



HERITAGE
International School



THE INTERNATIONAL HERITAGE HERALD

March 31, 2023



THOUGHT FOR THE WEEK

“Our spring has come at last with the soft laughter of April suns and shadow of April showers.”

Byron Caldwell Smith

DIRECTOR'S WEEKLY NOTES

The View from Dacia Boulevard:

Over the last few weekends, we have been welcoming to Heritage our colleagues in the national education community, from across Moldova, as we collaborate and share together, ideas and good practice to improve education in the country. This wider engagement with the ministry, the president's education commission, the city directory, and our global partnerships, is not only a very powerful model of school improvement for the future but it is a very hopeful one that benefits all children. This coming week, we will be welcoming the Rt. Hon, The Baroness Royall of Blaisdon, Principal of Somerville College, University of Oxford, to Heritage as our honoured guest and we are looking forward to securing an education partnership that impacts education for teacher development and student opportunities between ourselves, the University of Oxford, and our partners & colleagues at UTM. This innovation in education is the mission of our Founders for Heritage and we are very proud to see the role the school continues to play in moving education forward nationally and internationally. Linked directly to this is the construction of our new Lyceum, the 1st ever post 16 Cambridge A Level centre in Moldova and one of the most innovative learning developments in the country. We will begin using the new school from April and we will have our official opening in May on Founders' Day. These are certainly exciting times for Heritage and I am looking forward to continuing to lead our schools into the next stage of its development.



We have enjoyed many whole school events these past couple of weeks including a wonderful Science Week, sporting success against other schools, chess club in Iasi for an international tournament, eTwinning projects, a brilliant Founders' Lecture from Corina Cepoi, and we welcomed back our MUN Club from New York and a very successful visit. A special honourable mention for Ernests Mikuts, for his commendation from the international event. Well done Ernests and to all our MUN Club. I think they are over the jetlag now and we are looking forward to more students getting involved here for future events now that there seems to be more interest in the club following the New York visit. As ever, hanging the martisors on the trees at the end of March for luck and prosperity, is one of my favourite moments in the school year.



We have a strong focus on wellbeing this Spring especially as our Lyceum, Gymnasium and older Primary students are commencing Cambridge and national exams. My assembly this week was on the theme of effective preparation and revision. For a number of students, the recent mock exams were the wake up call needed as we go into these final weeks of the academic year. The balance is always important at home and school and the Spring break coming up in April should be a good opportunity to get some rest for everyone. We have our annual Sports Day planned for Saturday 13th May and families will get details shortly how they can register for attendance and come and join us in person for the day. As we go into April next week and the clocks have gone forward, it has been nice to see so many students and their families in the local Chisinau parks on a weekend and if you haven't had a chance yet to see the historical cobbles uncovered on Strada 31st August 1989, then do so. It is fascinating to see and hopefully the city will find a way to preserve some of this history when the road is

repaired. Finally, can I remind families who have fees outstanding that these need to be paid and admissions for 2023-24 academic year is very much underway. The school is more or less at its ceiling for numbers and the new Lyceum is not going to add more school places. We are at our optimum number and with more internationals and local families joining us, I would urge our current families who know they are staying with us next year, to complete admissions for 2023-24. Finally, the Pastoral Team sent out a reminder this week about the school's uniform and the need for all students to follow this very straightforward school dress code. Thank you for your support and cooperation here.

Have a good weekend and don't get caught out on the 1st April...
 Rob Ford
 CEO & Director.



HERITAGE
International School



BARONESS JANET ROYALL TO VISIT THE REPUBLIC OF MOLDOVA FOR THE FIRST TIME AT THE INVITATION OF HERITAGE INTERNATIONAL SCHOOL

31 March 2023

At the initiative of Heritage International School, British Baroness Janet Royall is set to visit the Republic of Moldova for the first time. From April 2-4, 2023, she will be in Chisinau, engaging



HERITAGE IN THE WIDER WORLD

ECIS
@ECISchools

From our Member School of the Month,
 @HIS_Moldova:

Heritage International School-Moldova... · 2d

An honour to welcome colleagues from across Moldova to Heritage as we come together as a national education community to discuss global education, the outward facing mindset & how we collaborate to improve all schools in #Moldova 🇲🇩 for our young people #Education #Partnership

Simon Springett
@sspringett1

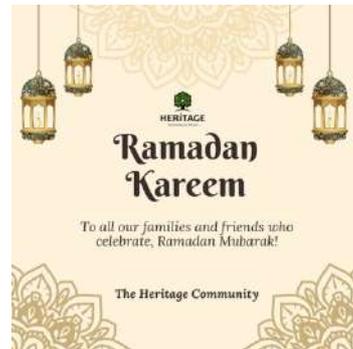
Thank you Ambassador from @UNMoldova for hosting the @HIS_Moldova students participating in the model UN in NYC 🇺🇸 🇲🇩 @UldisMikuts

Andrejs Pildegovičs @APildegovics · 6d

An inspiring meeting with the students of the International School in Chisinau, Moldova 🇲🇩, participating in Model United Nations 🇺🇸 🇲🇩! Great discussion on the contribution of small states #FOSS to our common agenda, #SDG2030, education, youth engagement, future of the #UN, #UNGA77

Heritage International School-Moldova...
@HIS_Moldova

Heritage #MUN club had a unique opportunity to visit #NewYork & the #UN thanks to the support of their families & lead teacher, Mrs. Johnson, one of @NCdotGov @north_secretary finest. We are very grateful to HE. @APildegovics for his time. Our boys flew the flags high #Moldova 🇲🇩



ARTICLES/STORIES OF INTEREST

- 9 Outrageous April Fools Pranks in History. From a Swiss "spaghetti harvest" to a rhino on a city council, these pranks went above and beyond; <https://www.history.com/news/april-fools-day-greatest-pranks>
- Indoor games that support your child's development. Enjoy playful moments with your child and expand their world – for 0-8 years; <https://www.unicef.org/parenting/child-care/games-child-development>
- These Countries Restricted Assault Weapons After Just One Mass Shooting; <https://time.com/6182186/countries-banned-guns-mass-shooting/>
- The Lost Art Of Moldova's 'Rooftop Spears'. In the south of Moldova, a unique tradition of topping houses with elaborate wooden carvings faded out decades ago, but today many of the weather-worn "spears" remain; <https://www.rferl.org/a/moldova-rooftop-spears-house-architecture-tradition/32332545.html>
- Letter from another America: Justin Webb on Alistair Cooke; <https://www.theguardian.com/books/2023/mar/25/letter-from-america-justin-webb-alistair-cooke>
- Why Kids Aren't Falling in Love With Reading. Hint: It's not just the screens; <https://www.theatlantic.com/books/archive/2023/03/children-reading-books-english-middle-grade/673457/>
- Telegram channel provides a lifeline to refugee mothers in Moldova; <https://moldova.unfpa.org/en/news/telegram-channel-provides-lifeline-refugee-mothers-moldova-0>

- Internationalism over isolation; how to live in an age of stupid; <https://mailfrommoldova.home.blog/2023/03/18/internationalism-over-isolation-how-to-live-in-an-age-of-stupid/>

- United Nations World Water Development Report; <https://www.unesco.org/en/wwap/wwdr>

- How to Be Mindful if You Hate Meditating | Time; <https://time.com/6249527/how-to-be-mindful-hate-meditating/>

- Attempts to Ban Books Doubled in 2022 - The New York Times; <https://www.nytimes.com/2023/03/23/books/book-ban-2022.html>

- Human skills will be vital for future jobs | Financial Times; <https://www.ft.com/content/aa925f98-500f-4fe1-80fe-db1003f935c9>

NEWS FROM PRIMARY

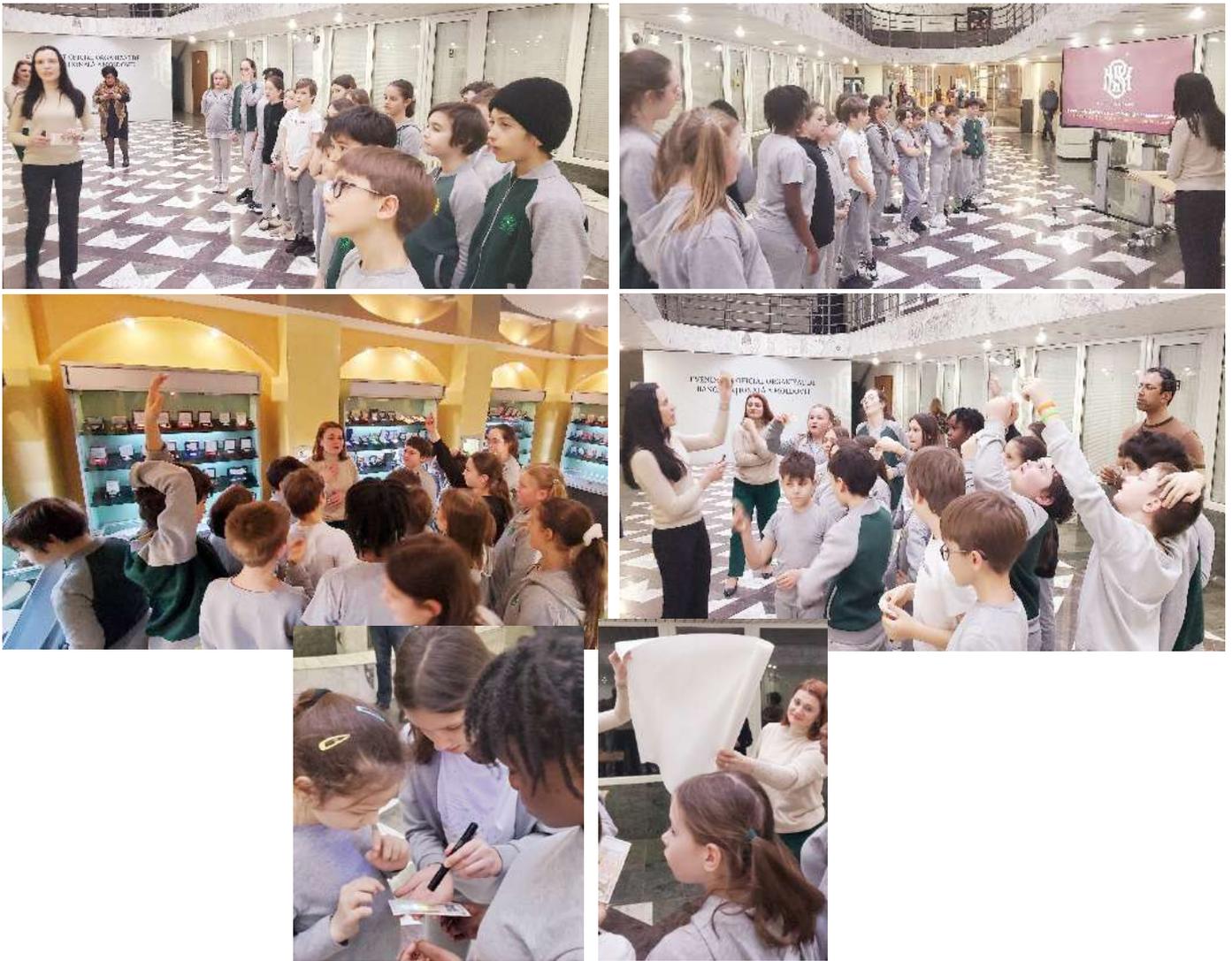
School Starter students had fun learning all about the world of insects





5E visited National Bank of Moldova as part of marking Global Money Week. The children learnt valuable facts about the history of Moldovan currency as well as how to distinguish between a genuine and a counterfeit bank note.





Students were enthusiastic about the visits to the National Bank. The ladies from the bank were very nice welcoming us at the entrance door and leading inside where the students learned about national currency, security elements of coins and bills. They presented and communicated with children perfectly according to their age and understanding, in an interactive mode. Students visited the bank museum where the guide let us ask many questions.





3B trip to the National Bank





3A visit to the National Bank



*The school trip - a reason for joy for students, a trip always gives you a story to tell.
Little explorers visiting the National Bank of Moldova.*





Mathematics lesson with 2B students and parents





4A students have great results of team work





Playing Musical Cups at Music Lesson



1B Musical-rhythmic exercise



The Tree of Knowledge integrated letter review activity



A recycled materials History project in grade 4A, teacher Tatiana Magaleas





4A students visited the UTM Observatory. The Astronomical Observatory/Planetarium was built in three levels: Planetarium on the first level, then the working room on the second, and the third - the tower where the main telescope of the Observatory was installed. University professor, Vitalie Chistol, demonstrated the use of the telescopes to the students.





Pocket Garden at Heritage



Science Experiments 2E



Students from class 1B performed a play on the school stage. The student actors did a great job. The audience applauded and wished them success and further achievements.



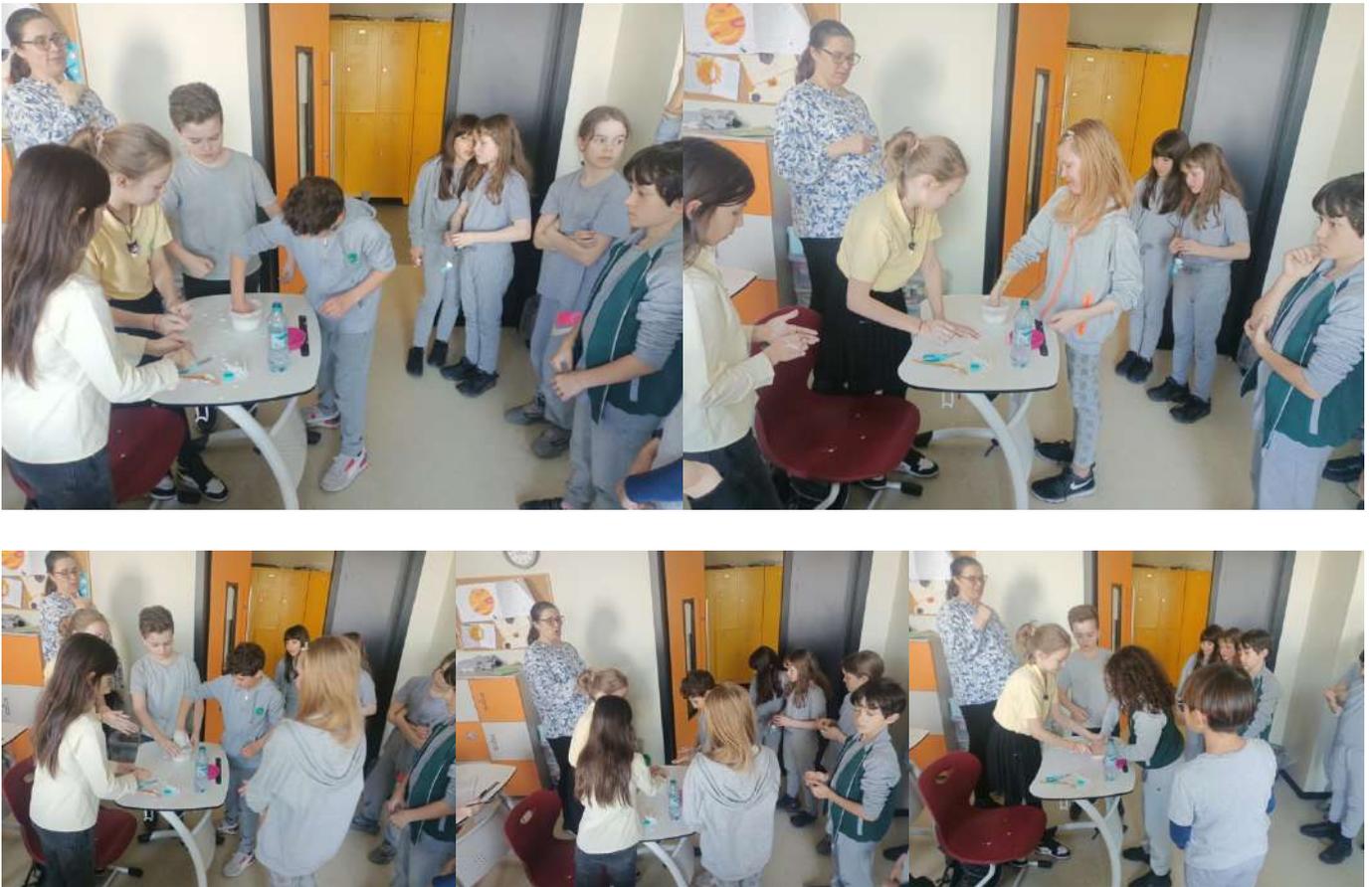


IPC lessons in grade 2 continued in Botanical Garden





Science week collaboration project in 4B and 4E classes

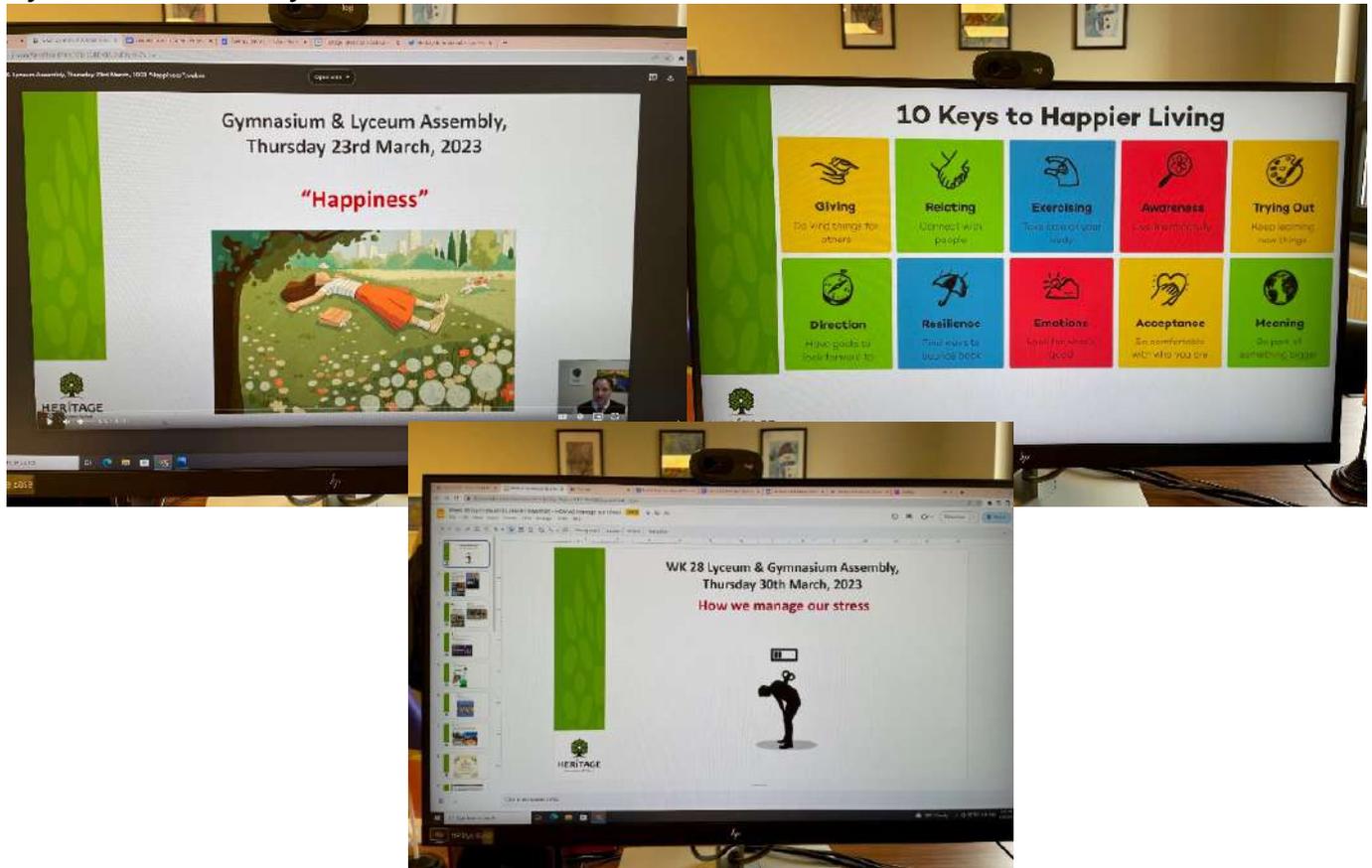


Heritage Science exhibition inspired students to engage in beautiful activities in science, math and engineering.



NEWS FROM GYMNASIUM

Gymnasium Assembly



GCMUN New York Conference

March 18th –24th a few Heritage students who were members of the Model United Nations Club had the grand opportunity to attend the Global Citizen Model United Nations (GCMUN) international conference held at the Sheraton Times Square Hotel in New York City, USA.

Students attending the conference. “Public Speaking, Teamwork, Problem Solving, Time Management, Adaptability, Creativity, and Leadership are just some of the skills that students were able to observe how to improve on while attending GCMUN.” Students attended committee sessions for three days. Sessions began at 9 AM and ended at 6 PM from the 20th - 22nd. To enhance their understanding of the UN and to make the real-world connection to the simulation they were doing at the conference, students were enabled the opportunity to tour the UN Headquarters as well as, visit the Permanent Representative of Latvia.

Through the midst of their grueling schedule students were able to enjoy many of the iconic sites New York had to offer. We were able to visit Liberty Island to view the Statue of Liberty, a long-time symbol of freedom and justice, Ellis Island, the 9/11 memorial and museum, the World Trade Center Observatory, Central Park, and Times Square.

Ernest Mikuts received an award for Honorable Mention. This was an awesome achievement. As this was our very first MUN conference, as their club leader, I am very proud of their hard work and dedication! Are you ready to help make 2024 an even better year?!





Weekly assemblies in Secondary

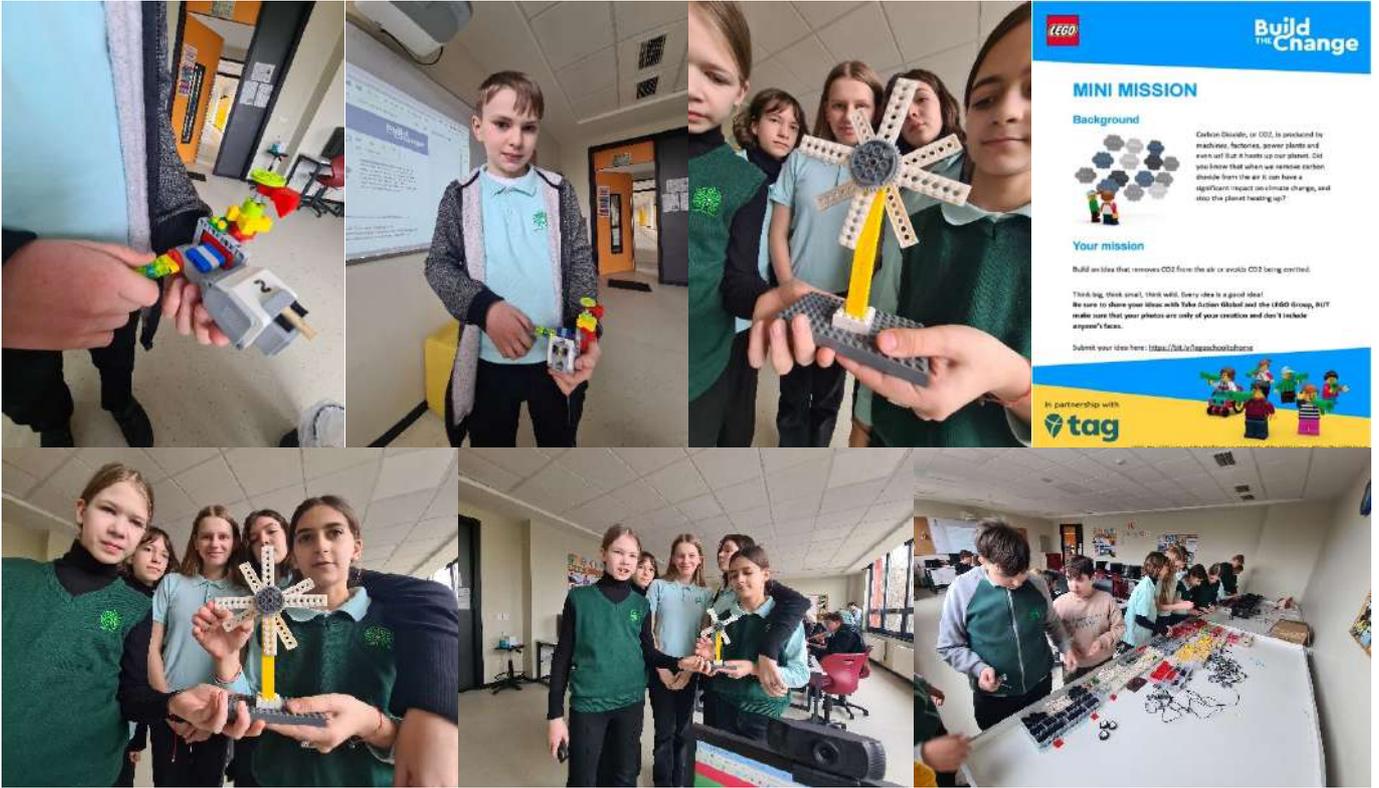


IGCSE, GCE AS and A Level Mock Exams commenced on Monday, March 13, 2023 and the last day of the mock exam was on Friday March 31, 2023. Mock exams allow the students to practice key questions and test their knowledge; they also allow the students to complete the exam assignments under the same time conditions as the real exam.



8E students were introduced to the concept of carbon dioxide emissions and their impact on the environment. They were encouraged to think about how they can reduce carbon emissions in their everyday lives by using LEGO. They built small construction ideas using Lego blocks that could help reduce carbon emissions. The students worked in groups and used their creativity and problem-solving skills to design and build their constructions.

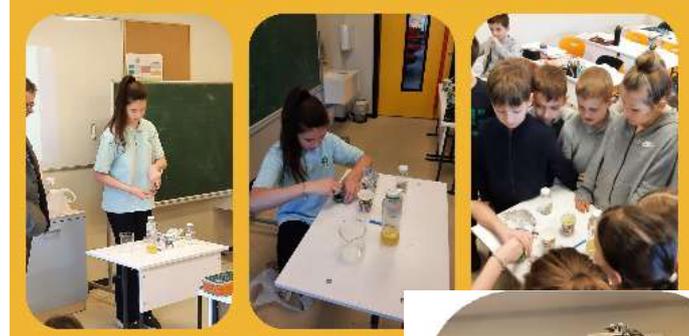
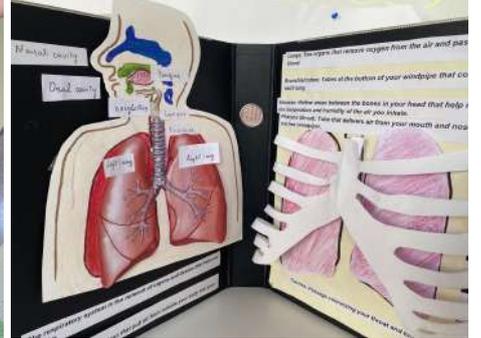
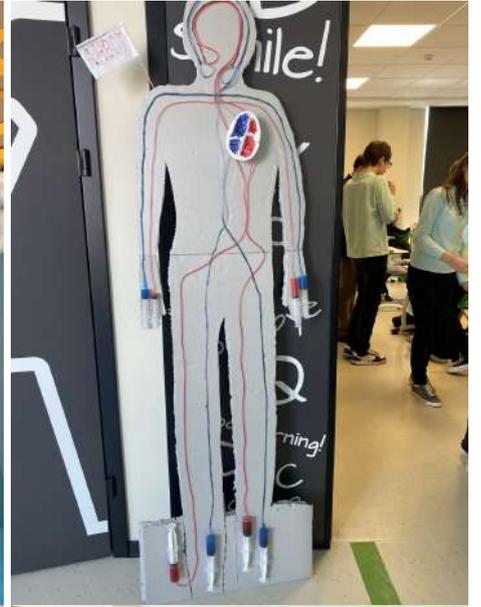




Science week ended, and children displayed their remarkable posters and models.







Science week has had lots of remarkable activities. Children has developed their skills in many fields such as Engineering, Math, Science and Art. 5A,5B and 6A grades did their best.

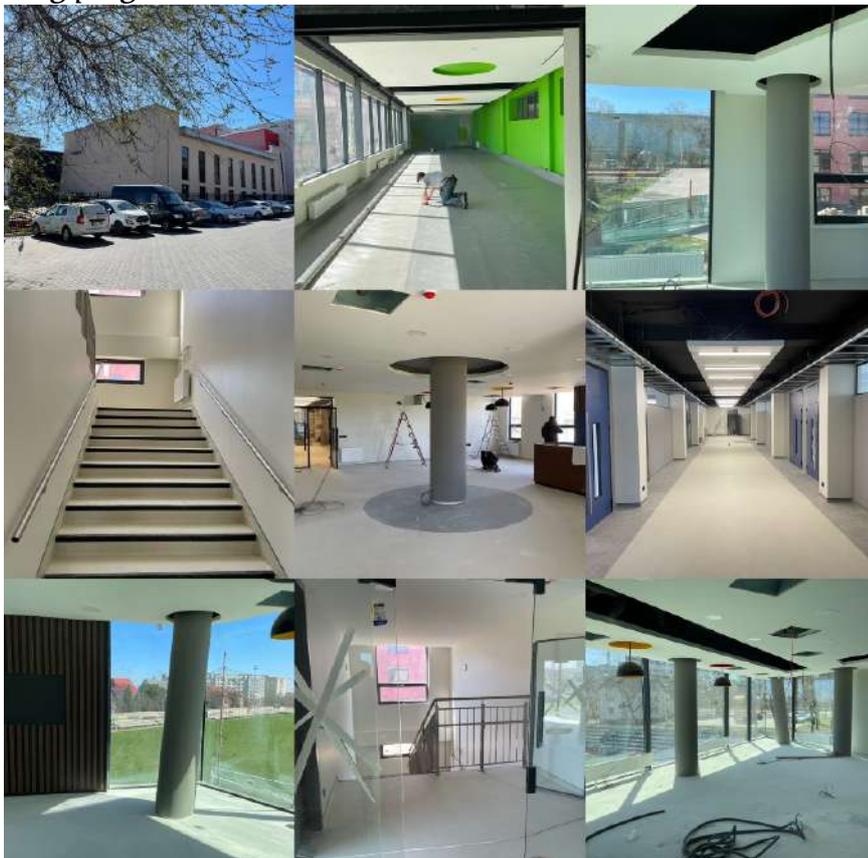


Congratulations to 7A student Larisa Grigoritchi and her Biology teacher Mrs. Natalia Curea, this accomplishment is the result of the perseverance and hard work.





New Lyceum building progress

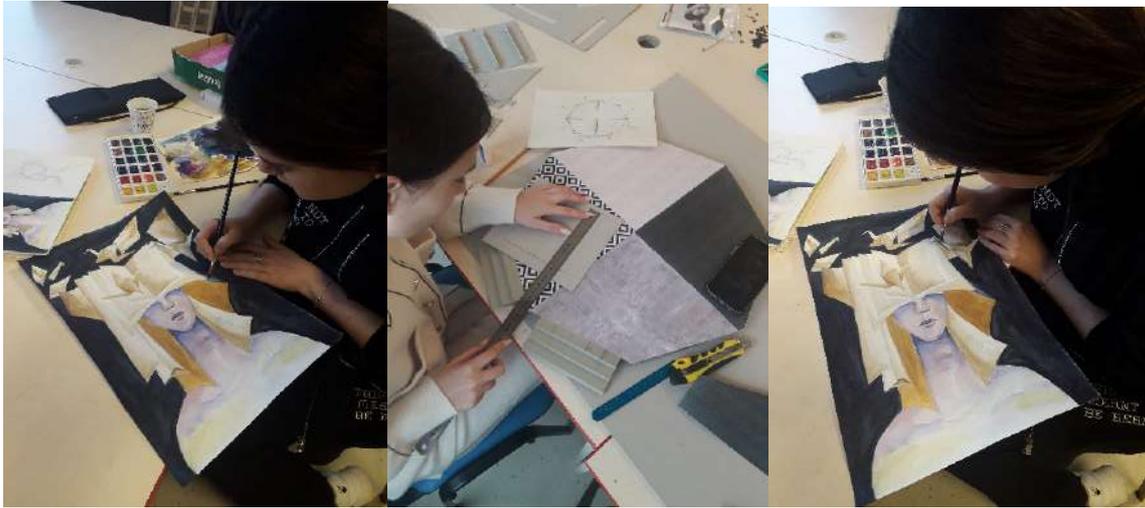


Students from IGCSE Art and Design class, learned how to use different tools for impasto painting technique! For example to paint with painting knife, tea spoon or paintbrush!



Art and Design Mock exam





GLOBAL EDUCATION

A unique experience for the students participating in the "A world of lakes" eTwinning project as they learned about the ecosystem of Lake Como today, they watched live as a professional diver explored the underwater world of the lake.



World Water Day 2023 is about accelerating change to solve the water and sanitation crisis.



On Wednesday, March 29, we held our 6th Founder's Lecture, and our guest speaker was Mrs. Corina Cepoi, director of Internews in Moldova. Mrs. Cepoi had a warm conversation with our young people, explaining how fake news affects society, telling them which are reliable media outlets and how they can develop their journalism skills.

Our guest received lots of questions from the audience and the students received lots of precious information that would help them get involved and participate in various events.

Mrs. Cepoi stressed the importance of learning languages in order to have access to quality information. We are grateful to Mrs. Corina Cepoi for the time and dedication to help us raise good global citizens at Heritage!



FOUNDERS' LECTURE NO.6

News

HERITAGE
International School

29TH MARCH 2023
3:00PM

Topic:
"Information saves lives"

CORINA CEPOI
CHIEF OF PARTY AT INTERNEWS IN MOLDOVA

Schools across Moldova
JOIN ON GOOGLE MEET



Heritage International School hosted the 2nd edition of the Caravan “Online Education without Borders” on Saturday, March 25th.

Teachers from different schools in Moldova attended the event organised by the Directory of Education in collaboration with the Ministry of Education and Research of Moldova.

Our CEO & director Rob Ford greeted and welcomed the participants to our school. He also set out six challenges facing our educational community.

As speakers we had:

Dr. Daniela Munca-Aftenev, President of Academy of Innovation and Change through Education & a representative of the Directory of Education, who spoke about the rigours of teacher attestation and how to run high quality PBL;

Mrs Adriana Bujag, Head of Primary & Deputy Head of Global Education at Heritage school, who spoke about STEM projects;

Mrs Tatiana Popa, Deputy Academic Director & Head of Global Education at Heritage school, who presented examples of sustainability projects through PBL.

The event proved to be very successful, as the feedback from all participants has been excellent, with many takeaways and teaching tips learned.

Heritage school is an innovative, outward-facing school and we are always happy to share our expertise with the wider community, if this means helping the education system overcome its challenges and improving quality of education in our country #Moldova.





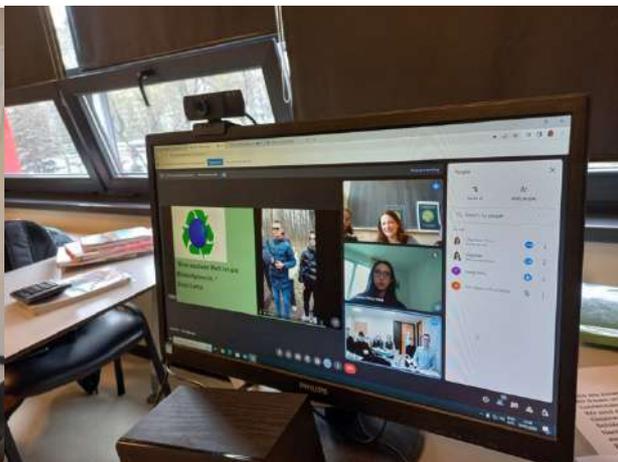
STUDENT LEADERSHIP

GSA student council meeting
 A group of primary students participated on Thursday in the GSA student council meeting, as they had to discuss the school lunches in their schools. Great input from our learners, as they showcased what we have at Heritage and they were surprised we have all meals available, as in many schools students just have a snack or just bring food from home. Grade 4 students presented their school menus and impressed the audience with their fluency in English, for what they were complimented. Congratulations!
 Next meeting will take place at the end of May.



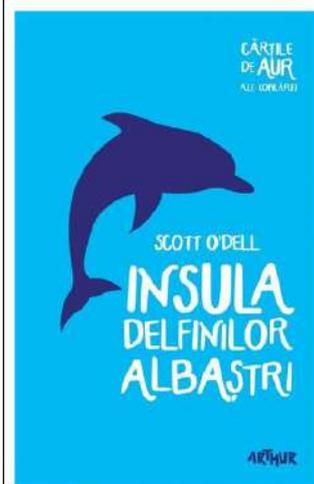
A team of 8 A students, "Öko -Freunde", together with the German teacher Olga Isac take part in the cross-border environmental protection project "Umweltschutz beginnt zu Hause".





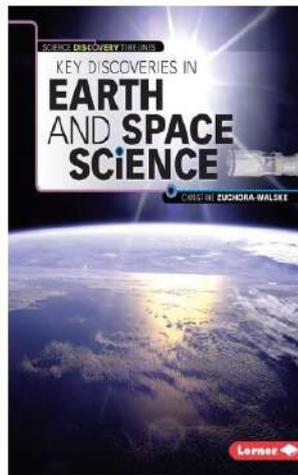
Last Saturday they participated in the sanitation of an area in the Rascani Sector of the capital, the event supported by the Rascani Sector City Hall. During the activity, the students became aware of importance of active participation in the protection of the environment. Student Teodor Zaporojan delivered a speech in German language about the importance of environmental protection.





O'Dell Scott
Insula Delfinilor Albaștri
Tit. orig.: *Island of the Blue Dolphins*

Rămasă singură pe o insulă pustie, Karana, o fată curajoasă dintr-un trib indian, înfruntă pericole teribile. Ea trebuie să descopere cum poate să îmblânzească natura potrivnică și, mai presus de toate, cum să supraviețuiască. În cei optsprezece ani de izolare, prietenii ei necuvântători îi țin loc de familie și cu ajutorul lor află care sunt lucrurile cu adevărat importante. Un emoționant roman de aventuri bazat pe fapte reale, Insula Delfinilor Albaștri spune povestea unei fete care nu-și pierde niciodată încrederea în propriile forțe.



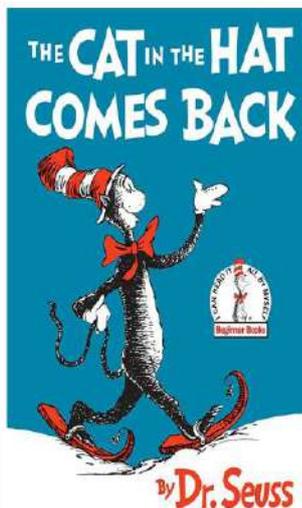
From the Series Science
Discovery Timelines

How did our knowledge of Earth's systems, cycles, and resources develop?
Who first proposed theories about the solar system, lunar phases, and gravity?
And who used those early findings to expand and even change our understanding?

You will trace the history of key discoveries in earth and space science

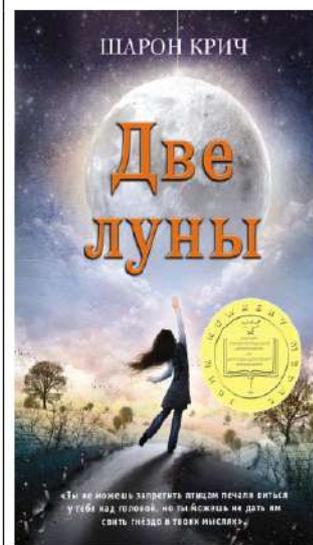
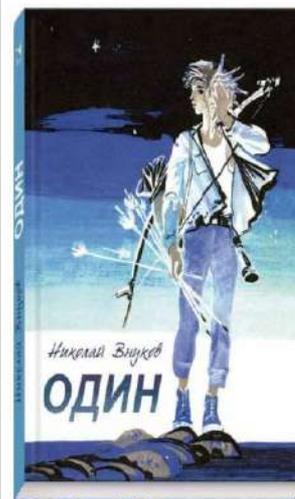
Dr. Seuss
The Cat in the Hat comes Back
The Beginner Book Story

The Cat is back—along with some surprise friends—in this beloved Beginner Book by Dr. Seuss. Dick and Sally have no time to play. It's winter and they have mountains of snow to shovel. So when the Cat comes to visit, he decides to go inside and to take a bath. No problem, right? Wrong! The pink ring he leaves in the tub creates is a very BIG pink problem when he transfers the stubborn stain from the bath onto Mother's white dress, Dad's shoes, the floors, the walls, and ultimately, over the entire yard full of snow! Will the kids EVER clean up the mess?



Внуков, Николай
Один

Какой мальчишка не мечтает хотя бы на денёк стать новым Робинзоном Крузо! Очутиться на необитаемом острове, подальше от надоедливых родителей и скучных уроков... Но приключения приключениями, а каково это взаправду - остаться в Одиночестве на безлюдном клочке земли без еды, воды, огня и крыши над головой? Не по своей воле, а по прихоти судьбы четырнадцатилетнему Саше Барашу придётся узнать ответ на этот вопрос на собственном опыте. Там ему предстоит пройти первое в жизни серьёзное испытание, научиться стойкости и мужеству и понять, "что самое главное для человека на земле".



Шарон Крич
Две Луны

Tit. orig.: Creech Sharon. *Walk two moons*
Две Луны - это удивительная, горько-сладкая история 13-летней девочки по имени Саламанка.
13-летняя Саламанка, или просто Сэл, переезжает вместе с папой в другой штат. И тут всё не так: нет заводы для купания, клёнов и лугов. Тоска да и только. Но знакомство с Фиби, девочкой с очень богатым воображением, заставляет Саламанку передумать! У Фиби пропала мама, и вообще всё идёт наперекосяк! Сэл готова помочь новой подруге в поисках мамы, ведь она точно знает, как это горько: привыкать к тому, что мама уже никогда не вернётся.



Gavald Anna Împreună
Tit. orig.: *Ensemble, c'est tout*

În viziunea autoarei, oamenii se pot salva numai prin iubire. Acțiunea se petrece la Paris, în zilele noastre, în decursul unui an. În roman apar patru personaje principale: un tânăr aristocrat, o tânără pictoriță fără adăpost, o bunică pe punctul să abandoneze lupta cu viața și un chelner lipsit de maniere. Toți patru ajung să locuiască sub același acoperiș. Patru oameni care, la început, par să nu aibă nimic în comun și care ajung să se cunoască pe ei înșiși și să-și dăruiască iubirea celorlalți. Extraordinară fluentă a romanului se datorează stilului direct și alert, viețile celor patru angrenind o adevărată radiografie a Parisului contemporan.

HERITAGE CREATIVITY

The Heritage 10 Golden Rules

<https://docs.google.com/document/d/19a84QG84nwA-RrbVDPwo9rDDn0SH1QfSAz6aq4F9JIo/edit>

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.

SPORTS, CLUBS and ACTIVITIES

Is it hard to be a journalist? Media club students learned how to prepare for an interview. Then they chose people from school and did well.





Our Primary students managed to complete the challenges from LEGO, more than 50 students submitted their designs and we received a school certificate. Congratulations, dear students! Well done!



SCHOOL INFORMATION

English speak? Ask?!

HERITAGE
Language Academy

You can do better!
Speak a foreign language (or advance) in 2 months!

School Improvement Priorities Headlines 2022-23:

<https://docs.google.com/document/d/1DTCx-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 21st Century curriculum & learning for all that prepares students confidently for the challenges of the future as global citizens, socially responsible & leaders in their communities.

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

Heritage International School School Improvement Plan

2022-2023



Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2022-23

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

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

Active April 2023

MONDAY



3 Listen to your body and be grateful for what it can do

TUESDAY



4 Eat healthy and natural food today and drink lots of water

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



6 Do a body-scan meditation and really notice how your body feels

FRIDAY

SATURDAY

SUNDAY

1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

School Fee Reminder

Kind reminder that timely submissions of School fees is mandatory



UPCOMING EVENTS

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) Paper 1: Written test (non-fiction)	60 minutes
	PM	12:00 PM	Cambridge Primary English (1958) Paper 2: Written test (fiction)	60 minutes
12 April (Wed)	AM	9:00 AM	Cambridge Primary Maths (1996) Paper 1: Written test (Non-calculator)	45 minutes
	PM	12:00 PM	Cambridge Primary Maths (1996) Paper 2: Written test (with calculator)	45 minutes
13 April (Thu)	AM	9:00 AM	Cambridge Primary Science (1997) Paper 1	35 minutes
	PM	12:00 PM	Cambridge Primary Science (1997) Paper 2	35 minutes

Exam Timetable

Cambridge International Lower Secondary Checkpoint - 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) Paper 2: Listening	approx. 35 minutes
11 April (Tue)	AM	9:00 AM	Cambridge Lower Secondary English as a Second Language (0876) Paper 1: Reading and Usage	45 minutes
	PM	12:00 PM	Cambridge Lower Secondary English as a Second Language (0876) Paper 3: Writing	40 minutes
12 April (Wed)	AM	9:00 AM	Cambridge Lower Secondary Mathematics (0862) Paper 1: Written test (Non-calculator)	60 minutes
	PM	12:00 PM	Cambridge Lower Secondary Mathematics (0862) Paper 2: Written test (with calculator)	60 minutes
13 April (Thu)	AM	9:00 AM	Cambridge Lower Secondary Science (0893) Paper 1	45 minutes
	PM	12:00 PM	Cambridge Lower Secondary Science (0893) Paper 2	45 minutes

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) 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
12 April (Wed)	AM	9:00 AM	Cambridge Lower Secondary Mathematics (0862) Paper 1: Written test (Non-calculator)	60 minutes
	PM	12:00 PM	Cambridge Lower Secondary Mathematics (0862) Paper 2: Written test (with calculator)	60 minutes
13 April (Thu)	AM	9:00 AM	Cambridge Lower Secondary Science (0893) Paper 1	45 minutes
	PM	12:00 PM	Cambridge Lower Secondary Science (0893) Paper 2	45 minutes

Important Dates for near Summer Exams - June 2023 Series

IGCSE / GCE AS & A Level Coursework Submission					
Submission Date	Qualification	Code	Syllabus	Component Title	Examiner
10 April 2023	GCE AS & A Level	9395/02	Travel and Tourism	Plan & Managing a Tourism Event	Mr Irina Calugareanu
10 April 2023	GCE AS & A Level	9479/01	Art and Design	Coursework	Ms Elena Meleca
10 April 2023	GCE AS & A Level	9479/03	Art and Design	Personal Investigation	Ms Elena Meleca
10 April 2023	IGCSE	0400/01	Art and Design	Coursework Assignment	Ms Elena Meleca
10 April 2023	IGCSE	0457/02	Global Perspectives	Individual Report	Ms Tatian Popa
10 April 2023	IGCSE	0457/03	Global Perspectives	Team Project	Ms Tatian Popa

Foreign Language Speaking Exams								
Exam Date	Session	Qualification	Code	Syllabus	Component Title	Start Time	Finish Time	Duration
6 April 2023	AM	IGCSE	0520/03	Foreign Language French	Speaking 03	8:30 AM	10:30 AM	10m
6 April 2023	AM	IGCSE	0525/03	Foreign Language German	Speaking 03	8:30 AM	10:30 AM	10m
10 April 2023	AM	GCE AS Level	8683/01	German	Speaking	8:30 AM	10:30 AM	20m
13 April 2023	AM	GCE AS & A Level	9717/01	German	Speaking	8:30 AM	10:30 AM	20m

Art and Design Exams								
Exam Date	Session	Qualification	Code	Syllabus	Component Title	Start Time	Finish Time	Exam Duration
11 April 2023	AM	GCE AS & A Level	9479/02	Art and Design	Externally Set Assignment	8:30 AM	12:30 PM	4h
12 April 2023	AM	IGCSE	0400/02	Art and Design	Externally Set Assignment	8:30 AM	11:30 AM	3h
12 April 2023	AM	GCE AS & A Level	9479/02	Art and Design	Externally Set Assignment	8:30 AM	12:30 PM	4h
13 April 2023	AM	IGCSE	0400/02	Art and Design	Externally Set Assignment	8:30 AM	11:30 AM	3h
13 April 2023	AM	GCE AS & A Level	9479/02	Art and Design	Externally Set Assignment	8:30 AM	12:30 PM	4h
14 April 2023	AM	IGCSE	0400/02	Art and Design	Externally Set Assignment	8:30 AM	10:30 AM	2h
14 April 2023	AM	GCE AS & A Level	9479/02	Art and Design	Externally Set Assignment	8:30 AM	11:30 AM	3h

Exams Timetable of General Qualifications of IGCSE, GCE AS and A Level for the exams series of the June 2023
[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](#)

UPCOMING EVENTS

5th April 2023

22nd April 2023

23rd April 2023

23rd April 2023

15th-24th April 2023 (Saturday-Monday)

12th May 2023 (Friday)

13th May 2023 (Saturday)

20th May 2023 (Saturday)

30th May 2023

Balloon Car Race

Earth Day

World Book Day / Shakespeare Day

UN English Language Day

Easter Break

Spelling Bee

Heritage Sports Day

World Scholar's Cup

Heritage International Day

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

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