



HERITAGE  
International School



# THE INTERNATIONAL HERITAGE HERALD

March 3, 2023



## THOUGHT FOR THE WEEK

*“Spring drew on...and a greenness grew over those brown beds, which, freshening daily, suggested the thought that Hope traversed them at night, and left each morning brighter traces of her steps.” - Charlotte Brontë, Jane Eyre*

## DIRECTOR'S WEEKLY NOTES

### *The View from Dacia Boulevard:*

*It has been a long winter in more ways than one. This week, we got to celebrate the wonderful tradition of Martisor, across the schools and welcome the beginning of Spring. As ever, the schools are a hive of activity from student council "movie nights", Book Review, supporting Turkey and Syria, to global debating competitions. And everything else in between that makes daily school life the joy and hope that it is at Heritage. We are all very conscious of how closer we are to the exam period and the importance of the parent/teacher conferences, as we work together as school and home. Some students, even the ones in grade 12 facing A Level summer exams and the prize of university next, need the focus to be sharper on organisation and studies, to get the most out of these weeks. We have two vacations coming up in March next week and in April, and I know students are independently preparing to use the study time wisely. We are also looking forward to the 1st ever summer prom at the end of the academic year to celebrate the end of A Levels.*



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*Heritage and its growing reputation in the national and international education arena continues to grow and I am really proud of my colleagues supporting both the national education community and speaking at events globally. It is one of the proud achievements of the school to see the way it has established this reputation so strongly; in the time it has and with the challenges faced this decade. I have been in the UK also flying the flag for Moldova and Heritage at a number of conferences and events as a speaker and I was very proud to be invited into the British Parliament and the House of Lords this week, by Baroness Royall, principal of Somerville College, University of Oxford. Baroness Royall is a huge supporter of the school and Moldova and as we celebrate International Women's Day on the 8th March, her Founders' Lecture a year ago, supporting girls in education, still remains one of our most popular. Baroness Royall is planning to come to Moldova and visit Heritage for the opening of the new Lyceum. Another inspirational role model and Founders' Lecture, was Mrs. Olga Shevchenko, wife of HE, Ambassador Shevchenko of Ukraine, who spoke last week, to the Heritage community and to schools across Moldova on the 1st anniversary of Russia's invasion of Ukraine and the war. In the articles of interest section here, the TES article from our sister COBIS school, BISU Kyiv, is worth a read and the issues they have faced as school communities. It certainly makes us appreciate what we have at Heritage and in Moldova in comparison. We are very fortunate at Heritage for the support we receive from our local and international communities helping us all build an educational model that has such an impact here and wider.*

*On a personal note, thank you for the brilliant support from my colleagues, the leadership team, the indomitable Mrs. Inga, the board, students and Heritage families at a difficult family time which has meant me coming back to the UK. My wife's mother is on the mend and as a family thank you for all your messages and best wishes. It is very appreciated and we all need to practice good wellbeing and making sure the important things of life remain the important things of life. No matter how crazy the times sometimes feel. I am looking forward to getting back to Moldova in the next week. We go into Spring with hope and the promise of better days.*

Have a good weekend and thank you for your support of me and Heritage,  
 Rob Ford  
 CEO & Director.



## HERITAGE IN THE WIDER WORLD

**IS International School News**  
 4,394 followers  
 th · Edited ·

The brilliant **Rob Ford** at **Heritage International School** considers what is essential to school leadership and how today's principals might model it to the next generation of leaders  
<https://lnkd.in/jeqgMKejn>  
 #leadership #schools

'School leadership changes, but the 'educator's heart' is timeless' | School Management Plus:...

schoolmanagementplus.com · 4 min read

**Heritage Pastoral**  
 @HIS\_Pastoral

@HIS\_Moldova attended a brilliant webinar organized by @TheEmpathyWeek on 'How can Empathy help us navigate Conflict?' Got some useful tips from outstanding @ClaireYorke #EmpathyGeneration #EmpathyWeek2023

Starting soon

EMPATHY WEEK

Mon Feb 27 09:00 - 09:45 PM

**Tatiana Popa #Moldova**  
 @Tatianapopab

Proud to be selected as @T4Educ Country Ambassador again, for 2023, and not only - as Lead Country Ambassador, too. What great company to be in! See you at our 1st meeting next week, guys! 🥰

🌐 #T4EdChat #SocialMediaSquad @iamKirstenT @VikasPota @GobiDaniel

**Lead Country Ambassadors**

- Tatiana Popa - Social Media Squad
- Liana Karapetyan - School Outreach Squad
- Alfonso Navarro Carvallo - School Outreach Squad
- Malavathi Muthurabavan - School Outreach Squad
- Silvia Sciaracchio - Teacher Outreach Squad
- MD Norhaliq Bin Md Nasir - Teacher Outreach Squad
- Nuwan Dissanayaka - Teacher Outreach Squad
- Md. Shamsuddawha - Teacher Outreach Squad
- Anita Singh - Translation Squad

Introducing our 2023 Country Ambassadors

**Crista**  
@CristaHazzell

Different stages of an engaging international project to engage & inspire learners beyond international borders passionately shared by @HIS\_Moldova 's @Tatianapob earlier in tonight's @linguascopewebinar #mfltwitterati #mfichat #langchat #edutwitter



23:12 · 21/02/2023 · 429 Views

**ECIS**  
@ECISchools

What a wonderful leadership article from Rob Ford, CEO and Director at ECIS Member School, @HIS\_Moldova:

**Independent School Management Plus** · 14h  
'School leaders are not machines, we have families and we do occasionally get things wrong.'  
The brilliant Rob Ford at @HIS\_Moldova considers what is essential to good school leadership  
schoolmanagementplus.com/heads-governor...  
#leadership #schools



**ECIS**  
@ECISchools

Our Member School of the Month is @HIS\_Moldova, as featured on our homepage. 🌟

Over the next few weeks, we will be celebrating their success & sharing it with you. 😊

We are so proud to have them as part of our membership community, & here's why: [heritage.md](https://www.heritage.md)



**ECIS, the Educational Collaborative for...**  
14,381 followers  
3m · 🌐

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#moldova #internationaleducation #internationalschools



1 Like · 1 repost

**CodeWeek**  
1,016 followers  
2d · 🌐

Teachers, ready to be inspired? 🌟

Cires Anna Maria, our #CodeWeek Ambassador in Moldova recently held an educational #coding event focused on teaching electronics and coding through the use of Arduino kits called Let's Explore The World With Arduino! 🤖

The activity was attended by almost 100 middle school students, in class and online, and it was a huge success. Here's how she did it: <https://lnkd.in/ekdmyyBe>

#Coding #Education #ComputerScience #TeachingSTEM #STEM #WomenInSTEM #STEMEducation



**Heritage International School-Mold...**  
8,746 Tweets

**You Retweeted**  
**Janet Royall** @LabourRoyal · 6h  
Replying to @HIS\_Moldova @UKHouseofLords and 3 others  
A real pleasure to see you Rob and to learn more about your wonderful school. I hope to visit before the end of the calendar year 🤝

**Heritage International School-Mold...** · 7h  
To finish off a very full day of international education & looking forward, it was a real honour to be invited to the @UKHouseofLords to have tea with @PrincipalSomOx A real supporter of young people and we hope to see @LabourRoyal in #Moldova 🇲🇩 soon @sandumalamd @GuvernulRMD



**AMERICA HOUSE** PROFESSIONAL DEVELOPMENT PROGRAM FOR EFL TEACHERS

**Conflict Resolution Skills with Board Games**

Interesting Useful Practical

March 15 | 10 AM | 35 Independent (at... 8:00)



Guest Speaker: **Olga Morozan**



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#Coding #Education #ComputerScience #TeachingSTEM #STEM #WomenInSTEM #STEMEducation



## ARTICLES/STORIES OF INTEREST

- ChildAid; "School Essentials and Family Support: At times, families need a bit of help to stay together. Poverty can lead to child abandonment, and we encounter many cases of parents in despair. By working closely with our partners, we are making sure children have the basics to have as normal a life as their circumstances permit. Like food and school supplies; <https://www.childaidee.org.uk/school-essentials-and-family-support/>
- DEC Appeal: TURKEY-SYRIA. EARTHQUAKE APPEAL. Devastating earthquakes have hit Turkey and Syria, killing thousands of people and reducing buildings to rubble. People need urgent aid to survive. Donate now to help save lives. DONATE NOW. LEARN MORE; <https://www.dec.org.uk/>
- International education – doing the right thing for students and the world; <https://thepienews.com/the-view-from/international-education-doing-the-right-thing-for-students-and-the-world/>
- Teachers are our precious assets; <https://mailfrommoldova.home.blog/2023/02/16/teachers-are-our-precious-assets/>
- 'School leadership changes, but the 'educator's heart' is timeless'. Some aspects of good school leadership won't change, even as the role evolves, writes Rob Ford; <https://www.schoolmanagementplus.com/heads-governors-school-leadership-governance/school-leadership-changes-but-the-educators-heart-is-timeless/>
- Cambridge University's Jason Arday becomes youngest black professor - BBC News; <https://www.bbc.com/news/uk-england-cambridgeshire-64717079>
- Weekend profile: Maia Sandu, the gutsy Moldovan president | Espresso; <https://espresso.economist.com/7d9a49f74cd1c1740ce05485e41258b8>
- Ukraine war anniversary: How schools have kept going | Tes; <https://www.tes.com/magazine/leadership/staff-management/ukraine-war-anniversary-year-in-school>
- Living in a barrel - by Kelsey Walters - Kelsey's Notes; <https://kelseywalterss.substack.com/p/living-in-a-barrel>
- Moldova for Peace – a year of activity – Moldova Pentru Pace; <https://moldovapentrupace.md/en/2023/02/27/moldova-for-peace-a-year-of-activity>



## NEWS FROM PRIMARY

### *Heritage SPRINGFEST in Primary*

*Our traditional dance club members prepared a surprise - they danced in the lobby with primary classes witnessing, thus marking our Moldovan traditions for the beginning of spring.*

*The Martisors were given to classmates, colleagues, friends, and teachers.*



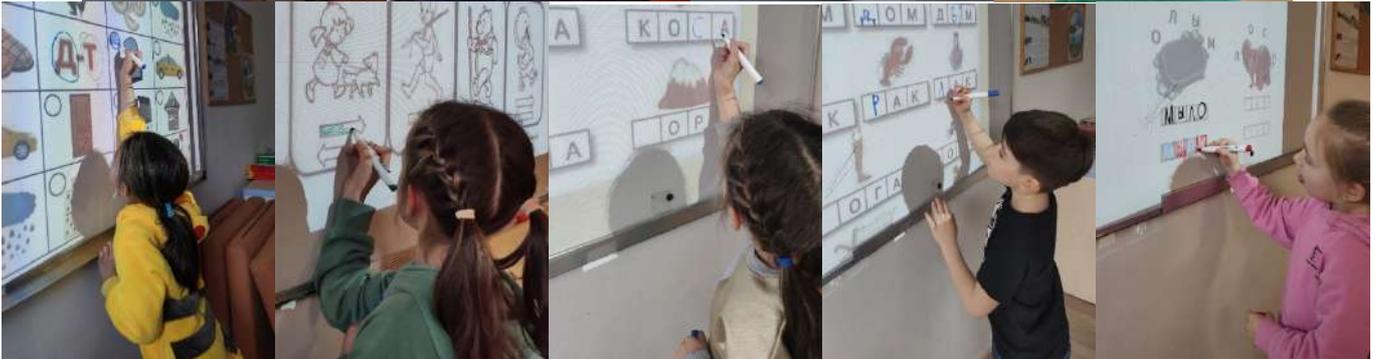






The School Starter students are learning the letters





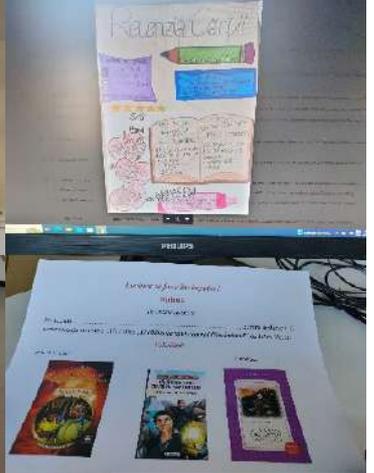
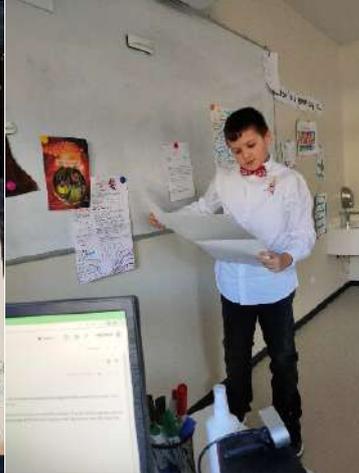
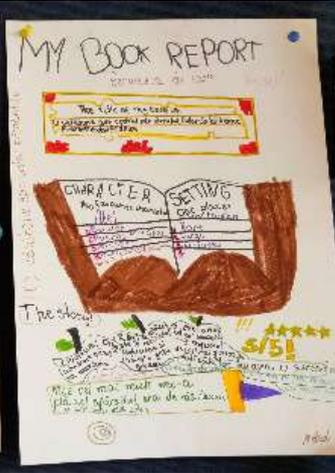
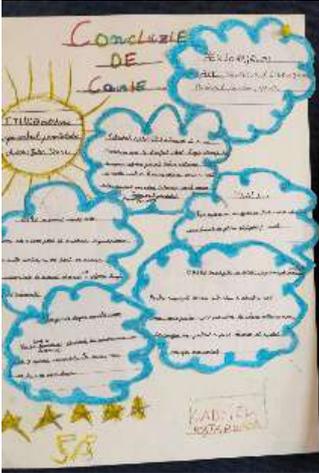
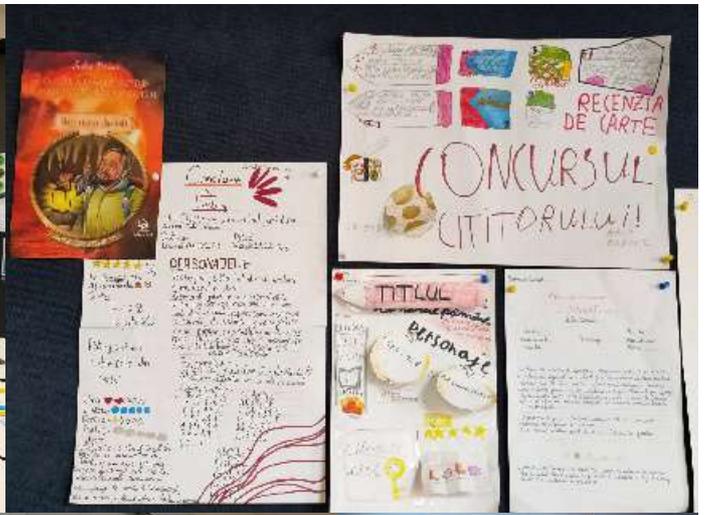


*Why is the food pyramid important for children? What is the appropriate daily food menu for a 10-year-old child? This is what the 4th grade students discussed with the school canteen chef today, after they studied about healthy eating in Science class.*

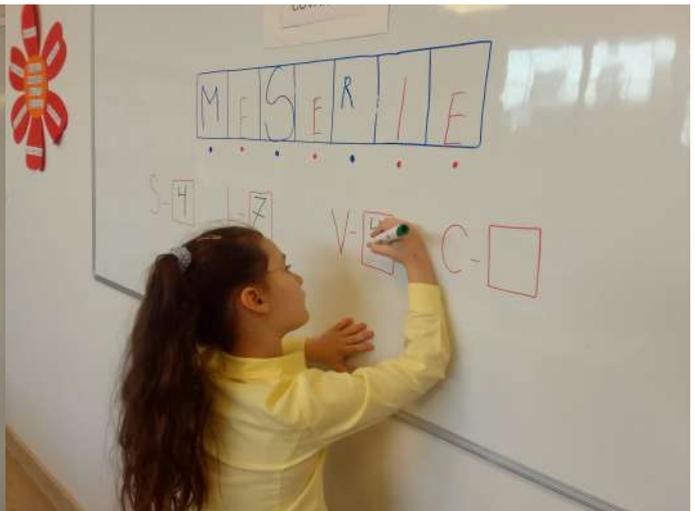
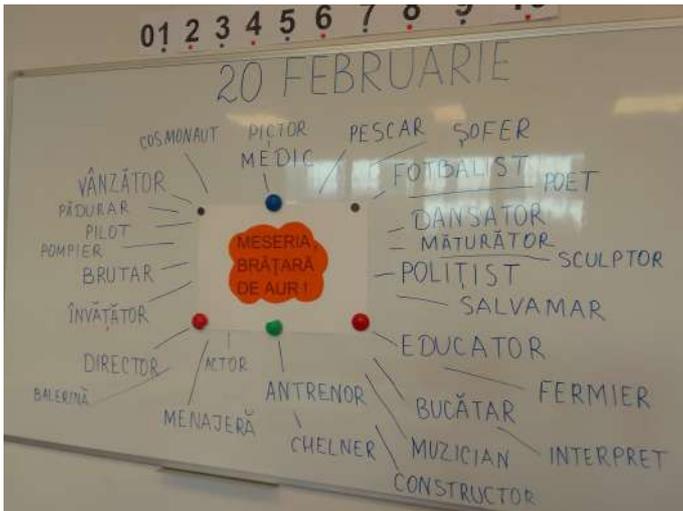


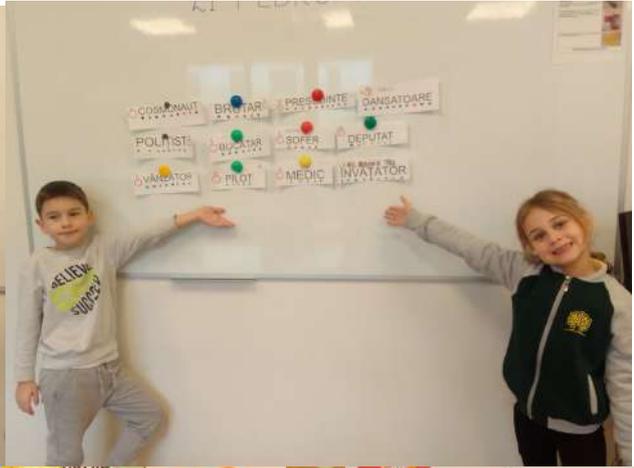
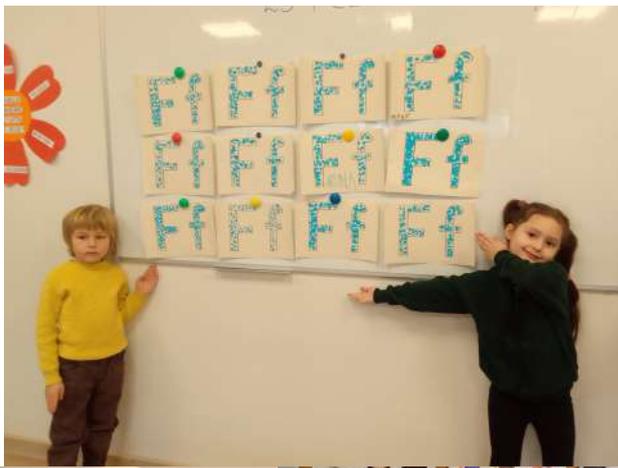


Students from 4A grade presented their reviews after reading the book "Journey to the Center of the Earth" written by Jules Verne



School starter students explore the world of jobs





School Starter's Students visited 4A schoolmates and had a wonderful presentation about spring and Mărțișor.





*Virtual meeting in eTwinning projects is expected by students, as this is where the exchange of opinions and presentation of the game, book, pictures. Today, students have learned a lot about ancient Egypt with the partners from Turkey, Spain, Romania, Bulgaria*



A great meeting was the students from 4A about SDG7. The students discussed, listened, and analysed the ideas of the partners.



**Ayşe AYDOĞAN GEZER...** · 1 zi  
 It's amazing to be collaborating with different countries on this great project. thanks  
 @JenWilliamsEdu @koentimmers  
 @ChhillarManju  
 @JayashVenkat @Lynnettelee09  
 @SDGsinSchools  
 @GSchoolAlliance @moreno\_jfm  
 @hakanozer2 @JuliaFliss  
 @Futures2030 @Tatianapopab  
 @TakeActionEdu



The first day of spring in 2B





## NEWS FROM GYMNASIUM

### Gymnasium Assembly

**EMPATHY WEEK**

**Lipa's Story**

Stage 2: Building Empathy

14 - 16 years

Together, we are building the #EmpathyGeneration

**IT'S NOT ONLY ABOUT OUR PAST BUT ALSO OUR FUTURE**

**AFRICAN AMERICAN HISTORY**

By: Maria Johnson  
February 19, 2023

How far have we really come?

**Marley Dias, 16, is challenging the underrepresentation in youth literature. She started the #1000BlackGirlBooks campaign when she was 10 years old to collect books featuring Black girls as protagonists. She continues to fight for inclusive literature with her Netflix series Bookmarks: Celebrating Black Voices.**

**Amanda Gorman, 22, is the youngest poet to ever recite poetry at a presidential inauguration. She attracted the most attention with the reciting of her poem "The Hill We Climb".**

**Grace Moore, 12, is one of the youngest composers for the New York Philharmonic Orchestra. She composed an original piece inspired by the global Black Lives Matter protests happening within the coronavirus pandemic. The piece was**

Welcome, Spring!



The use of apps in the music education lesson is a favourite part of the Music lessons in 5A and 5B . Pupils have the opportunity to play the bells or piano virtually, hear the pitch of the sounds, develop their sense of rhythm, attention and concentration.





*Here are some photos of the physical assembly in Cambridge secondary classes that happened in January 2023.*



## *Informative Evening Sessions for the Exam Classes*

*Huge thanks to the parents/ guardians of Grades 6E, 8A, 8B, 9E, AS and A Level for attending the exams briefing sessions of their child who will sit in the summer exams series.*

## *The registration of students for the International Public Examinations for Summer Exams Series of 2023*

*Thanks to the parents for confirming the details of the statement of entries of their child for sitting in the summer 2023 exams series.*

*The Heritage International School is a Cambridge international authorised centre. 792 entries have been made for 189 candidates/students who will sit for their respective examinations of Primary checkpoint, Lower Secondary Checkpoint, IGCSE, GCE AS and A Level.*

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

### Exam Timetable

Cambridge International Primary Checkpoint - Year: 6E

Tests Series: May 2023

Venue: Heritage International School Moldova

Date	Session	Start Time	Cambridge Primary (Y6E)	Duration
11 April (Tue)	AM	9:00 AM	Cambridge Primary English (1958) 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

## *Cambridge International Lower Secondary Checkpoint Test: 9E*

### Exam Timetable

Cambridge International Lower Secondary Checkpoint Test - Year 9E

Tests Series: May 2023

Venue: Heritage International School Moldova

Date	Session	Start Time	Cambridge Lower Secondary (Y9E)	Duration
11 April (Tue)	AM	9:00 AM	Cambridge Lower Secondary English (0861) 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

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

Exam Timetable

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

Tests Series: May 2023

Venue: Heritage International School Moldova

Date	Session	Start Time	Cambridge Lower Secondary Checkpoint (Y8A/B)	Duration
10 April (Mon)	AM	9:00 AM	Cambridge Lower Secondary English as a Second Language (0876) 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

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

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

**Full Link:**

**[https://docs.google.com/spreadsheets/d/1aNEObj2cZb\\_3Kml\\_HbXYDeWbTFKbd9kxIjapf6LcrRw/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1aNEObj2cZb_3Kml_HbXYDeWbTFKbd9kxIjapf6LcrRw/edit?usp=sharing)**

## NEWS FROM LYCEUM



**Recommended Cambridge International A Level subjects for the most popular careers**

*Heritage Lyceum is the only one in Moldova providing the Cambridge curriculum and globally recognized AS and A Level qualifications.*

**Heritage Lyceum learners become:**

-  **confident**
-  **responsible**
-  **reflective**
-  **innovative**
-  **engaged**



**Within the Cambridge International AS & A Level Program**

*Heritage Lyceum is the only one in Moldova providing the Cambridge curriculum and globally recognized AS and A Level qualifications.*

*Lyceum IELTS preparation*

*Wednesday, October, 12, 13.00 - 14.30*

*Friday, October, 14, 10.05 - 11.05*

*Personal Statement for a university application*

*Writing a Convincing Personal Statement to Successfully Apply to Universities:*

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

*Career and University Admission Guidance*

*Tuesday // Thursday at 8.30*

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

***Why choose Cambridge International Qualifications:***

*Cambridge education prepares students for life, helping them develop an informed curiosity and a lasting passion for learning.*

*Heritage International School is one of the prestigious schools that offers Cambridge education which shapes a Cambridge curriculum around how they want their students to learn, helping them discover new abilities and a wider world. The students develop the skills they need to achieve at school, university and work.*

*The Cambridge international qualifications give the opportunity to the students to get admission in the world including the top universities of US, the UK, Germany, Canada, Australia, and New Zealand.*

*Cambridge curriculum is flexible, challenging and inspiring, culturally sensitive yet international in approach. Cambridge students develop an informed curiosity and a lasting passion for learning. They also gain the essential skills they need for success at university and in their future careers.*

*For further information, please visit at these links: <https://www.cambridgeinternational.org/why-choose-us/benefits-of-a-cambridge-education/international-curriculum/>  
<https://www.cambridgeinternational.org/about-us/what-we-do/facts-and-figures/>*

## STUDENT LEADERSHIP

**Heritage Globe**

- Home
- Literary Corner
- Arts Corner
- Speedy News
- Archive
- Staff

# HERITAGE GLOBE

The *Heritage Globe* is where the Heritage International School community can share news, reviews, editorials, creative writing, artwork, and more.

Snow's coming!

<https://sites.google.com/heritage.md/heritage-globe/home?pli=1>

# GLOBAL EDUCATION

**NGL** is another of those 'bolt-on' apps which is designed to work alongside a major social media network. In this instance, the 'host' platforms are Instagram and Twitter – with NGL (meaning, as you may have surmised, 'Not Gonna Lie') inviting a user's friends and followers to ask them questions anonymously. An intriguing novelty, perhaps – but also not without risk.

Human nature being what it is, some people take the smokescreen of online anonymity as an excuse to behave in ways that they certainly wouldn't if their identity were visible. The idea of exposing young social media users to anonymous messages is one which understandably concerns many parents: please check the guide for this anonymous messaging app.

This guide will highlight a number of potential risks including oversharing, cyber-bullying and potentially costly subscription fees.

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

## What Parents & Carers Need to Know about NGL

**AGE RESTRICTION 13+**

**WHAT ARE THE RISKS?**

**ANONYMITY AND OVERSHARING**  
Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-advised confessions or revealing their fears and insecurities.

**PROTECTION FOR BULLIES**  
Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cool' and 'silly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

**COSTLY SUBSCRIPTIONS**  
NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

**INFLATED ENGAGEMENT**  
In June 2022, NGL had to revise its terms of service, informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that, previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

**QUESTIONABLE SUPPORT**  
NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating "... NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried." This did not fill our expert with confidence that the app can address bad behaviour adequately.

**ACCIDENTALLY GOING VIRAL**  
The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – enabling all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL without realising, this information has the potential to be re-shared very quickly to a far wider audience.

**Advice for Parents & Carers**

**DEALING WITH NEGATIVITY**  
Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child continually receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

**BLOCK IN-APP PURCHASES**  
To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If those options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

**EXPLAIN ANONYMOUS APPS**  
We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself). It is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

**THINK BEFORE SENDING**  
Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face-to-face, then it's probably not the sort of thing they should be writing online either.

**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 concerning internet use and sexting behaviour of young people in the UK, USA and Australia.

**NOS National Online Safety**  
#WakeUpWednesday

Source: [https://ngl.link/#what-s\\_ngl](https://ngl.link/#what-s_ngl)

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national\_online\_safety

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**Spotify:** With around 60,000 songs added to its online library every day, Spotify is a vast treasure trove of audio dating from some 19th century recordings through to giants of the download age like The Weekend and Ed Sheeran. Factor podcasts, audiobooks and videos into the mix, and the Swedish-based streaming platform quite literally offers something for everyone.

Not everything in Spotify's depths is universally suitable, however. The sheer mass of music and content on the platform mean that, naturally, not all of it is intended for younger listeners. With an audio chat service available and media reports of predatory activity, this NOS guide highlights other aspects of Spotify which trusted adults ought to be in the loop about.

In the guide you'll find tips on a number of potential risks such as age-inappropriate lyrics, an audio chat function and recent reports of predatory activity.

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

# What Parents & Carers Need to Know about SPOTIFY

Spotify is a digital music, podcast and video service which gives users access to millions of songs and other content from creators all over the world. Since launching in 2008, Spotify has revolutionised the way music is listened to: it now offers the ability to manage and share more than 100 million tracks and five million podcast series, plus personalised recommendations, new release updates and the option to create collaborative playlists. As of February 2023, it is the world's most popular audio streaming subscription service with 489 million users globally.

## WHAT ARE THE RISKS?

### EXPLICIT LYRICS

As per Spotify's terms and conditions, people need to be at least 13 to use it. That said, the platform doesn't censor lyrics unless instructed to do so in the settings – so it's worth noting that young teenagers could still be exposed to age-inappropriate songs which contain explicit references to sexual behaviour, violence, discriminatory language and swearing.

### GROOMING TACTICS

Although Spotify doesn't come with dedicated chat functionality, concerns were raised in January 2023 after reports of an 11-year-old girl being coerced into sharing explicit pictures of herself on the platform. The case highlighted predators' tactics of sharing empty playlists with other users: their messages were being exchanged undetected through edited song titles and descriptions, bypassing security measures.

### OVERSHARING

Spotify provides a perfect way to play music, with the ability to connect to another device, such as a Bluetooth speaker or an in-car stereo. While this is a useful feature, it's also easy to forget your surroundings and inadvertently play content which isn't appropriate for all listeners (especially those under the age of 18), potentially causing alarm or distress.

### AGE-INAPPROPRIATE PODCASTS

Spotify's podcast community has grown exponentially and it's become a popular base for millions of users to listen to shows, stories, interviews and more – with content covering an array of topics. This includes some material which isn't suitable for minors, including audio which is obviously adult-themed, but can be just as easily accessed as everything else.

### ACCESS TO SPOTIFY LIVE

If your child has a Spotify account, they'll also be able to access the platform's audio-only chat service: Spotify Live. While it's a separate stand-alone app, Spotify Live allows people to listen to live discussions on the main Spotify platform and, more notably, lets users enter virtual rooms to chat with other users, opening up direct conversations with strangers and individuals who might not necessarily be there for the right reasons.

## Advice for Parents & Carers

### SWAP TO SPOTIFY KIDS

If you're concerned about what your child might hear while streaming music, Spotify Kids is a separate, ad-free service specifically designed for children aged 13 and under. It allows younger users to enjoy human-curated, child-friendly content (such as music and audiobooks) and is available to users with a Spotify Premium Family subscription – meaning that parents can view and manage the content their child listens to.

### TALK ABOUT THE RISKS

As with any platform, it's good practice to talk to your child about what they should be aware of when using Spotify. For instance, it's important they're aware never to share any personal information with strangers, and what they should do if they're exposed to inappropriate content. Encourage them to think critically about what they see and hear so that they feel comfortable raising any concerns with you.

### CENSOR EXPLICIT CONTENT

Regardless of what type of account your child uses to access Spotify, there is an option to turn off explicit content in the settings – greying out all songs marked with an 'E' tag. If your child has their own individual account, it's easier for them to turn it back on – whereas with a family plan, you're in control and your child can't alter the setting without knowing the password.

### KEEP AN EYE OUT

If you're concerned that your child is spending too much time on Spotify or you've noticed they're being particularly secretive about how they're using it, encourage them to talk about what they're listening to. It's always prudent to show an interest in their online habits from the outset – so you're confident they're using apps and services in the right way, for the right reasons, and they're not being drawn into anything they shouldn't be.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.

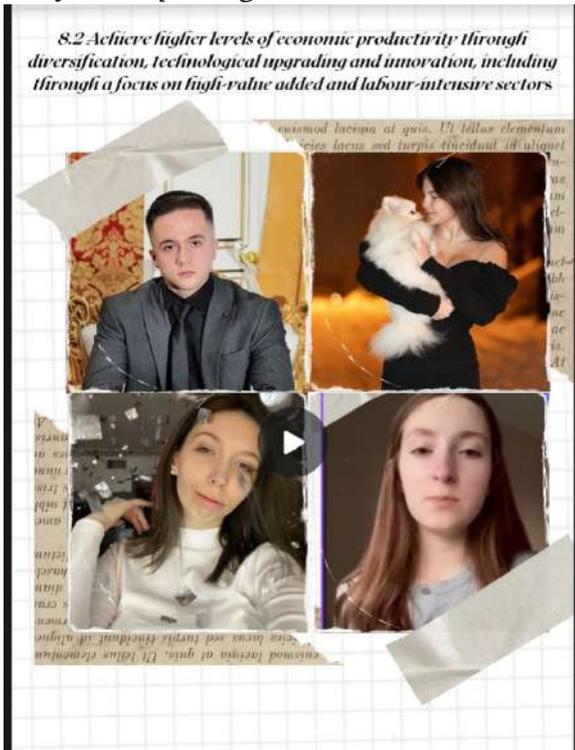
Source: <https://newsroom.spotify.com/company/info/> | [https://www.spotify.com/privacy/files/parental\\_guide.pdf](https://www.spotify.com/privacy/files/parental_guide.pdf) | <https://www.spotify.com/us/live/> | <https://www.manchestereveningnews.co.uk/news/greater-manchester/news/police-confirm-investigation-launched-after-25086035>

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#WakeUpWednesday

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As we are approaching the end of the Goals Project, students in IGCSE1 and 2 are in the process of recording videos, creating team outcomes and getting ready for global videoconferences. They are exploring **SDG8 - Decent Work and Economic Growth**.



On Monday, March 6, the IGCSE classes are meeting participants from Italy, Indonesia, Nigeria, Argentina, and the USA.

## SDG 8 DECENT WORK & ECONOMIC GROWTH



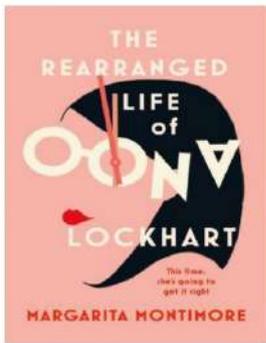
**Meeting on Monday, March 6th, at 8:30am EST / 2:30PM CET**

STUDENTS IN GRADES 10-12 & UNIVERSITY LEVEL WILL SHARE!

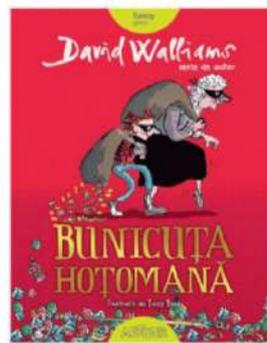


**#GoalsProject**

The students in the primary classes are also part of this project, exploring other SDGs, such as Zero Hunger (SDG2) or Affordable and Clean Energy (SDG7). For details, see the primary section.

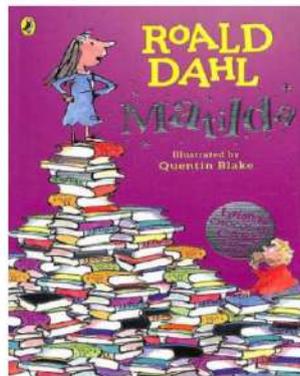


**What if you lived your life in the wrong order?**  
 Brooklyn, 1982. Oona Lockhart is about to celebrate her 19th birthday and ring in the New Year. But at the stroke of midnight, she finds herself in her fifty-one-year-old body, thirty-two years into the future. Oona Learns that on every birthday she will leap into a different age at random. Still a young woman on the inside, but ever changing on the outside, who will she be next year? Wealthy philanthropist? Nineties Club Kid? World traveller? Wife to a man she's never met? As the years pass, Oona must learn to navigate a life that's out of order-but is it broken?

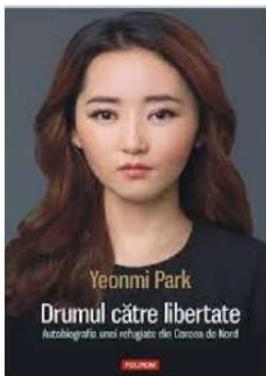
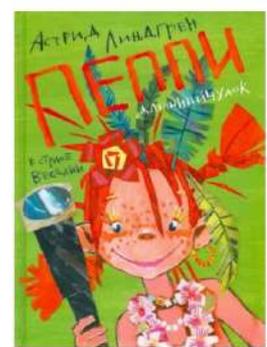


**Walliams, David. Bunicuța hotomană**  
 Pe Ben îl plictisea de moarte serile de vineri, pe care trebuia să la petreacă în casa bunicii. Unul dintre motive ar fi ca mâncărurile ei sunt făcute doar din varză - iar asta e o regulă valabilă chiar și pentru prăjituri... Însă curând descoperă că Buni are un secret întunecat. Este oare bătrânica inofensivă, cu păr alb, proteză auditivă și dinți falși, un hoț internațional de bijuterii?

**Dahl, Roald. Matilda**  
 Matilda Wormwood's father thinks she's a little scab. Matilda's mother spends all afternoon playing bingo. And Matilda's headmistress Miss Trunchbull? Well, she's the worst of all. She is a big bully, who thinks all her pupils are rotten and locks them in the dreaded Chokey. As for Matilda, she's an extraordinary little girl with a magical mind - and now she's had enough. So all these grown-ups had better watch out, because Matilda is going to teach them a lesson they'll never forget.

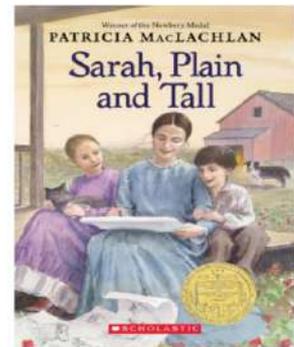


**Липдгрен, Астрид Пеппи Длинныйчулок в стране Веселии**  
 Летние каникулы длинные, и это замечательно! Можно, например, отправиться в далёкое путешествие. Как будет здорово снова оказаться на море! Пеппи ликует: "Вот счастье! Наконец-то я увижу страну Веселию, где мой отец - могущественный король". Да и все верноподданные тоже страстно желают увидеть принцессу Пеппилотту, о которой они так много слышали. Пожелаем ей счастливого пути, и пусть свежий ветер надувает паруса "Попрыгуньи"!



**Yeonmi Park. La vârsta de 13 ani,** după ce tatăl ei a fost condamnat la muncă silnică, Yeonmi și familia ei au luat decizia disperată de a fugi din Coreea de Nord traversând fluviul înghețat Yalu în China, unde au căzut însă în mâinile traficantilor de persoane. După aproape doi ani de captivitate într-o lume la fel de brutală și de periculoasă ca aceea pe care o părăsiseră, Yeonmi și mama ei și-au riscat din nou viața, străbătând deșertul Gobi și orientându-se după stele în drumul lor spre libertate.

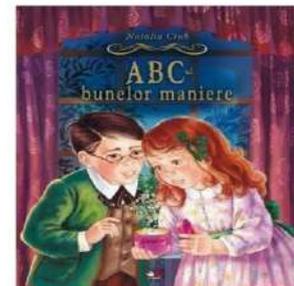
**MacLachlan, Patricia. Sarah, Plain and Tall.**  
 Caleb and Anna have been living without a mother for a long time. In fact, Caleb doesn't even remember Mama, who died a day after he was born. Anna tells him that Papa and Mama sang every day, and now Papa doesn't sing at all. To remedy this situation, their father places an advertisement in a newspaper for a mail-order bride to come live with them in their prairie home.



**Волков, Александр Мелентьевич. Волшебник Изумрудного города; Урфин Джюс и его деревянные солдаты; Семь подземных королей/Александр Волков; ил. Елены Мельникововой.** - Москва: Эксмо, 2017. -496 с.:ил. «Волшебник Изумрудного города» рассказывает о девочке Элли, живущей в Канзасе. Во время урагана Элли и её пёсик Тотошка прячутся в домике, буря подхватывает его и уносит в Волшебную страну.



În fiecare zi, copiii se confruntă cu tot felul de provocări. La fel se întâmplă și cu Mary-Jane, o fetiță în vârstă de șapte ani, atunci când dă peste o cutiuță misterioasă și face cunoștință cu zece băbuțe năstrușnice, care vor să o convingă să disprețuiască bunele maniere și conduita politicoasă. Împună cu prietenul ei Jimmy, Mary-Jane află ce se întâmplă atunci când ești obraznic, nepoliticos. Din fiecare înfruntare între bine și rău, cei doi copii înțeleg în cele din urmă că bunele maniere și un caracter frumos sunt singurele arme cu care pot învinge creaturile fermecate.



## 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.

## HERITAGE CREATIVITY

The first edition of the Bookface challenge gathered more than 80 original photos, truly amazing. The members of the Primary Students Council handed out certificates of participation to the students participating in the first edition of the Bookface Challenge 2023.







# Book Review Competition





*It's World Book Day today! What is a book you'd recommend reading? Last week, we had our traditional Book Review Competition at Heritage - too many good titles there, as well as book-loving students in the library! Congratulations to the winners!*



## SPORTS, CLUBS and ACTIVITIES

### Knitting Club



## SCHOOL INFORMATION

**School Improvement Priorities Headlines 2022-23:**

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuOK3znedxCuifXHrIk9oQtq6dNbFaY/edit?usp=sharing>

### Vision and Aims:

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

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

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

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

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

## Heritage International School School Improvement Plan

### 2022-2023



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

Lyceum construction progress



**School Fee  
Reminder**

Kind reminder that timely submissions of School fees is mandatory

A red rectangular graphic with white text. The text reads "School Fee Reminder" in a stylized font, with "Reminder" in a larger, bolder font. Below the text, it says "Kind reminder that timely submissions of School fees is mandatory". At the bottom, there are colorful icons representing school supplies: a globe, books, a soccer ball, a calculator, and other items.

# Mindful March 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them
6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face
11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly
16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today <a href="http://dayofhappiness.net">dayofhappiness.net</a>
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted
26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling
31 Discover the joy in the simple things of life				

ACTION FOR HAPPINESS

Happier · Kinder · Together



## UPCOMING EVENTS



## UPCOMING EVENTS

**8th-12th March 2023**

17th March 2023

20th March 2023

20-24th March 2023

27-31st March 2023

25th March 2023

**Spring Break**

Heritage Film Festival

International Day of Happiness

Lower Secondary Mock exams

Primary Mock exams

"ENGLISH WITHOUT BORDERS"

the International HIPPO Olympiad

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

## MAIN CONTACTS

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 Catering services: [meals@heritage.md](mailto:meals@heritage.md)  
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 English language courses for children and adults: [language.academy@heritage.md](mailto:language.academy@heritage.md)