation accordingly.

**Primary Checkpoint Mock Exams (Grade 6E)**

Dates: 27 - 29 March 2023

Grades: 6E / 5A (one student)

Venue: 212

| Date                | Session | Start Time | Cambridge Primary (Y6E)   | Duration   | Lesson         |
|---------------------|---------|------------|---|------------|----------------|
| <b>27 Mar (Mon)</b> | AM      | 8:40 AM    | Cambridge Primary English (1958)<br>Paper 1: Written test (non-fiction)   | 60 minutes | Lessons: 1 & 2 |
|                     | PM      | 12:00 PM   | Cambridge Primary English (1958)<br>Paper 2: Written test (fiction)       | 60 minutes | Lessons: 4 & 5 |
| <b>28 Mar (Tue)</b> | AM      | 8:40 AM    | Cambridge Primary Maths (1996)<br>Paper 1: Written test (Non-calculator)  | 45 minutes | Lessons: 1 & 2 |
|                     | PM      | 12:00 PM   | Cambridge Primary Maths (1996)<br>Paper 2: Written test (with calculator) | 45 minutes | Lessons: 4 & 5 |
| <b>29 Mar (Wed)</b> | AM      | 8:40 AM    | Cambridge Primary Science (1997)<br>Paper 1                               | 35 minutes | Lessons: 1 & 2 |
|                     | PM      | 12:00 PM   | Cambridge Primary Science (1997)<br>Paper 2                               | 35 minutes | Lessons: 4 & 5 |

## Cambridge International Public Exams Timetable for Summer Series: Cambridge International Primary Checkpoint Test: 6E

### Exam Timetable

Cambridge International Primary Checkpoint - Year: 6E

Tests Series: May 2023

Venue: Heritage International School Moldova

| Date           | Session | Start Time | Cambridge Primary (Y6E)   | Duration   |
|----------------|---------|------------|---|------------|
| 11 April (Tue) | AM      | 9:00 AM    | Cambridge Primary English (1958)<br>Paper 1: Written test (non-fiction)   | 60 minutes |
|                | PM      | 12:00 PM   | Cambridge Primary English (1958)<br>Paper 2: Written test (fiction)       | 60 minutes |
| 12 April (Wed) | AM      | 9:00 AM    | Cambridge Primary Maths (1996)<br>Paper 1: Written test (Non-calculator)  | 45 minutes |
|                | PM      | 12:00 PM   | Cambridge Primary Maths (1996)<br>Paper 2: Written test (with calculator) | 45 minutes |
| 13 April (Thu) | AM      | 9:00 AM    | Cambridge Primary Science (1997)<br>Paper 1                               | 35 minutes |
|                | PM      | 12:00 PM   | Cambridge Primary Science (1997)<br>Paper 2                               | 35 minutes |

## Cambridge International Lower Secondary Checkpoint Test: 9E

### Exam Timetable

Cambridge International Lower Secondary Checkpoint Test - Year 9E

Tests Series: May 2023

Venue: Heritage International School Moldova

| Date           | Session | Start Time | Cambridge Lower Secondary (Y9E)   | Duration              |
|----------------|---------|------------|---|-----------------------|
| 11 April (Tue) | AM      | 9:00 AM    | Cambridge Lower Secondary English (0861)<br>Paper 1: Written test (non-fiction)         | 1 hour and 10 minutes |
|                | PM      | 12:00 PM   | Cambridge Lower Secondary English (0861)<br>Paper 2: Written test (fiction)             | 1 hour and 10 minutes |
| 12 April (Wed) | AM      | 9:00 AM    | Cambridge Lower Secondary Mathematics (0862)<br>Paper 1: Written test (Non-calculator)  | 60 minutes            |
|                | PM      | 12:00 PM   | Cambridge Lower Secondary Mathematics (0862)<br>Paper 2: Written test (with calculator) | 60 minutes            |
| 13 April (Thu) | AM      | 9:00 AM    | Cambridge Lower Secondary Science (0893)<br>Paper 1                                     | 45 minutes            |
|                | PM      | 12:00 PM   | Cambridge Lower Secondary Science (0893)<br>Paper 2                                     | 45 minutes            |

## Cambridge International Lower Secondary Checkpoint Test: 8A / 8B

### Exam Timetable

Cambridge International Lower Secondary Checkpoint - Years: 8A and 8B

Tests Series: May 2023

Venue: Heritage International School Moldova

| Date           | Session | Start Time | Cambridge Lower Secondary Checkpoint (Y8A/B)  | Duration           |
|----------------|---------|------------|---|--------------------|
| 10 April (Mon) | AM      | 9:00 AM    | Cambridge Lower Secondary English as a Second Language (0876)<br>Paper 2: Listening         | approx. 35 minutes |
| 11 April (Tue) | AM      | 9:00 AM    | Cambridge Lower Secondary English as a Second Language (0876)<br>Paper 1: Reading and Usage | 45 minutes         |
|                | PM      | 12:00 PM   | Cambridge Lower Secondary English as a Second Language (0876)<br>Paper 3: Writing           | 40 minutes         |
| 12 April (Wed) | AM      | 9:00 AM    | Cambridge Lower Secondary Mathematics (0862)<br>Paper 1: Written test (Non-calculator)      | 60 minutes         |
|                | PM      | 12:00 PM   | Cambridge Lower Secondary Mathematics (0862)<br>Paper 2: Written test (with calculator)     | 60 minutes         |
| 13 April (Thu) | AM      | 9:00 AM    | Cambridge Lower Secondary Science (0893)<br>Paper 1   | 45 minutes         |
|                | PM      | 12:00 PM   | Cambridge Lower Secondary Science (0893)<br>Paper 2   | 45 minutes         |

**Exams Timetable of General Qualifications of IGCSE, GCE AS and A Level for the exams series of the June 2023**

**[Link: 2023 May/June GO IGCSE GCE AS and A Level Exam Timetable](#)  
[2023 May/June GO IGCSE GCE AS and A Level Exam Timetable Updated](#)**

In February, our 6th graders participated in a unique project organized by the Association of Romanian Language and Literature Teachers, on the occasion of the National Reading Day. Guided by Romanian language and literature teacher Livia State, the pupils demonstrated their own works, inspired by Romanian folk tales, and were awarded a diploma of participation in the "Collectors of Values" section.



**NEWS FROM LYCEUM**

**Heritage Lyceum learners become:**

- confident
- responsible
- reflective
- innovative
- engaged

Our AS students will have to start working on their Digital Portfolios. Students will build on these portfolios over the next 12 months with all that they do outside of their lessons: volunteering, reading buddies, duties around school, school initiatives, projects they are part of outside of school - all sorts! These portfolios can be attached to university applications to allow potential institutions to see that the student is about more than good grades.

## Lyceum IELTS preparation

Wednesday, October, 12, 13.00 - 14.30

Friday, October, 14, 10.05 – 11.05

## Personal Statement for a university application

Writing a Convincing Personal Statement to Successfully Apply to Universities:

Friday, 15.30 till 17.00 (lesson 8 and 9).

## Career and University Admission Guidance

Tuesday // Thursday at 8.30

A-level students are supposed to have their badges with violet braids so that the guards at school gates can identify them entering and leaving the school grounds.

*Congratulations to Ghimpu Andrea, the winner of the second place in the Republican Linguistics Olympiad! Andrea qualified for the second round, Asia Pacific phase of the competition and will represent the Republic of Moldova, last year Andrea successfully participated in the same competition held on the Isle of Man, as the winner of the national round. Good luck, Andrea! The 8th grade student Zaporozjan Teodor got the honorable mention in this competition. The students were guided by their Romanian language and literature teacher Livia State. Congratulations!*



## UTM visit, future scientists gaining experience





## STUDENT LEADERSHIP

*Our student council members that are part of the Global School Alliance SC had a meeting on Thursday, March 16th.*

*The students had a debate about student wellbeing. Each school presented activities done at their respective schools on this topic, they brainstormed ideas of what else could be done about it. Students suggested for the next meeting, to take place in May, to prepare presentations about student wellbeing at their schools - this time they will present action taken.*



## DIGITAL CORNER

*From inappropriate content to the toxic behaviour of others, online harms can do long-lasting damage. That's why we're passionate about helping this new generation to build their digital resilience – equipping them to deal with digital dangers. This guide has a selection of tips for encouraging safe and healthy online habits.*

*In this guide we've compiled a list of useful suggestions which could help you and your family strike the right balance and build digital resilience.*

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

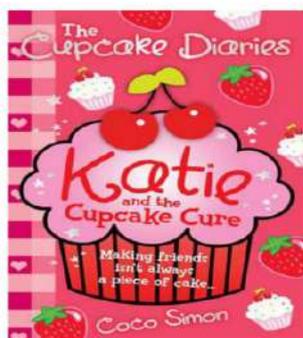
## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National  
Online  
Safety®

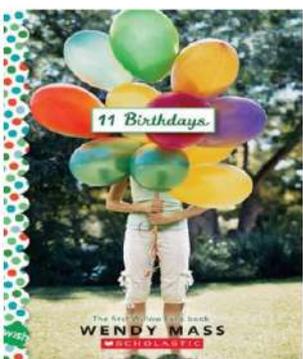
#WakeUpWednesday



Sometimes starting from scratch turns out to be the icing on the cupcake. It's Katie Brown's first day at her new school and she's already feeling miserable. Her best friend Callie has been invited to join the Popular Girls Club and Katie's been left out in the cold. Is their an Unpopular Girls Club she can join? The only thing that makes Katie feel better is the special cupcake her mum packed for her lunch, just biting into the sweet treat stops her feeling so sad. And even better, the delicious looking cupcake attracts three other girls who are also feeling a bit lost at the new school. And as the girls' friendship grows they decide to start their very own cupcake club - sharing and making their own special recipes!



**Druță Ion.**  
**Balada celor cinci motănași**  
"PARTEA DE SUS A ORAȘULUI era socotită de pisici cel mai fericit colțșor de pe fața pământului și nu era măță ce n-ar fi visat ca odată și odată să se mute într-acolo. Dumnezeu știe ce le ademenea în partea ceea de oraș — poate piața mică, unde vânătorii picurau veșnic în așteptarea cumpărătorilor și oricând puteai șterpeli câte ceva; poate livezile mari, unde mai puteai da de vrăbii bătrâne și mioape; poate acoperșurile vechi și umbrite, unde găsești întotdeauna o vecină gata să-ți asculte pasul..."

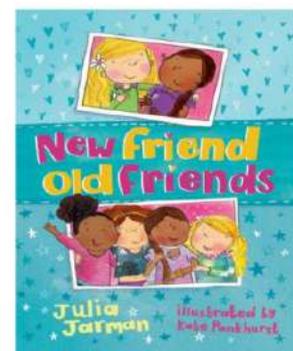


**MASS WENDY**  
**11 Birthdays**

It's Amanda's 11th birthday and she is super excited---after all, 11 is so different from 10. But from the start, everything goes wrong. The worst part of it all is that she and her best friend, Leo, with whom she's shared every birthday, are on the outs and this will be the first birthday they haven't shared together. When Amanda turns in for the night, glad to have her birthday behind her, she wakes up happy for a new day. Or is it? Her birthday seems to be repeating itself. What is going on?! And how can she fix it? Only time, friendship, and a little luck will tell.

**Jarman Julia**  
**New friend old friends**

Phoebe, Daisy and Enka are very excited – a new girl is joining their class! But when Shazia starts school, the three girls compete to be her friend. Shazia comes from Pakistan and everything is new for her. She is eager to fit in and when her adventurous plans go wrong, the three old friends have to work together to help their new friend.



La școală, își strânsese prieteni mici ca și el și-i aduse la joacă pe ulița lui ; era așa de prielnică! De atunci, ulița se învaluți cu o droaie de copii, care de care mai golași, mai zdrențăroși, mai zburdalnici. Iar el, căpățenia lor, odrasla uliței, urmând îndemnul ei le îndrumă joaca spre casa părintească, ferind-o de a se irosi pe ulițe străine. În fiecare zi, cozonacii și dulcețurile casei pierceau în gurile flămânde, care năpădiseră ograda, ca vrăbiile. Mama și bunica erau măgulite văzând atâta voioșie în oastea odorului, și o răsplăteau cu ce avea mai bun cămăra.



**Распутин Валентин**  
**Уроки Французского**  
Валентин Распутин — классик русской и мировой литературы, наш современник. Свою жизненную позицию он формулирует так: "...защитить совесть, веру и красоту". Рассказы мама куда-то ушла уроки французского в век живи — век лоды, которые входят в эту книгу, повествуют о трёх героях, мальчиках разного возраста, которые оказываются в непростых жизненных ситуациях. Какие уроки они вынесут для себя?

**Джек Лондон**  
**Любовь к жизни**

Прихрамывая, они спустились к речке, и один раз тот, что шел впереди, зашатался, споткнувшись посреди каменной россыпи. Оба устали и выбились из сил, и лица их выражали терпеливую покорность - след долгих лишений. Плечи им оттягивали тяжелые тюки, снянутые ремнями. Каждый из них нес ружье. Оба шли сгорбившись, низко нагнув голову и не поднимая глаз.

**АЖЕК ЛОНДОН**

**ЛЮБОВЬ К ЖИЗНИ**



**Weiner Jennifer**  
**Cel mai mic Bigfoot**

O carte pentru copii si părinți, deopotrivă, care ne învață un lucru foarte simplu, de altfel, și anume că viața, așa cum este ea, e mult mai frumoasă când o împarți cu prietenii și că adevărata fericire se regăsește în lucruri mărunte.

Îndrăgita autoare Jennifer Weiner ne aduce o poveste despre prietenie, creaturi cu blăniță și găsierea locului de care să simți că aparții cu adevărat.



# HERITAGE CREATIVITY

**ZIUA USILOR DESCHISE**  
LA FACULTATEA ARTE PLASTIC ȘI DESIGN  
UPSC "ION CREANGĂ"

**18 martie**  
Ora 9:00

Chesnița, str. Consulat 10, 88-B,  
Șantierul și pârâul,  
cadr. didactic  
și din căminare

**Master-clas-uri la:**

- Pictură
- Cămină
- Îmbrăcăminte
- Colecționari
- Calligrafie
- Ceramice
- Sculptură
- Producția artistică a pânzei
- Bijuterii textile

**OLIMPIADA REPUBLICANĂ**  
la Arte plastice și Educație tehnologică  
pentru elevii claselor I - III

Adresa de e-mail pentru însușiri:  
fax: olimpiada.2023@upsc.md



# The Heritage 10 Golden Rules



**HERITAGE**  
International School

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

1. WE LISTEN TO & RESPECT THOSE LOOKING AFTER US, TEACHING US AND ALWAYS FOLLOW THEIR INSTRUCTIONS

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

2. WE RESPECT AND LOOK AFTER EACH OTHER AS STUDENTS OF HERITAGE. WE ARE A CARING COMMUNITY.

3. IF WE ARE NOT SURE, WE ASK ONE OF OUR TEACHERS OR SUPPORT STAFF.

4. WE ARE ALWAYS AWARE OF BEING SAFE ESPECIALLY AROUND PHYSICAL & PRACTICAL ACTIVITIES

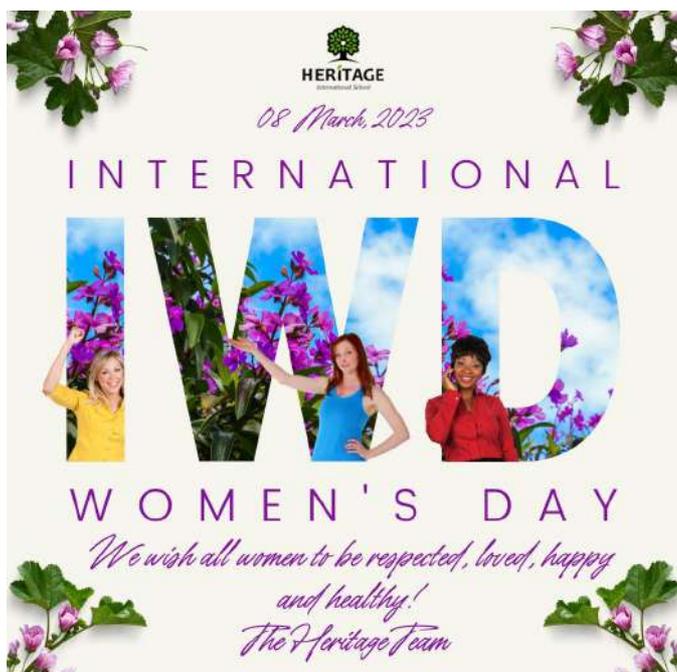
6. IF SOMEONE IS NOT WELL OR UNHAPPY, WE LET ONE OF THE ADULTS LOOKING AFTER US KNOW

7. WE MAKE SURE WE HAVE THE RIGHT CLOTHES AND EQUIPMENT FOR EACH DAY.

8. WE MAKE SURE WE ARE ON TIME AND IF WE ARE LATE WE MAKE SURE PEOPLE LOOKING AFTER US KNOW.

9. WE ARE RESPONSIBLE FOR OUR BEHAVIOUR AS A STUDENT OF HERITAGE.

10. WE MAKE SURE WE ENGAGE IN OUR LEARNING, GROW IN OUR KNOWLEDGE AND UNDERSTANDING, ACHIEVE OUR BEST AND POTENTIAL, BE A CONTRIBUTING AND VALUED MEMBER OF OUR COMMUNITY, AND GET THE MOST OUT OF OUR SCHOOL OPPORTUNITIES.



*"Each time a woman stands up for herself she stands up for all women."*  
Maya Angelou

To all my dear colleagues, in celebration of International Women's Day, I want to thank you for the example and inspiration you set and give to all our children in school, but especially girls. If we have learned anything so far, from this tumultuous decade of pandemic, crisis and war, it is the absolute strength and courage of women and girls in our communities.

We need to always keep alive hope and certainty, especially in education. That the days of prejudice are long gone and the values we stand for in our common humanity are about decency, fairness, opportunity, resilience and personal growth. No one is limited by who they were born as, least of all by their gender. Let us keep shouting this loud and daily. I am who I am because of a strong mother, a strong sister, a strong wife and strong daughters.

*"Here's to Strong Women: May We Know Them. May We Be Them. May We Raise Them."*

Happy International Women's Day 2023,  
Rob Ford



# SCHOOL INFORMATION

## School Improvement Priorities Headlines 2022-23:

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuOK3znedxCuifXHrIk9oOtg6dNbFaY/edit?usp=sharing>

**Vision and Aims:**

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

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

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

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

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

**Heritage International School**  
**School Improvement Plan**  
 2022-2023



**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?

Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2022-23

**1 Leadership, Organisation & Governance**

**2 Quality of Teaching, Learning, Assessment and curriculum**

**3 Personal Development, Growth, Nurture, Wellbeing, effective & challenging learning environment**

**4 Successful Outcomes for Students as active citizens, fulfilled, balanced life long learners**

**What does success look like for us**

**Living our Values**

**Concentrate & Consolidate Core**

**Our strategy matches our organisation**

**Making Moments**

**Building & sustaining legacy for the future**

**Qualifications & Skills through holistic, challenging & rigorous education**

A World Class School that is outward facing

Supporting & sharing innovation with our national education community

Developing future leaders & global citizens

Our communities working with us for all students

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

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

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

Our organisation is held against the highest standards of a World Class school delivering international education

Our duty of care is for a safe, happy and caring environment for all students

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

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

Our education is about substance not gimmicks

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

Our international partnerships and accreditation such as Cambridge, COBIS, the international community, as well as local such as UTM, define us and help us grow further

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

A focus on celebrating key moments in education & school life

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

To continue our success in bringing the World into classrooms daily

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

Our new Lyceum is built this year as we grow as a World Class school

To put sustainability solutions at the heart of our organisation

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

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



**You can do better!**

Speak a foreign language (or advance) in **2 months!**

**Mindful March 2023**

**MONDAY**



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today  
[dayofhappiness.net](http://dayofhappiness.net)

27 Appreciate nature around you, wherever you are

**TUESDAY**



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

**WEDNESDAY**

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

**THURSDAY**

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

**FRIDAY**

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

**SATURDAY**

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

**SUNDAY**

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

**School Fee  
Reminder**

Kind reminder that timely submissions of School fees is mandatory



## UPCOMING EVENTS

**Photo-Essay Contest** 

*American and Moldovan*  
**REMARKABLE WOMEN**  
 Deadline: March 25



MINISTERUL CULTURII AL REPUBLICII MOLDOVA  BIBLIOTECA NAȚIONALĂ A REPUBLICII MOLDOVA

2 - 24 MARTIE 2023

**EXPOZIȚIE TEMATICĂ**  
**"NISTRU CURGE AMINTIRILE RĂMÂN"**

BLOCUL 1, SPAȚIU EXPOZIȚIONAL ETAJUL 2  
 STR. 31 AUGUST 1989, NR. 78A



## UPCOMING EVENTS

*20th March 2023*

*20-24th March 2023*

*27-31st March 2023*

*24th March 2023*

*20th-24th March 2023*

*27th March-1st April 2023*

*22nd April 2023*

*International Day of Happiness*

*Lower Secondary Mock exams*

*Primary Mock exams*

*"ENGLISH WITHOUT BORDERS"*

*the International HIPPO Olympiad*

*Global Money Week*

*Science Week*

*Earth Day*

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

## MAIN CONTACTS

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Hybrid Learning Coordinator: [tatiana.popa@heritage.md](mailto:tatiana.popa@heritage.md)

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Catering services: [meals@heritage.md](mailto:meals@heritage.md)

Admission: [admission@heritage.md](mailto:admission@heritage.md)

Exam officer: [shabbir.anjum@heritage.md](mailto:shabbir.anjum@heritage.md)

Pastoral Care: [larisa.mirza@heritage.md](mailto:larisa.mirza@heritage.md)

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National Secondary Coordinator: [livia.state@heritage.md](mailto:livia.state@heritage.md)

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