HERITAGE
International School

March 21, 2025

THE INTERNATIONAL
HERITAGE HERALD

THOUGHT FOR THE WEEK

"It is spring again. The earth is like a child that knows poems by heart."

Rainer Maria Rilke

WHAT'S NEW?

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Director's notes

It has been wonderful to welcome our students after the spring break, they came back full of energy and enthusiasm.It was much needed, especially for our IGCSE students who dived into their Mock exam session and Checkpoint classes joining Mock exams a week later. Sitting a practice exam is imperative for students, as they become familiar with the exam format, question types, and overall structure. This familiarity significantly boosts students' confidence and minimizes exam anxiety, the students and teachers can identify weak areas and mock exams tell the students if they are on the right track, letting students know what they might need to review or focus on. The upcoming 2 weeks will bring AS and A-Level Mock exams, these cohorts are exam-trained and success-oriented, and they understand the value of exam practice.

Our As and A- Level students had Career Skills Day, a fantastic event organised to support their career orientation, they learned how to produce an efficient CV and to have successful interviews and met outstanding professionals sharing their career paths and precious personal experiences. Our guests were impressed by the Heritage students, their maturity, broad-mindedness, and their engagement.Many thanks to our guest speakers for their time and dedication to make this event impactful!

Primary and Lower Secondary students also had valuable experience, they took part in The CENTURY + COBIS Learning Legends Competition, an exciting competition that focused on English, Maths, and Science, their hard work ranked the school among the top ten schools out of 53 international schools and provided useful revision skills.

The Heritage basketball team impresses us again and again, with their strong spirit, teamwork, and new victories. The match on March 20th ended with a 54-50 victory! Congratulations! Huge thanks to Coach Andrei, and the PE Department! Go Heritage!

We are looking forward to the World Scholar's Cup Moldova Round next weekend, this event is hosted by Heritage and the students have the opportunity to join the WSC prep sessions. Parents are invited to join the Opening and Closing ceremonies, the students will be involved in Team Debates, Creative Writing, the Scholars' Bowl, and the Scholars Challenge. About 150 of Heritage students will have two days of fun learning experience and collaboration, challenges and learning otherwise among their peers from the whole country.

We invite all families to engage in school activities! Whether it's joining a performance, lending a hand, or backing your child's endeavors, your participation contributes to a lively and flourishing school community. Your support and participation make all the difference in creating a positive and enriching experience for our students. We look forward to seeing you at our school upcoming events!

The Future starts here.

Inga Chiosa
Acting Director

Heritage in the Wider World

Our Deputy Head of Lyceum and Head of Humanities, Mr Andy Goga, was part of the ISN roundtable last week. In that discussion, they explored how emerging leaders develop essential leadership skills, tackle systemic challenges, and leverage professional relationships.

Key themes:

- *The key skills and competencies that are most critical for advancement into leadership roles in international education.*
- *The unique challenges faced by early-career leaders in the international education sector, how developing leadership skills and coaching helps address these challenges.*
- *External influences that can support personal development as an early-career leader.*
- *The importance of evaluating the demands and requirements of a leadership position, recognising when to take on a position or even step back.*
- *Significant learning experiences and challenges in early career leadership - the lessons learned and implemented.*
- *Strategies used to build trust and credibility within a team or with peers as a new leader.*

Watch the entire recording here:
WATCH: Stepping into Leadership: The Role of Coaching and developing leadership skills for Emerging International Education Leaders - ISN

Heritage in the Wider World

Tatiana Popa, Head of Secondary and Deputy Academic Director at Heritage, has received a scholarship to attend the "Nobel Prize Teacher Summit 2025" in Stockholm, Sweden! This prestigious scholarship is awarded to 20 international teachers selected by the Swedish Institute in collaboration with the Nobel Prize Organization, representing the recognition of excellence in education and the opportunity to learn from the best mentors. This year's event will have as its main theme "The Future of Democracy", and for four days, Ms. Popa will represent our school, where she will explore new perspectives in the field of education.

View all materials at the link: *link*

Articles/Stories of Interest:

1

Empathy - the wonder drug for thriving.

link

2

When Should Your Kid Have Their Phone?

link

3

Fashion for the Earth

link

4

7 Sustainable Ways You Can Fight Fast Fashion at Home

link

5

What's Up: March 2025 Skywatching Tips from NASA

link

6

Making Financial Literacy Fun:

link

7

Teaching Kids About Money in 2025

link

8

Nowruz- an ancient festival and celebration of springtime

link

9

Moldovan National Youth Orchestra: Rock Symphony

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.*

A Trip into the World of Finance: 6E's Visit to the National Bank of Moldova

A highlight of International Financial Education Week was today's field trip to the National Bank of Moldova, where our 6E students got an exclusive look into finance.

Students learnt about the history and security aspects of Moldovan banknotes, as well as the importance of commemorative coins honouring national leaders like ŭtefan cel Mare and Grigore Vieru.

Beyond numbers and currencies, this tour was an important step towards building critical financial literacy skills, allowing young minds to navigate the world of money with confidence and curiosity!

View all materials at the link: *link*

Class 2A Students Lead the Way in Recycle Week with Plastic Cap Collection

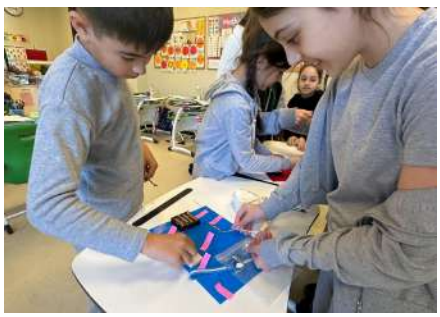
In celebration of Recycle Week, the enthusiastic students of Class 2A took part in a meaningful environmental initiative. They collected plastic caps throughout the week and proudly deposited them in the Recycline.md collection box, contributing to a sustainable cause and raising awareness about recycling efforts in the school community.

Students Learn Road Safety at INSP Prevention Section

Road safety education begins early at our school, and we ensure our students regularly participate in interactive sessions at the National Security Inspectorate (INSP). Recently, 80 children visited the INSP Prevention Section, where they learned how to identify and avoid dangerous traffic situations and the consequences of unsafe behavior. This experience helps foster responsible habits, making students more aware and cautious in their daily activities.

Class 2A Sparks Curiosity in Science Lesson on Electricity

Today, Class 2A had an exciting and interactive science lesson with Mrs. Elena, diving into the wonders of electricity! The students explored the properties of different materials by conducting hands-on experiments to identify conductors and insulators. With great enthusiasm, they tested various objects, made predictions, and learned about the real-life applications of electrical conductivity. It was a thrilling experience that sparked their curiosity about science!



Class 2A Celebrates 6 Weeks of Reading "10 Days Without Screens"

Over the past six weeks, Class 2A students embarked on an enriching journey with the book 10 Days Without Screens by Sophie Rigal. Through reading, exploring, and lively discussions, they gained valuable insights on learning, facing challenges, and building confidence. At the end of the adventure, each student received a diploma, but the true reward was the knowledge they gained from the story. As a new reading adventure begins on Monday, the students continue their journey to make the world a better place, one book at a time!

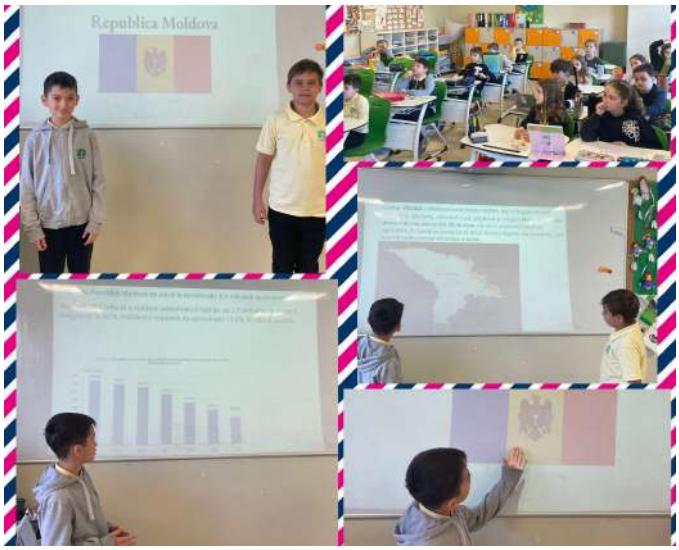
Spring Fest 2A

4B - My Family – My Treasure

In today's Spiritual and Moral Education lesson, Class 2A dove deep into the theme of family values as part of the "Me in the Family" module. The students discussed how family is a cherished source of support, love, and confidence. Together, they created a heartfelt project, sharing the importance of family in their lives, and engaged in tasks that highlighted its vital role. The lesson was warm and insightful, with the students actively sharing their personal thoughts and reflections.

View all materials at the link: *link*

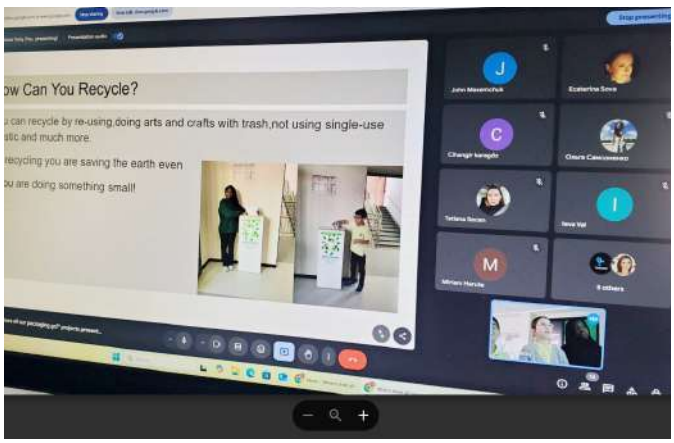
Moldova's place on the map of the world -3 A science project



March 22 - World Water Day

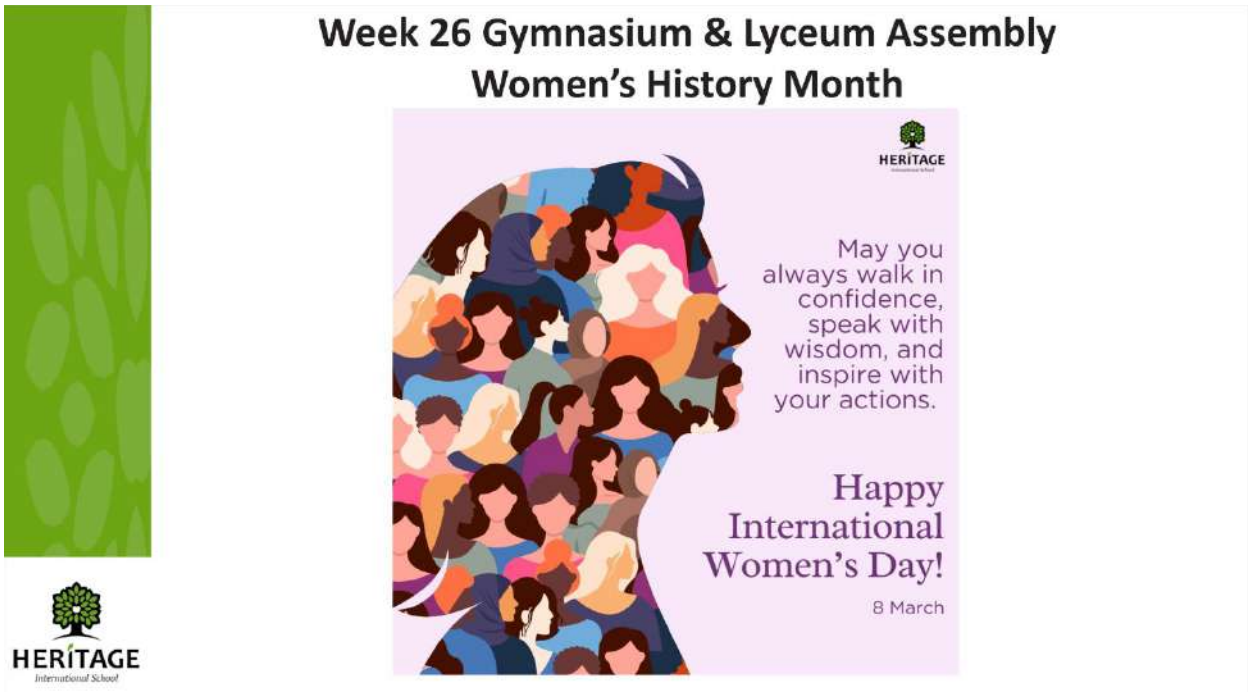
News from Primary

Class 5E worked together in teams to research the impact of unrecycled packaging and the importance of individual contributions to environmental preservation. Their dedication and hard work paid off in their impressive presentations to their parents, where they showcased their findings and passion for protecting the environment. It was a meaningful and impactful experience that highlighted the power of teamwork and the importance of taking responsibility for our planet.

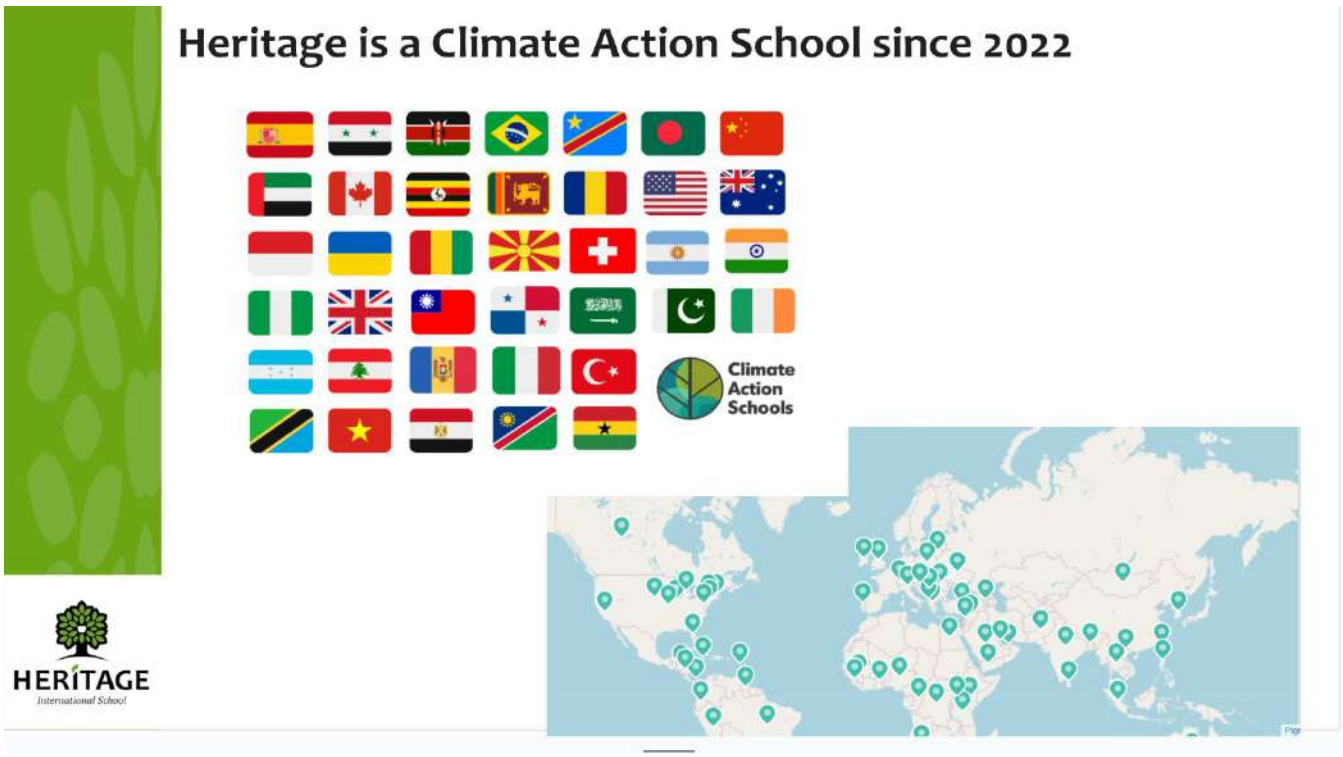


News from Secondary

Week 25 Gymnasium & Lyceum assembly - Women's History Month

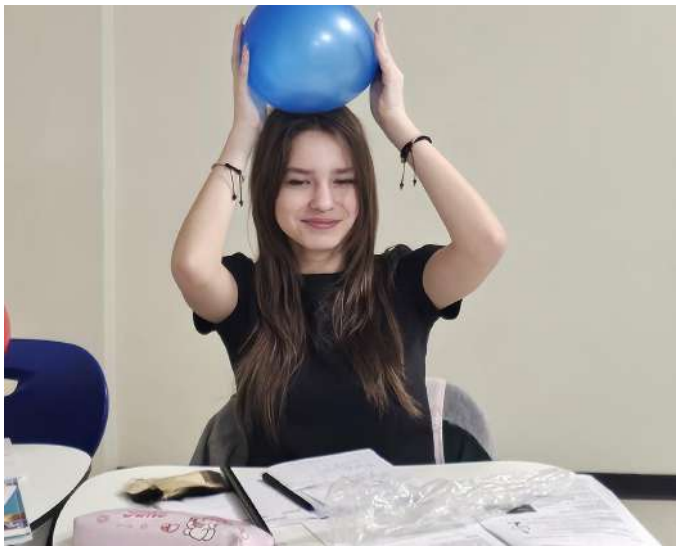


Week 26 Gymnasium & Lyceum assembly - Sustainability initiatives at Heritage



Body Electricity

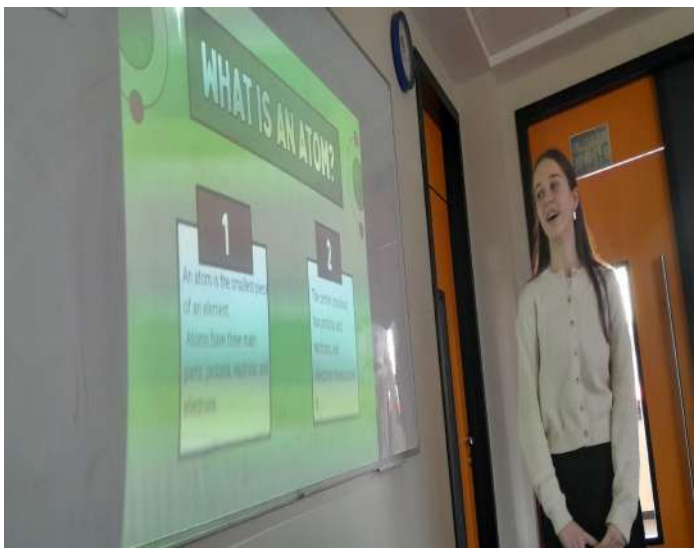
By using a practical and captivating method, our students explored the laws of physics through the "body electrification" exercise, carried out during Physics class, under the guidance of their teacher Nadejda Stăvila.



View all materials at the link: *Link*

8E2 Delivers Impressive Science Project Presentations

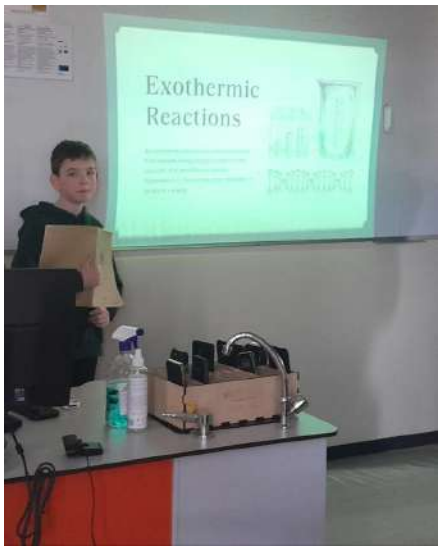
Class 8E2 showcased their scientific curiosity and teamwork in a series of impressive project presentations. The students explored various scientific concepts, conducting research and experiments to present their findings with confidence. Their hard work and dedication were evident as they shared their discoveries, making it a truly engaging and educational experience for everyone involved.

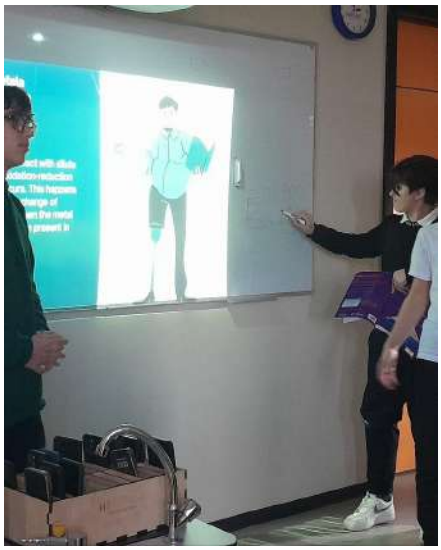


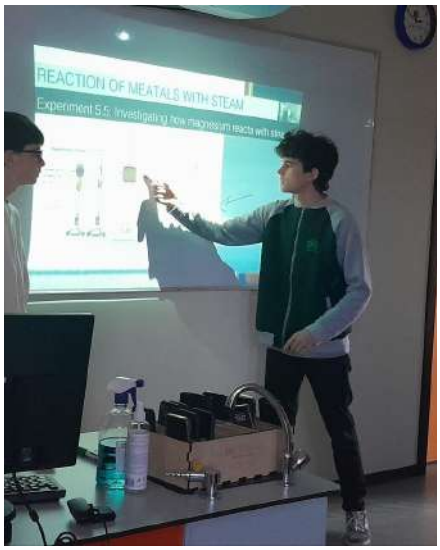
View all materials at the link: *link*

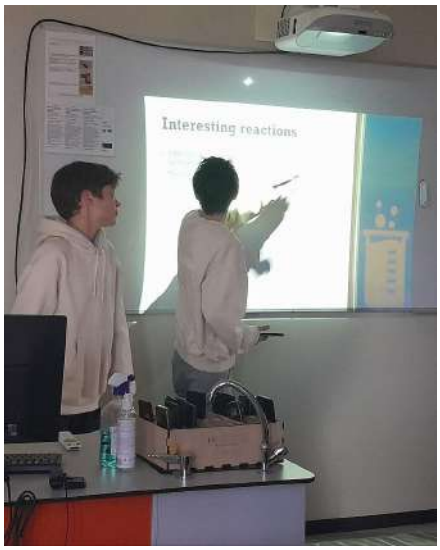
8E1 Delivers Engaging Science Project Presentations

Class 8E1 showcased their creativity and scientific knowledge in a series of impressive science project presentations. The students explored various scientific concepts and presented their findings with enthusiasm, demonstrating both their research skills and teamwork. It was an exciting and educational experience for everyone, highlighting the hard work and dedication of the students in bringing their projects to life!



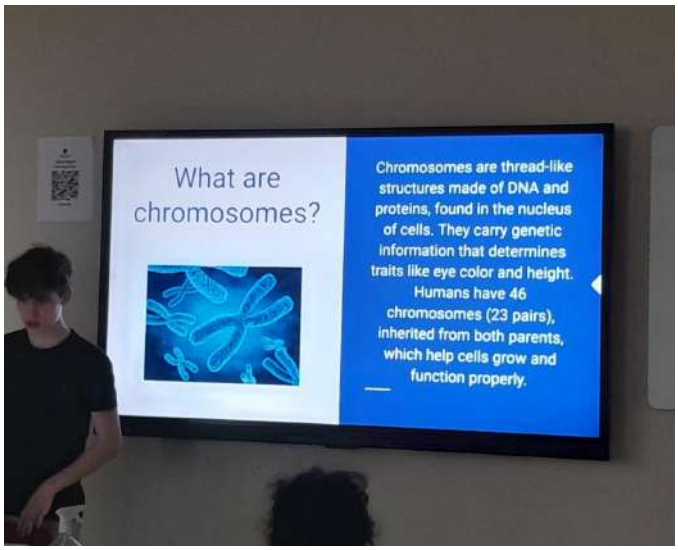


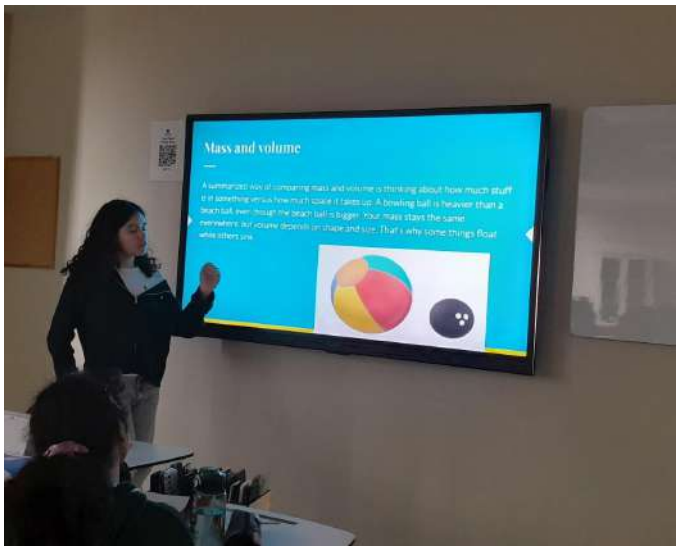


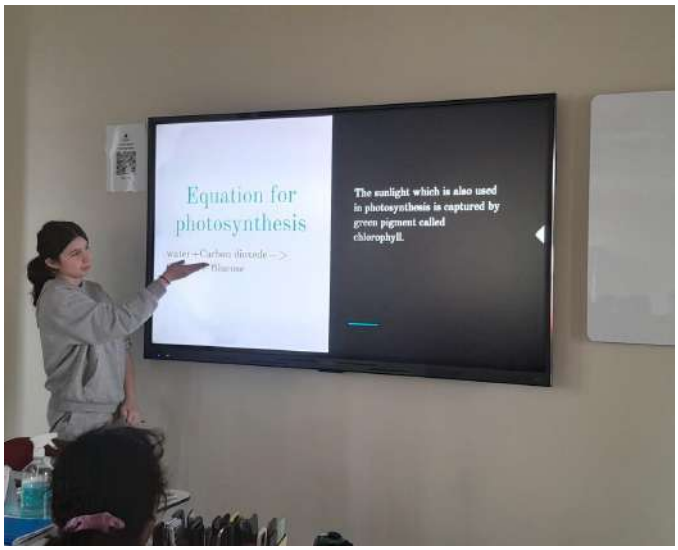


9E project presentation

Class 9E impressed with their innovative project presentations, where students showcased their research and creative ideas. Each group presented their findings with confidence, highlighting the depth of their work and their collaborative efforts. The presentations were a great display of the students' dedication and passion for learning, making it an inspiring and educational experience for all.



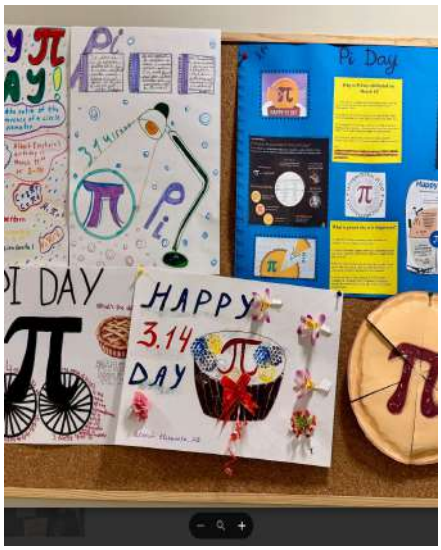


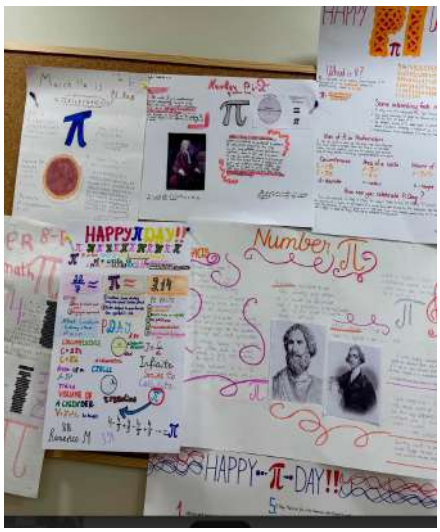


View all materials at the link: *link*

Celebrating Pi Day with Grades 6 A, 7A/B, and 8A/B!

Students in grades 6, 7, and 8 celebrated Pi Day with creativity and enthusiasm! Each student crafted a poster showcasing interesting facts about Pi (π), and in true Pi Day fashion, they were rewarded with a slice of pie and a well-earned grade. The playful connection between the pronunciation of "Pi" and "Pie" added to the fun, inspiring students to get creative with their designs. The students enjoyed researching and learning more about Pi, making it both an educational and enjoyable experience for all!



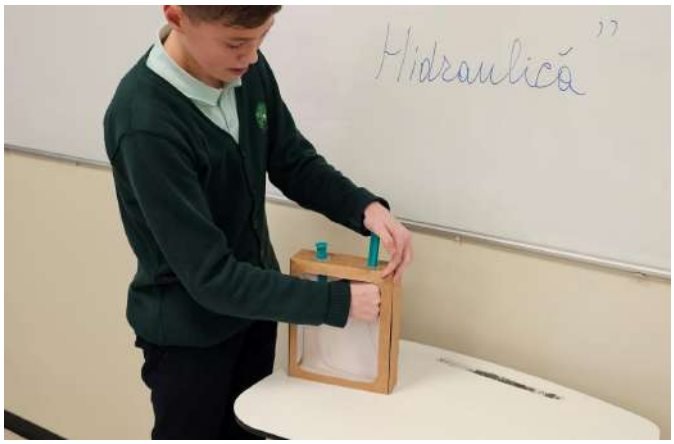


View all materials at the link: *link*

Cambridge Science Comes to Life with Clay

In a creative twist on Cambridge Science, students used clay to model and explore scientific concepts. This hands-on approach allowed them to transform abstract ideas into tangible creations, enhancing their understanding through art and teamwork. The session was both fun and educational, sparking curiosity and making science come to life in a new and exciting way!

7-A Students Explore Hydraulic Power

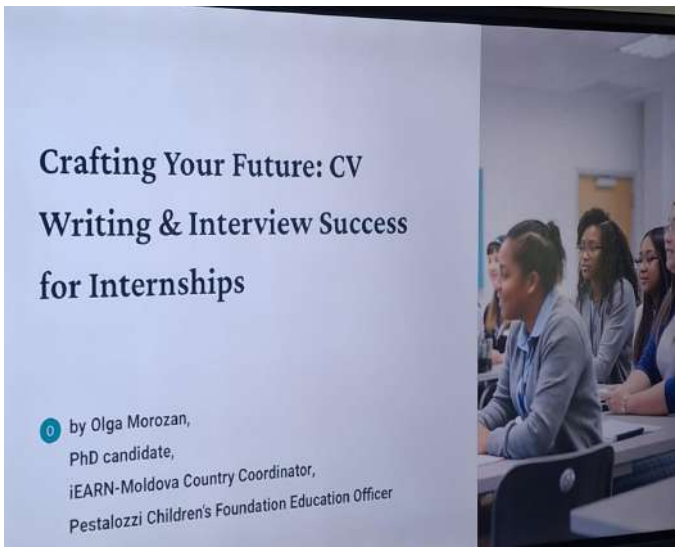


View all materials at the link: *link*

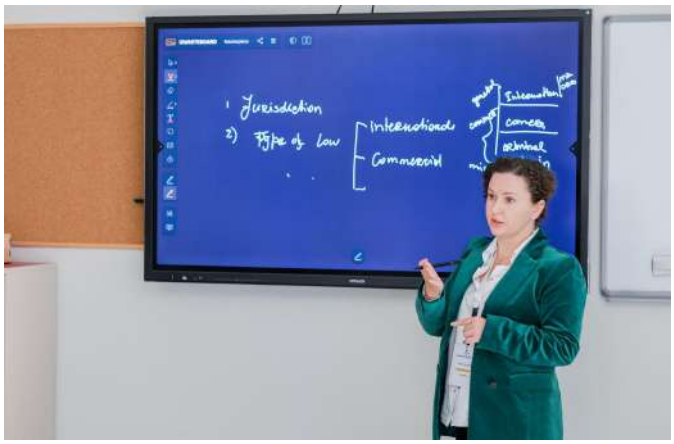
March Mock Exams

Career Skills Day: Day 1

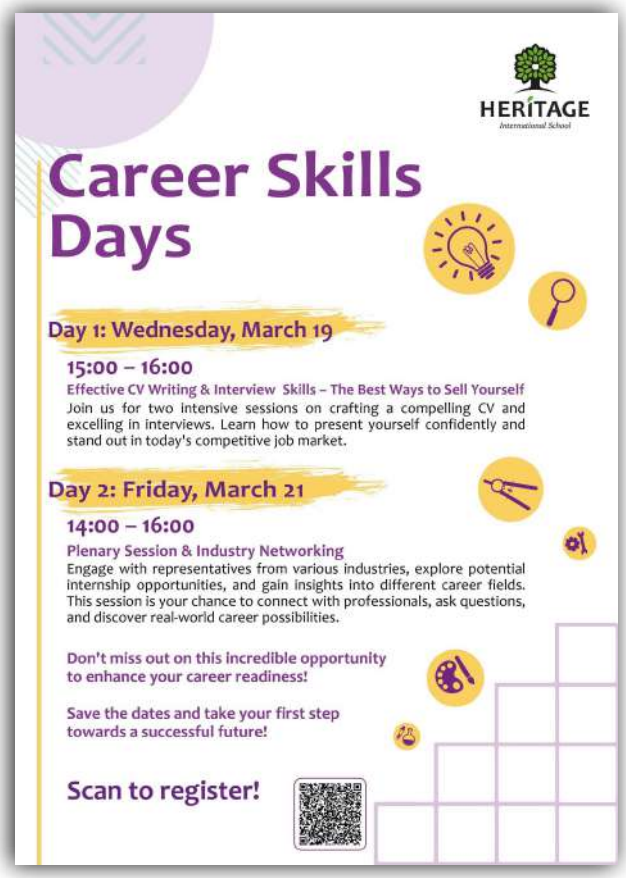
Mrs Olga Morozan for our lyceum students learning how to produce an efficient CV and to have successful interviews



Career Skills Day in Lyceum



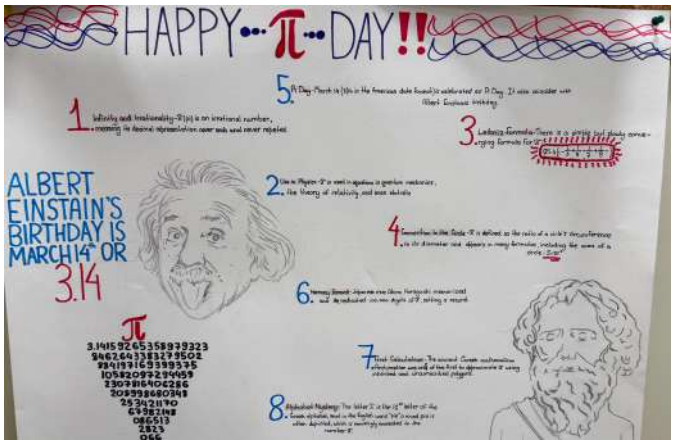
Career Skills Day in Lyceum



Secondary Students Unleash Creativity in Designer Class with Fashion Design

In the Designer class, secondary students explored the world of fashion design, where they had the chance to create and experiment with their own clothing designs. From sketching ideas to understanding fabric and construction, the class offered a hands-on approach to learning the art of fashion. Students expressed their creativity while developing key skills in design, making it an inspiring and educational experience for all involved.

Pi Day-Celebrate Mathematics



View all materials at the link: [Pi Day]

access

Support your child on the path to success

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

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

> The correlation between success and failure was made almost 100% clear with the use of GCSEPod.
>
> Head of MFL at Yateley School

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

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

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

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

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

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

Student Activation

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

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

www.gcsepod.com

Cambridge International Qualifications

Facts and figures About Cambridge International Qualifications:

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

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

Programmes and qualifications offer at Cambridge International:

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

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

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

link

Cambridge Mock Exams & Checkpoints

Exam Timetable of Cambridge International Primary Checkpoint : 6E

Tests Series: May 2025

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

Exam Timetable
Cambridge International Lower Secondary Checkpoint - 9E

Tests Series: May 2025

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

Cambridge Mock Exams & Checkpoints

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

Tests Series: May 2025

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

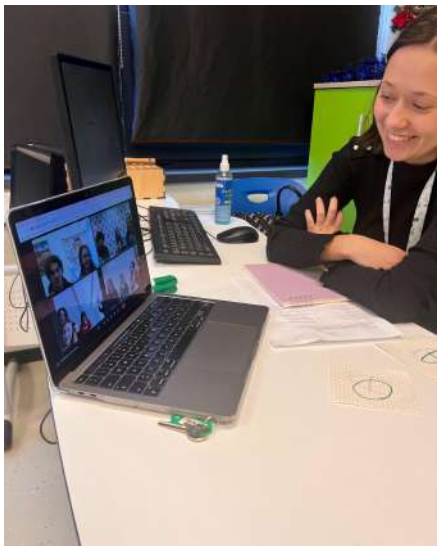
For further information about Cambridge International Programmes and Qualifications, please visit the website

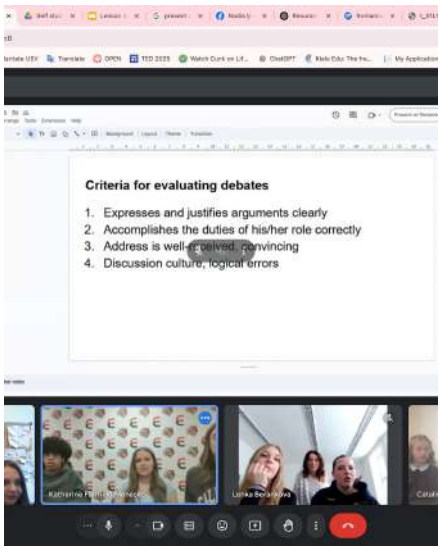
link

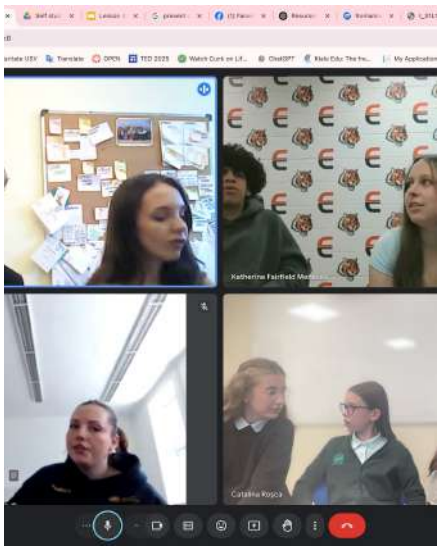
Exam Timetable
Cambridge International IGCSE, AS and A Level
June 2025 series

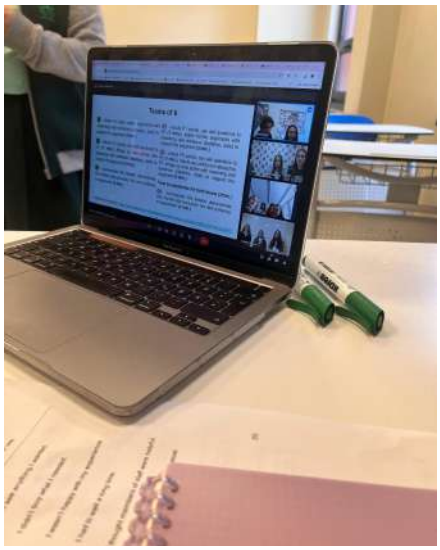
Heritage Students Shine in International Friendly Debate Championship

Students from Heritage International School recently participated in a friendly debate championship with schools from the Czech Republic, Georgia, and the United States. The event allowed young debaters to engage in meaningful discussions, exchange perspectives, and refine their argumentation skills. Our students emerged victorious in their debate against the Georgian school, showcasing their ability to craft strong arguments and work effectively as a team. The championship also fostered a spirit of camaraderie and global collaboration, promoting open-mindedness and respect.









View all materials at the link: *link*

World Scholar's Cup prep sessions

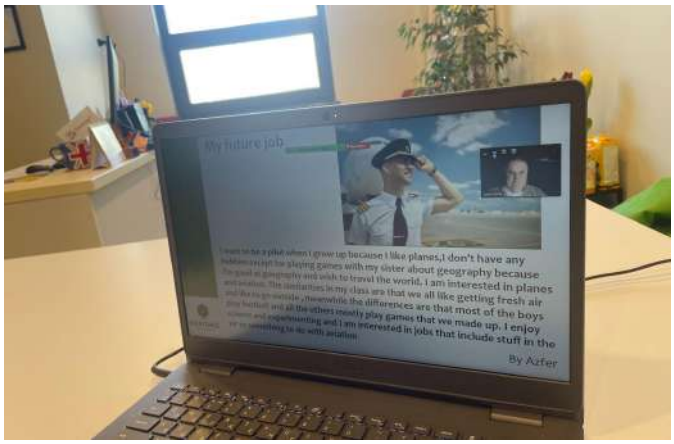
Students in Primary and Secondary are attending the prep sessions in order to get ready for this year's regional round of World Scholar's Cup, taking place at Heritage on March 29-30.
Good luck to all our participants!

If there are parents who would like to volunteer on those dates while their child is involved in the competition, please contact us at info@heritage.md .

Student leadership

A group of students participated in the GSA Student Council meeting on March 12 (primary) and on March 19 (secondary).

Students discussed and presented what their dreams for future jobs were.



6E students initiative: from the lesson to school plastic recycling project

Student leadership

The CENTURY + COBIS Learning Legends Competition is an exciting competition that focused on English, Maths, and Science. Competing schools gained full access to CENTURY's award-winning platform, including thousands of engaging English, Maths, and Science courses. Students simply needed to answer questions correctly on the platform to earn points for their school. The more they learned, the higher the school climbed up the leaderboard! Individual students who demonstrated exceptional effort and progress throughout the competition will also be rewarded.

We are so proud of Heritage participation results :
Day 2:the 21st place out of 40 schools
Day 8:14th place out of 48 International schools.
Day 9:12h place out of 50 International schools
Day 10:the 10th place out of 53 International schools!

Congratulations to all the students who participated in Learning Legends Competition, had valuable learning experience and contributed to ranking in top ten schools!!

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

An Intense Showdown at Heritage!

An intense showdown at Heritage! Our team faced off against Dacia School in an electrifying match on March 20th at 16:00 and we came up on top with a 54-50 victory!

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10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

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

1 REDUCE DOOMSCROLLING

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

2 TALK ABOUT THE CONTENT

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

3 FIND POSITIVE ASPECTS

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

4 REDUCE SCREENTIME

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

5 FILL THE VOID

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

6 REDUCE NOTIFICATIONS

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

7 LIVE IN THE REAL WORLD

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

8 DIGITAL DETOX

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

9 MODEL GOOD BEHAVIOUR

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

10 BE CLEAR ON THE "WHY"

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

Meet Our Expert

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

#WakeUpWednesday®

The National College®

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

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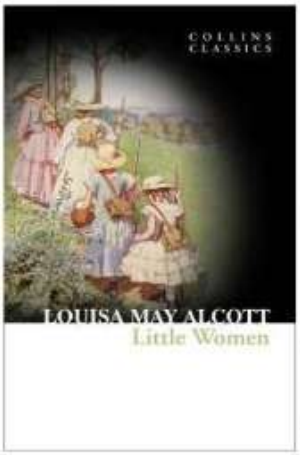
BOOKS RECOMMENDATION

BROTHERS GRIMM
Grimms Fairy Tales
A heartwarming tale of love, sisterhood, and hardship during the New England Civil War. Alcott beautifully interweaves bad times and good as her characters struggle with the trials and tribulations of growing up and their relationships with one another.

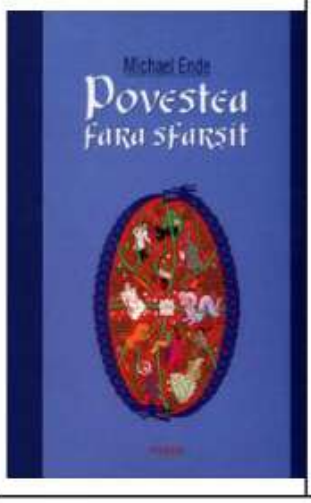


MIRCEA ELIADE
Nuntă în cer
Romanul prinde în paginile sale destinul frământat a două cupluri marcate de o iubire stranie și neliniștitoare. Portretul eroinei Ileana este realizat din linii de o mare puritate, este unul dintre cele mai tulburătoare portrete feminine din proza romanescă, unul dintre acele chipuri ce-l urmaresc pe cititor multă vreme după ce a inchis cartea.

МАКСИМ ГОРЬКИЙ
Рассказы для детей
М. Горький называл детскую литературу «великой державой» и призывал любить книгу, ведь именно она научит уважать человека и самих себя. В своих произведениях нашли отражение житейский опыт, вся несправедливость и возмущение, которые накопились за годы его страданий.

DAVID ALMOND
The Boy Who Climbed Into The Moon
A magnificent story of foolish notions and dizzying courage. Kids will love the quirky characters like Clarence, a poodle who thinks he can fly, but the weirdest idea of all is Paul, who thinks the moon is not the moon but a great hole in the sky.

MICHAEL ENDE
Povestea fără sfârșit
Ceea ce individualizează această carte-în-carte este că, la mijlocul ei, Bastian devine protagonistul poveștii pe care o citeste… Cartea prinde viață când Bastian intră în poveste, exploatând ingenios relația dintre imaginație și realitate." /Alexander Stille/

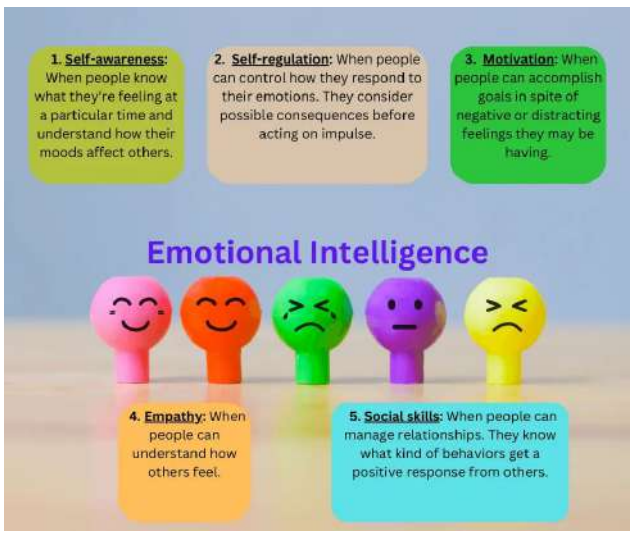


АЛЕКСАНДР ГРИН
Алые паруса
Романтическая история о девушке Ассоль - дочери моряка, преданного своей мечте. О торжестве победы над обывательским неверием в ее силу, в чудеса, в сказку.
Здесь торжествует любовь или прекрасная мечта о ней, которая вдохновляет человека на подвиг и творчество.

Emotional Intelligence

*Emotional intelligence **(EI)** is an important part of a child's growth because it helps them make friends, deal with their feelings, and feel comfortable in social situations. As a parent, your help is very important in learning this important skill. Here are some useful ways to help your child grow emotionally:*

*1. **Let Your Child Feel Safe Enough to Express Their Feelings by Making It Easy For Them To Do So**. Help children identify their feelings by using language like "**You seem upset**" or "**Are you feeling excited**?"*
*2. **Be an emotional role model**: Show your child how to handle their feelings healthily by doing things like taking deep breaths when you're feeling stressed or talking about your feelings in a thoughtful way. Use good examples from your day to show how you deal with problems.*
*3. **Cultivate empathy**: Tell your child to think about how other people might feel in different conditions. Ask questions such as, "How do you think your friend felt when that happened?" Help your child find healthy ways to deal with challenges or failures by solving them together. Come up with ideas and talk about what will happen if you make different decisions.*
*5. **Notice and Celebrate Emotional Growth**: When your child shows kindness, self-control, or good conversation, let them know you noticed.*
Self-esteem and progress are boosted by praise.
*6. **Offer Books and Activities on Emotional Intelligence:** Reading tales about emotions and relationships may spark interesting conversations.*
Practicing emotional skills via role-playing situations is another option for young people.



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What Parents & Educators Need to Know about SNAPCHAT

SNAP STREAK 97 DAYS

AGE RESTRICTION 13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up, if they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: https://nationalcollege.com/guides/snapchat-2021

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10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

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

1 NAME THE EMOTION

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

2 MODEL EMOTIONAL EXPRESSION

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

3 MINDFULNESS ACTIVITIES

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

4 USE STORYTELLING

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

5 PRACTISE EMPATHY

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

6 ENCOURAGE JOURNALING

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

7 TEACH PROBLEM-SOLVING

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

8 CREATE A SAFE SPACE

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

9 USE VISUAL AIDS

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

10 CELEBRATE EMOTIONAL GROWTH

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

Meet Our Expert

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

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School Improvement Priorities Headlines 2024-25

Vision and Aims:

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

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

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

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

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

Heritage International School
School Improvement Plan
2024-2025

HERITAGE

Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2024-25

Key framing Questions for all staff

How do we measure our key outcomes?
Is safeguarding & Child Protection effective?
Are we preparing our young people for the challenges they face in a global society?
Are compelling learning and innovative opportunities at the heart of our education?
How are we responding to global challenges to ensure trust, confidence and responsiveness which allows quality meaningful education to continue?
How are we growing a responsive, sustainable and professional organisation?
How are we communicating effectively?
How are we supporting the development of wider education in Moldova, Europe & Globally?
What value do our partnerships & network bring?
Do we challenge ourselves enough? Who challenges us?
Do we know what outstanding international education looks like? Are all our people for "Heritage"? How do we grow them?

1 Leadership, Organisation & Governance

2 Quality of Teaching, Learning, Assessment and curriculum

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

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

Academic Quality & Standards

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

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

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

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

Professional Quality & Standards

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

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

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

To have an organisation that wants ideas and individuals.

An effective quality assurance system.

Organisational Quality & Standards

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

Our communities working with us for all students

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

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

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

Providing Certainty in Uncertain Times

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

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

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

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

A Values led Education for all

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

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

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

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

Shaping our Future; H@10

Our education is about substance not gimmicks

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

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

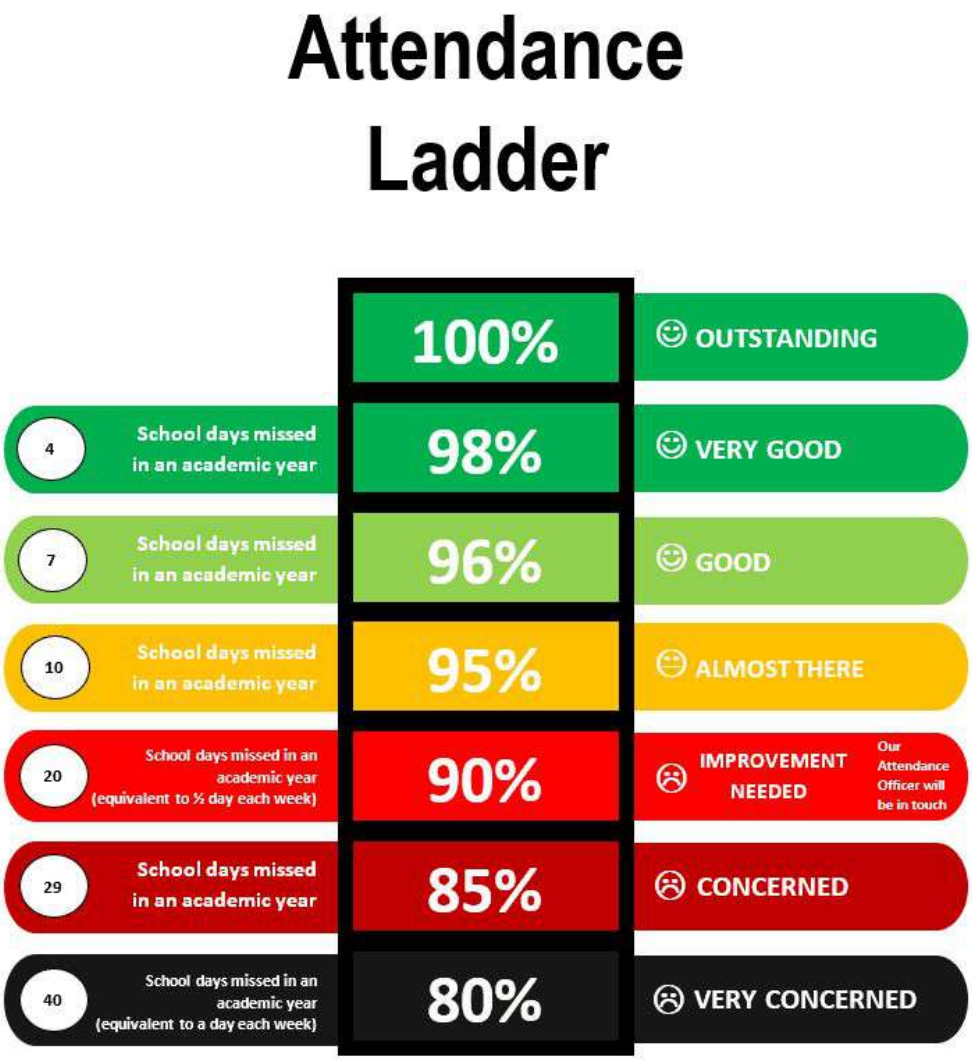
We embrace these aspects as part of our mission to prepare for the future

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

School Improvement Priorities Headlines 2024-25:

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

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



Uniform Reminder

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

Read more details in the [School Uniform Policy]

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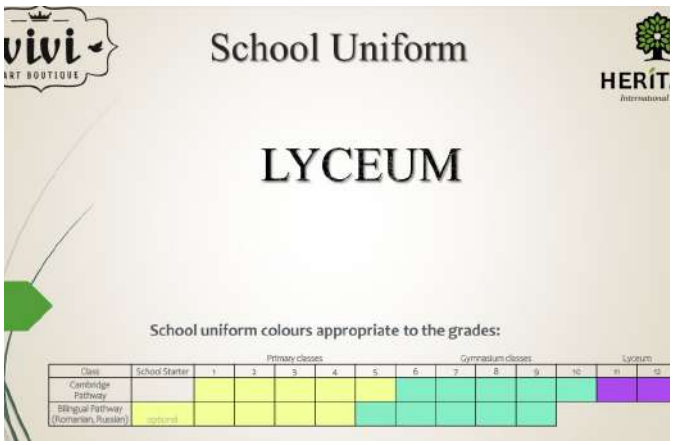

Read more details in the [School Uniform Policy]

Lost and Found Reminder

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

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

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

Chisinau Round 2025

HOSTED BY HERITAGE INTERNATIONAL SCHOOL

March 29-30, 2025

WSC Competition Info

Heritage students/teams will be added to the school registration roster based on confirmation from parents (contact your homeroom teacher)

WE WILL GIVE YOU ALPACAS.

MARCH 29-30 *at* HERITAGE INTERNATIONAL SCHOOL

THE 2025 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.

WORLD SCHOLAR'S CUP
TOURNAMENT OF CHAMPIONS

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**

HERITAGE
HERITAGE FILM FESTIVAL
Unique challenge aimed at empowering & inspiring film makers
March 17-April 4, 2025
Create your script, make a short video using any technique , including AI and send it to
info@heritage.md
with the subject "Film festival"
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School Information

HERITAGE

International School

Contest details

Students should choose one or several of the following topics on which to focus the theme of the film.

Climate
Energy
Food
Transportation
Waste
Water
Wildlife and Ecosystems

Film length: no shorter than 3 minutes and no longer than 8 minutes, minimum length for animated submissions is 45 seconds

Films can show a problem and present a solution or motivate viewers towards awareness or behavior change for one of the seven topics. I

Winners in each category will receive the following prizes:
Screening of their film, at a special event

All winning films will l be selected for the International Young Filmmakers Contest and One Earth Film Festival

SCAN ME

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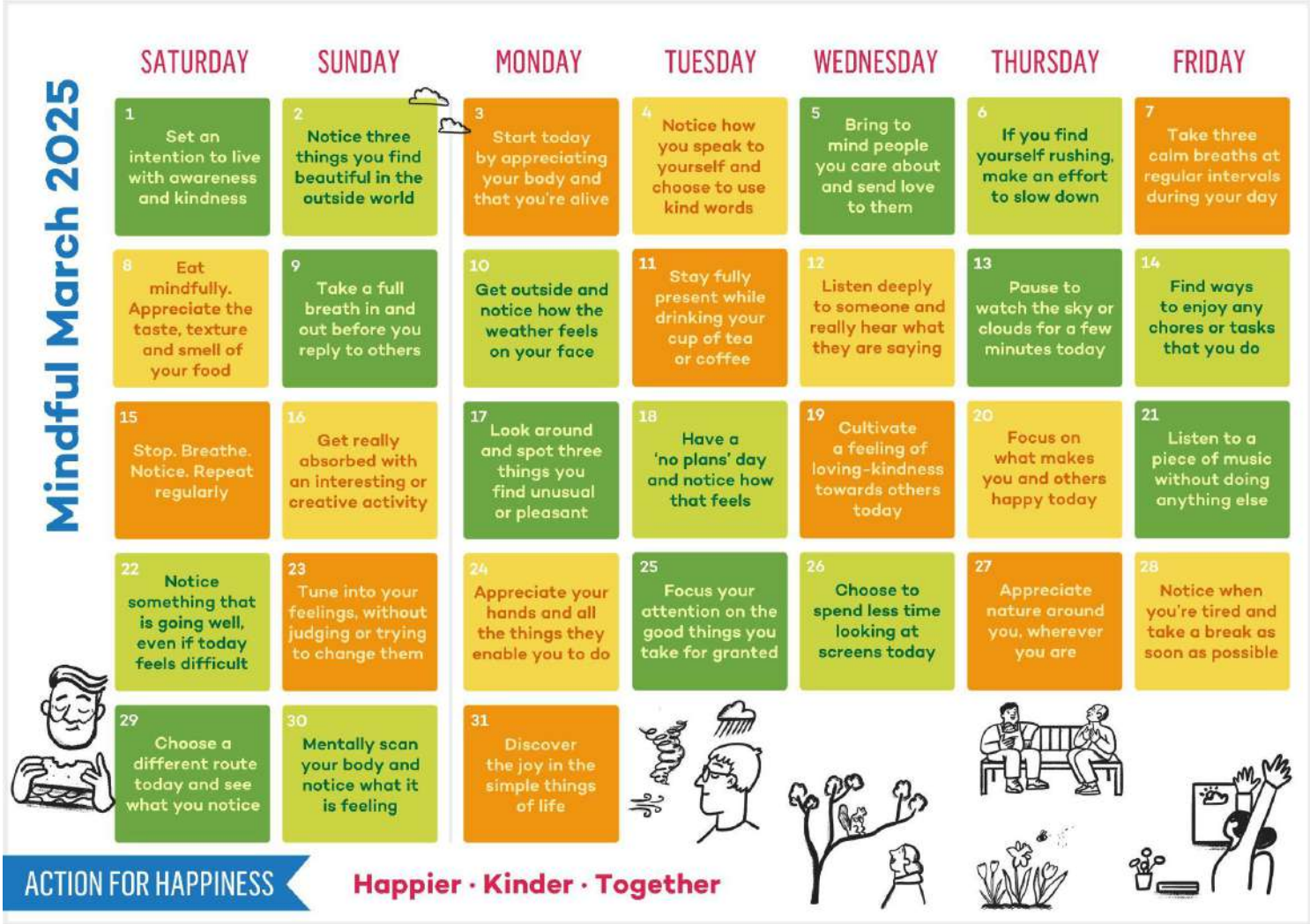
Action for Happiness Calendar



Key Dates

21st March 2025	World Storytelling Day, World Poetry Day
22nd March 2025	World Water Day
23rd March 2025	World Maths Day
26th March 2025	Enterprise Day
29-30 March 2025	World Scholar's Cup
7-11 April 2025	Science Week

See the Academic Calendar here

30 DAYS OF FAMILIES LEARNING Together

CREATED BY ncfl National Center for Families Learning

DAY 1
Check Out Your Library

Libraries offer valuable information and exciting adventures. Visit your local library as a family and ask for a tour to discover its depth of offerings, and then take advantage of your library card and weekend with free books, music, and movies!

CLICK HERE FOR MORE

DAY 2
Bring a Book to Life

Draw pictures of your children's favorite book characters and cut them out to make puppets. Use the puppets to act out a scene together. Bringing the narrative to life through dramatic play or retelling the story helps children to better understand character development and the storytelling process.

CLICK HERE FOR MORE

DAY 3
Share Your Sunday Morning Memories

Storytelling is a great way to promote literacy and build familiar bonds. Share with your children what Sunday morning was like when you were their age. What traditions did you and your family uphold? Ask your child to retell your family memories in his or her own words.

CLICK HERE FOR MORE

DAY 4
Kid-Friendly Kitchen Restaurant

Create an imaginary restaurant with your child. Create a menu together, assign roles (host, server, chef), and discuss whom you would invite as your "customers." You could even take a trip to the grocery store to find your recipes' ingredients. This is a great activity to explain why you would make certain choices and to use lots of details when describing menu items.

CLICK HERE FOR MORE

DAY 5
Build a Word Jar

Flipping through a dictionary, write down new words and their definitions. Collect these new vocabulary words in a Word Jar. At dinner, extract new words and create sentences out loud together. If there's time, draw pictures depicting the new word to extend the learning.

CLICK HERE FOR MORE

DAY 6
Interview One Another

Take turns pretending to be a newspaper reporter or detective. Ask each other important questions of "who," "what," "when," "where," and "why." Pause after each question to allow your children time to think about the question and what they want to say. Pausing to think teaches children the give and take of conversation and the importance of taking time to understand information they are receiving.

CLICK HERE FOR MORE

30 DAYS OF FAMILIES LEARNING Together

CREATED BY ncfl National Center for Families Learning

DAY 7
Turn Friends into Pen Pals

Together, write a letter to a faraway friend or family member. Talk about what you might say or which fond memories you may share with the recipient. In addition to being a great deal of fun, writing a letter to someone faraway helps your child practice important writing and storytelling skills.

CLICK HERE FOR MORE

DAY 8
Thoughtful Television Talk

Watch a TV program together as a family. Afterwards, ask your child what part he or she liked best and why. Offer your own opinions, and talk about how sitcoms were different when you were growing up. Talking about television shows can help family members understand the experiences of others and build a stronger bond.

CLICK HERE FOR MORE

DAY 9
Sidewalk Stories with Chalk

Encourage your children to use chalk to write a poem or story about the weather or your neighborhood on the sidewalk. You could even suggest writing a poem about the sidewalk itself! Varying the writing medium will create excitement around the literacy experience.

CLICK HERE FOR MORE

DAY 10
Create Picture Stories

Take photos or draw pictures of your child doing a favorite activity. Write a story together, using the pictures as illustrations. Picture books help children develop critical thinking skills as their brains take in the picture and the text and make connections between the two.

CLICK HERE FOR MORE

DAY 11
Family Fairytale Fun

Start a story together as a family. One person starts the story and tells one to three sentences. Then the next person takes over and adds the next one to three sentences. See how everyone weaves their own interests and imagination into the plot.

CLICK HERE FOR MORE

DAY 12
Around the World

Find a newspaper article or book about someone who lives in a different part of the U.S. or world. Research and discuss as a family how that person's everyday reality may differ because of where they were born. What do they wear? What do they eat? What games do they play? Learning to understand and respect cultural differences is important in our global and ever-growing diverse world.

CLICK HERE FOR MORE

30 DAYS OF FAMILIES LEARNING Together

CREATED BY ncfl National Center for Families Learning

DAY 13
Fun with Family History

Did Grandpa fight in a World War? Was your grandma born in a different country? Write a story together about an important event in your family's history. Illustrate the story and fasten it together into a book for the family library. Knowing where you came from is important to gaining a strong sense of identity.

CLICK HERE FOR MORE

DAY 14
Listen to Your Children's Stories

Ask your child to tell you a favorite story. It can be a new story or an old one with new twists and characters. Write down what your child says. Read it back to your child. Save the story to read it again. Let your child's imagination inspire you to come up with your own adult stories to write down and later share.

CLICK HERE FOR MORE

DAY 15
Wake up, Word Up: Letter of the Day

Over breakfast, work together to choose a letter of the day. Everyone looks for objects that begin with that letter during the day. You may see this letter everywhere! Or, you may only notice it in a few places. Talk about all the things your family observed that day, and marvel at the world around you.

CLICK HERE FOR MORE

DAY 16
Gratitude Posters

Our days get busy, and sometimes we forget to say "thank you" to the people who make our lives so very special. Make a list in words and/or pictures of three great things you like about each person in your family. Hang your lists up for everyone to see (this also works great in classrooms).

CLICK HERE FOR MORE

DAY 17
Family Stretches

Unwind together as a family before bedtime, and try out a few beginner yoga poses or deep stretching. Spending time relaxing together can be just as important as staying active.

CLICK HERE FOR MORE

DAY 18
Shape Up with Dinner Geometry

Shapes are everywhere, even on your dinner plate. Look at your dinner table and name all the shapes you see as a way to practice recognizing shapes. See who can find the most!

CLICK HERE FOR MORE

30 DAYS OF FAMILIES LEARNING Together

CREATED BY ncfl National Center for Families Learning

DAY 19
Who's Important To You?

Tell or write a story about an adult who is or was important in your life. Ask your child to do the same. Share your stories out loud, and see if you can think of all the important people who make up your life.

CLICK HERE FOR MORE

DAY 20
Tasty Togetherness

Take your taste buds on an adventure and try different foods from all over the world. Keep a journal of what you're trying. Note how the food tastes (salty, sweet, sour, etc.). What did you like about it? Did it remind you of another food? How would you describe it to your friends? Learning to eat different foods is not only healthy, but can be fun for the whole family.

CLICK HERE FOR MORE

DAY 21
Head in the Clouds

Take the time to stare at the clouds and see if there are any interesting shapes in the sky. Wonder what it would be like to fly. Where would you go? What would you do? Imagine the possibilities with your child

CLICK HERE FOR MORE

DAY 22
Mystery Dinner Guests

Before dinner, have everyone choose a famous person from history and research the person's life. While eating, take turns asking each other questions to learn more about the other "famous people" at the table. Try to guess each other's identity!

CLICK HERE FOR MORE

DAY 23
Flashlight Stories

Pretend you're camping and there's no electricity for a reading light. Instead, read by flashlight! Take turns reading to experience how different it is to read in the dark. Talk about what it would be like to go back in time and read without electricity. You could even go to the library and pick out a story about the discovery of electricity!

CLICK HERE FOR MORE

DAY 24
Get Cooking

Bring math into the kitchen and include the whole family when preparing a recipe. Practice measuring out ingredients using different sizes of measuring cups. How many scoops does it take to make 1 cup? How many cups? How would you prepare the recipe for 24 guests? You don't need to be a professional chef to share the joys of cooking and learning with your friends and family members.

CLICK HERE FOR MORE

30 DAYS OF FAMILIES LEARNING Together

CREATED BY ncfl National Center for Families Learning

DAY 25
School Days

Share stories about what your school days were like and compare your experience with everyone in your family. We think you'll find the learning process and in-school gadgets have changed quite a bit over the years. Together make a list of the top five things you love about school and why learning will always be important.

CLICK HERE FOR MORE

DAY 26
What a Gem

When is your birthday? What is your birthstone? Look up where the gemstone comes from and learn about its special powers! Do you like your birth gem's special powers? Which stone is your favorite?

CLICK HERE FOR MORE

DAY 27
Dreamland

What's the craziest dream you've ever had? Sit down with your family members and talk about dreams. Which dreams can you remember? What's the funniest dream you've ever had? The scariest? As a family, have everyone keep a dream journal and compare notes. And, if you have a pet, you can even imagine what he or she dreams about!

CLICK HERE FOR MORE

DAY 28
Over the Moon

Take the time to observe the night sky together. Notice the moon and how it changes size (and even color) from day to day, or map out a constellation or cluster of stars on aluminum foil by poking holes with a tooth pick. Inside, put a light behind the aluminum sheet to make your own night sky.

CLICK HERE FOR MORE

DAY 29
Mary Had a Little Rhyme

Learn a popular lullaby from another culture, or recite nursery rhymes you know by heart. Encourage your toddler to sing them with you. You can even change around the words to make the songs about your family! Nursery rhymes are important to the process of learning early language skills.

CLICK HERE FOR MORE

DAY 30
Imagination Vacation

Imagine that you were going on vacation today, instead of school or work. Where would you go? How long would you stay? What is the weather like and what will you do? More importantly, what should you pack? This is a great way to practice giving descriptions and thinking about important information, like weather and things to do.

CLICK HERE FOR MORE

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