



THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

*“ What you get by achieving your goals is not as important as “
what you become by achieving your goals.*

Zig Ziglar



WHAT'S NEW?

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Director's notes

Dear Heritage Families,

As we reach the close of another successful school year, I want to thank each of you for your partnership, support, and trust. Our students have grown academically, socially, and in confidence — achievements that reflect the hard work of our teachers and the encouragement they receive at home.

Before we head into summer, I'd like to share a short, practical reminder about two simple habits that make a big difference over the break: reading and recreation. The “summer slump” — where students lose some of the gains made during the year — is a real but very avoidable challenge. Keeping learning light, regular and joyful helps children return in September ready to dive into new work.



Reading

- *Aim for daily reading: even 15–30 minutes a day preserves vocabulary and comprehension skills.*
- *Mix it up: novels, comics, magazines, recipes, websites, and audiobooks all count.*
- *Family routines help: shared reading, visits to the library, and reading aloud to younger children create habits and connect learning to family time.*
- *Make it choice-driven: when students pick what they enjoy, they are more likely to read consistently.*

Recreation

- *Encourage active play: time outdoors, sports, cycling and unstructured play build physical health and executive function.*
- *Keep curiosity alive: museum visits, science experiments, creative projects and travel (even local outings) stimulate thinking in different ways.*
- *Balance screen time: educational apps and programs can be useful but work best when blended with hands-on activities and social interaction.*
- *Maintain a light routine: regular bedtimes and a simple daily structure support wellbeing and make the transition back to school easier.*

Director's notes

Practical ideas

- *Create a summer reading list together, with a mix of challenge and fun.*
- *Try a weekly “family project” like a mini-research topic, a nature journal, or a small writing challenge.*
- *Use local resources: libraries, community events, sports clubs and cultural centres often offer free or low-cost summer programmes.*
- *Set one achievable and measurable goal for your child (for example: read five books, learn to ride a bike, keep a journal).*

Thank you again for everything you have done this year to support your child and our school community. I wish every family a safe, restful, and joyful summer. Enjoy the downtime, the adventures, and the small learning moments that make summers so special. We look forward to welcoming your child back refreshed and ready for an exciting new term in September.

Warm regards,

Casey M. Barnes,
Heritage Director






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.*

Action for Happiness Calendar

Meaningful May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small
4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times
11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful
 18 Send a handwritten note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today
 25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Key Dates

18th May- 22nd May 2026	Outdoor Classroom Week
27th May 2025	Founders' Day
28th May	World Without Walls Day (class activities)
29th May 2025	Heritage International Day
29th May 2025	Last Day of School
1st September	First Day of School – Open House

[See the 2025-2026 Academic Calendar here](#)



The Heritage Values

EXCELLENCE

We strive to be our best: setting high standards, nurturing curiosity and a love of learning, committing to continuous improvement, holding ourselves accountable, and embracing digital literacy in a “getting better” culture.

COURAGE

We embrace challenges: trying new things, learning from mistakes, standing up for our values, and facing difficulties with confidence.

RESPECT

We treat every person with dignity. We create an environment where everyone feels safe, valued, and included,—respecting differences, upholding human dignity, welcoming diversity, ensuring belonging, and enacting democracy.

RESPONSIBILITY

We act with honesty and integrity, owning our learning and actions. We care for our community, environment, and world as global citizens and stewards.

WISDOM

We make thoughtful, responsible decisions—considering consequences, acting with integrity and ethical awareness, seeking balance, and developing emotional maturity.

Heritage around the world



At Heritage [Global Explorers Summer School](#) children spend their summer learning, exploring, creating, and enjoying every day in a safe and active school environment. Each day is filled with English-speaking activities, indoor & outdoor games, creative projects, new discoveries, and time to build friendships with new classmates.

Swimming, excursions, and special camp activities add even more variety, making the programme bright, engaging and full of memorable moments. Guided by our Cambridge teachers, students can try new things, discover new interests, and enjoy a summer that feels both fun and meaningful.

Programmes to choose from

ABC
DE

EXPLORER LANGUAGE: INTENSIVE ENGLISH

- 📌 Conversation
- 📌 Storytelling
- 📌 Debates
- 📌 Creative writing

Cambridge teachers make every session feel less like a lesson and more like a conversation worth having



EXPLORER LAB: STEM

- 📌 Hands-on experiments
- 📌 Problem-solving quests
- 📌 Mind math

Through practical activities and teamwork, children learn to think, experiment, and find solutions in a fun and engaging way



EXPLORER WORLD: CULTURE & CRAFTS

- 📌 Art
- 📌 Music
- 📌 World cultures
- 📌 Creative projects

Inspired by traditions, colours, and stories from different countries around the world

Heritage around the world

Tatiana Popa Recognized Among “100 Teachers Changing Moldova”

Tatiana Popa, Deputy Academic Director at Heritage, was named one of the “100 Teachers Changing Moldova,” selected from over 1,900 national nominations. The award ceremony took place on May 16 at the Gratitude Gala, celebrating outstanding teachers nominated by students, parents, and colleagues. The campaign, organized by VIP Magazine and AGIRoMd, honors educators who have made a lasting impact on education. Tatiana Popa has also represented Moldova in international projects and was twice nominated by ISC Research among the Top 20 global education influencers. This recognition highlights her significant contribution to education in Moldova and beyond. Congratulations!



News from Primary

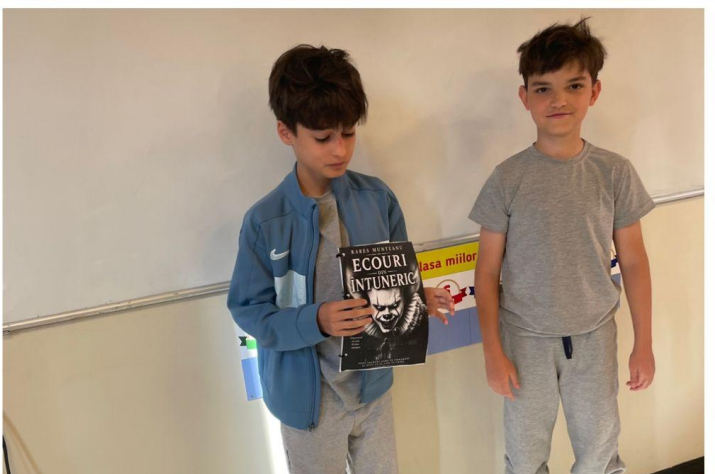
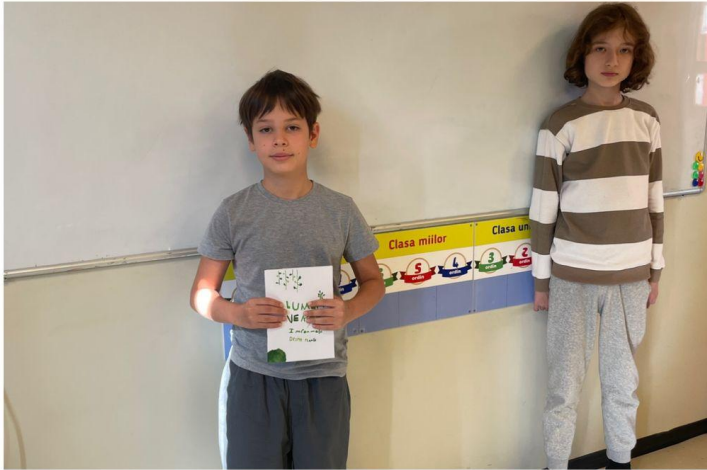
A Book Created and Gifted to My Classmate

For this project, we worked in pairs to create a special handmade book for our classmate. We wrote stories, added drawings and decorations, and shared kind messages. This activity helped us use our creativity, teamwork, and friendship to make a meaningful gift.



News from Primary

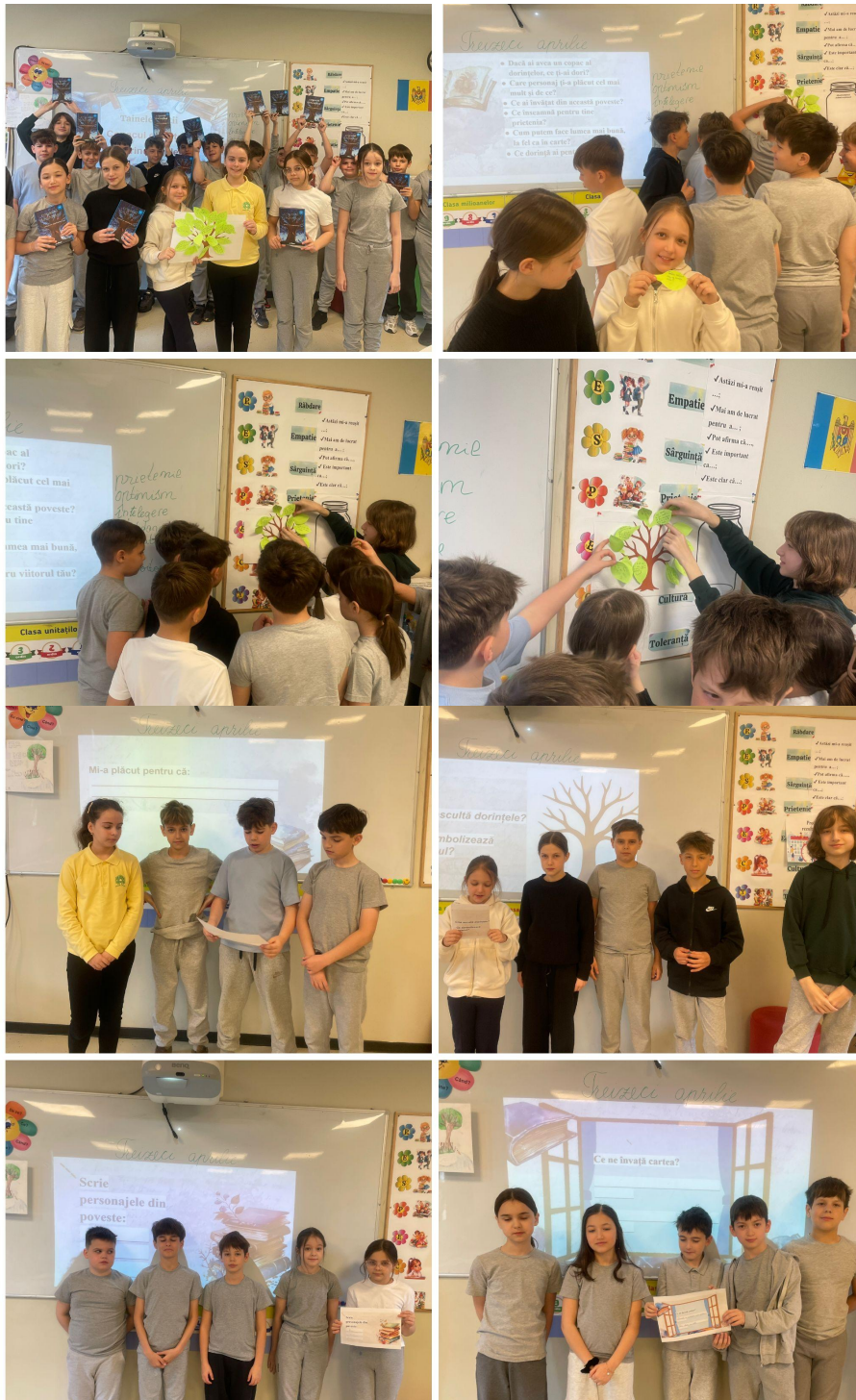
A Book Created and Gifted to My Classmate



News from Primary

The Literary Café – The Wish Tree

Today, reading, imagination, and creativity came together in a special classroom activity. The students discovered the power of words, expressed their wishes, and turned every beautiful thought into a leaf on the “Wish Tree.” Through teamwork and creativity, they shared ideas, emotions, and the joy of literature in a warm and inspiring atmosphere.



Visit to the Folk Craftsmen – The Scutelnic Brothers

Our students had an authentic and engaging experience visiting the folk craftsmen, the Scutelnic brothers, in Chişinău. The children discovered the secrets of working with clay and learned how a clay pot is made – from carefully shaping the clay to transforming it into a handmade traditional object. This activity gave the students the opportunity to explore traditional crafts and cultural heritage while developing their creativity, patience, and appreciation for folk art.



News from Primary

1C - Welcome to Moldova

Today, our Grade 1 students proudly presented family projects dedicated to the culture, traditions, symbols, cuisine, and heritage of Moldova. The classroom was decorated as a traditional Moldovan “Casa Mare,” creating a warm and festive atmosphere. The children showed creativity, confidence, and enthusiasm while sharing their projects and celebrating Moldovan culture together with their families.



View all materials at the link:

[link](#)

News from Secondary

Sports Day



News from Secondary



News from Secondary

Field Trip to the Botanical Garden – 9E2

Students of Class 9E2 enjoyed an educational and relaxing visit to the Botanical Garden, where they explored nature, discovered different plant species, and spent quality time together outdoors.



News from Secondary

Field Trip to Skyland – 8E2

Class 8E2 enjoyed an exciting and memorable field trip to Skyland, where students took part in fun activities, teamwork games, and outdoor experiences while spending a great time together outside the classroom.



News from Secondary

7A Assembly on Kindness

Students of Class 7A led a thoughtful assembly kindness, sharing the importance of compassion, respect, and positive actions within the school community.



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](#)

Key Dates

National Gymnasium Exams

ORARUL EXAMENELOR NAȚIONALE DE ABSOLVIRE A GIMNAZIULUI ANUL DE STUDII 2025-2026

Nr. crt.	Disciplina de examen	Data
1	Istoria românilor și universală	04 iunie (joi)
2	Matematica	08 iunie (luni)
3	Limba de instruire	11 iunie (joi)
4	Limba și literatura română (alolingvi)	15 iunie (luni)

[Cambridge Exam Timetable May-June 2026](#)

June AS /A level exam updates

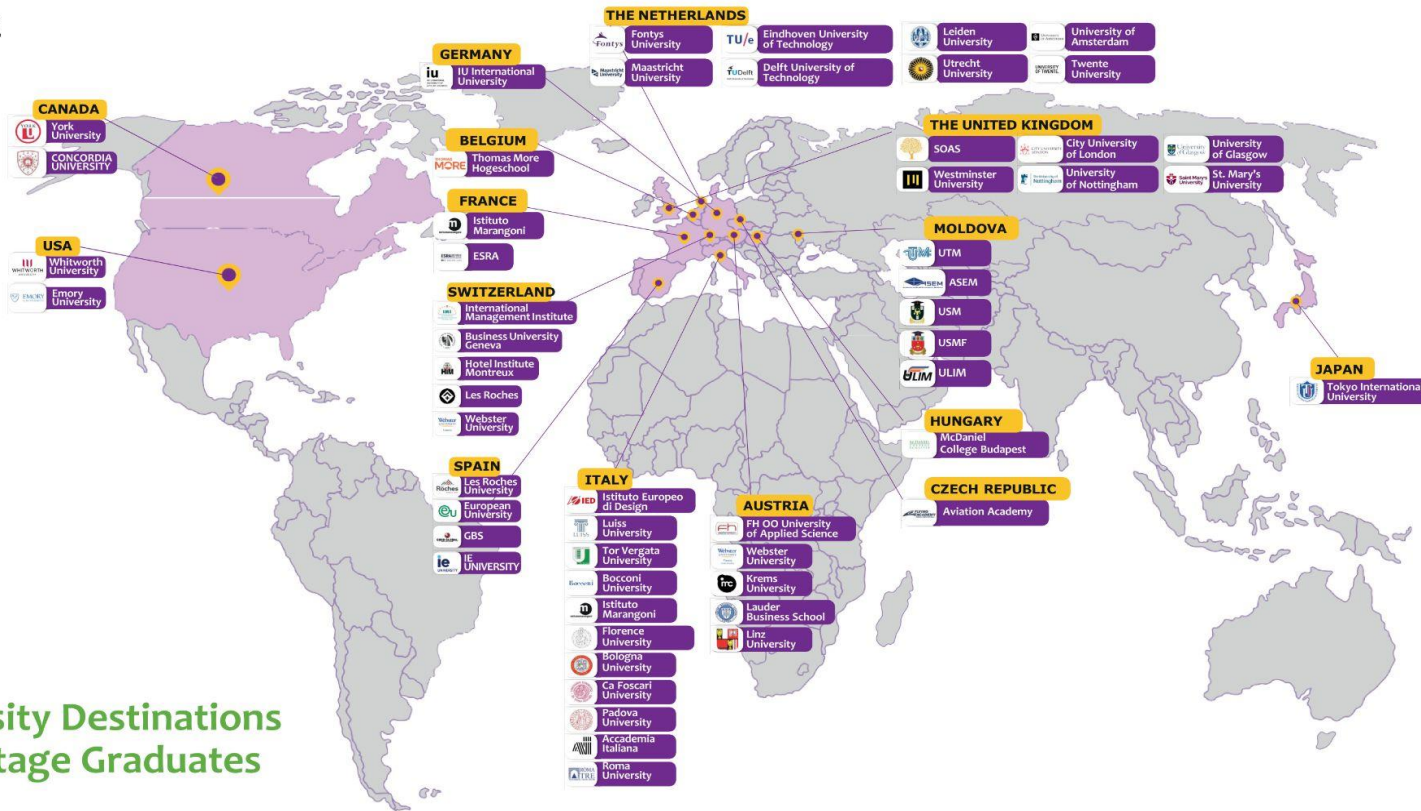
Monday, June 8, 2026	AM	GCE AS & A Level	9709/32	Mathematics	Pure Mathematics 3 (32)	11:00 AM	12:50 PM	1h 50m
	PM	IGCSE	0610/21	Biology	Multiple Choice (Extended) 21	3:00 PM	3:45 PM	45m
GCE AS & A Level		9708/11	Economics	AS Level Multiple Choice 11	3:00 PM	4:00 PM	1h	
Tuesday, June 9, 2026	AM	GCE AS & A Level	9709/12	Mathematics	Pure Mathematics 1 (12)	11:00 AM	12:50 PM	1h 50m
	PM	IGCSE	0620/21	Chemistry	Multiple Choice (Extended) 21	3:00 PM	3:45 PM	45m

Student Leadership

University Destinations



HERITAGE
International School



University Destinations of Heritage Graduates

Student Leadership

Heritage Globe newspaper - autumn /winter edition

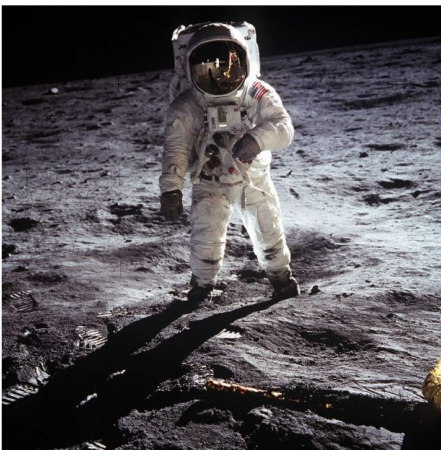
We are pleased to share the latest edition of Heritage Glob, now available to read online. Access it here: [Heritage Globe](#)



Heritage Globe

Welcome to the Heritage Globe Autumn-Winter Edition of the academic year 2025-2026.

Heritage Globe Articles



Space exploration: A waste of money or humanity's future?

by Oryna Danyliuk



Can art be immoral, and what does that mean for the audience?

by Iana Zorilo



Zaha Hadid: Dared To Dream Beyond The Ordinary

by Anonymous

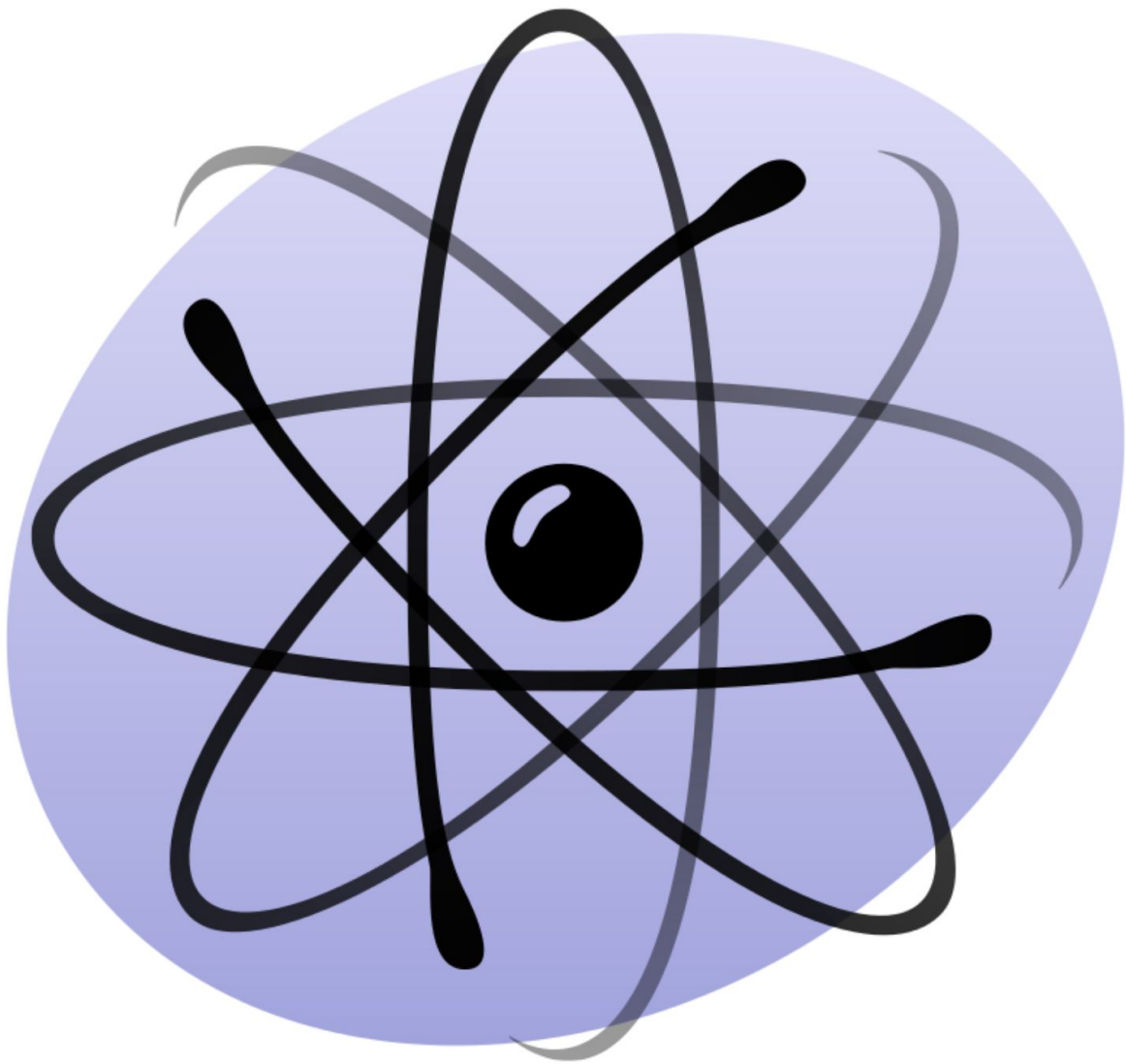
[Read More](#)

Results of the Physics Competition “IMPULS” – 9th Edition

Congratulations to the students for their participation in the Physics Competition “IMPULS”, 9th Edition, held on May 16, 2026.

- *Gobjila Ștefania – 2nd Place*
- *Țurcanu Otilia – 3rd Place*

Wishing everyone a wonderful and successful end of the school year!



Clubs and extracurricular activities

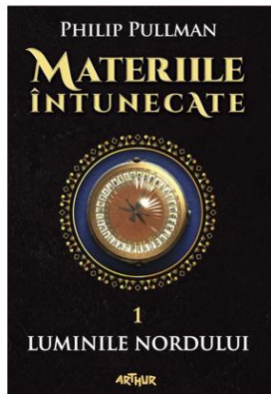
FIRST LEGO League Robotics Competition

On May 17, our STEM Club team “INGENIOȘII,” made up of six Class II-A students, led by Doina Bargan, participated in the FIRST LEGO League alongside over 100 teams from across the country, exploring the “UNEARTHED” theme through creative LEGO projects about archaeology and discoveries, and proudly received a diploma for their Project Model, with the event organized by Clasa Viitorului and First Lego League Moldova.



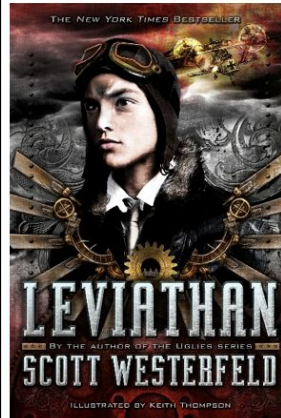
EMINESCU LIBRARY BOOKS RECOMMENDS

*The book creates a new world, colors the characters,
and sows hope in the reader's soul.*



PHILIP PULLMAN Luminile Nordului

O lume în care sufletul oamenilor se află în afara corpului, o lume populată de vrăjitoare, urși cu armură și în care o substanță misterioasă, numită Praf, îi uimește pe unii și îi înspăimântă pe alții – acesta este universul eroinei, care pornește la doar unsprezece ani în cea mai mare aventură a vieții sale, spre tărâmul întunecat și magic al Nordului, ca să-l salveze pe Roger, cel mai bun prieten al ei!



SCOTT WESTERFELD Leviathan

The Leviathan is a whale-powered airship and the greatest beast in the British fleet during World War I. Aleksandar, a Clunker, and Deryn, a Darwinist, find themselves on opposite sides of the war. But their paths cross in the most unexpected way, taking them both aboard the Leviathan on a fantastical, around-the-world adventure. One

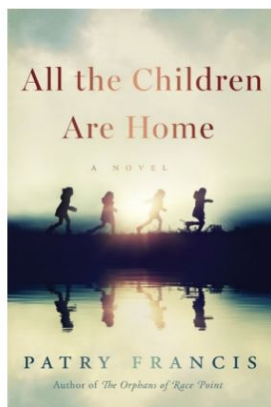
УИЛЬЯМ ШЕКСПИР Комедии

Уильям Шекспир обессмертил свое имя на века. Его драмы и трагедии продолжают волновать читателей и зрителей кипением страстей, коварством интриг и яркостью характеров. Неожиданные сюжетные ходы, юмор и забавные ситуации, в которых оказываются герои, отличают Комедии Шекспира.



JENNIFER WEINER Cel mai mic Bigfoot

O carte despre prietenie, în cea mai pură formă. Este o carte despre capacitatea copiilor de a trece peste orice granițe și a găsi asemănări, chiar și între un om și un Bigfoot. Prietenii se pot naște oriunde și din orice, însă mulți copii sunt marginalizați și neînțeleși, respinși și ignorați este în ordine să fim diferiți, că trebuie să ne acceptăm unii pe alții așa cum



PATRY FRANCIS All The children are home

A sweeping saga that follows a foster family through nearly a decade of dazzling triumphs and heartbreaking suffering. When Dahlia decided to become a foster mother, she had a few caveats: no screaming newborns, no delinquents, and, above all, no girls. A heartbreaking incident years earlier left her practically a prisoner in her own home, ever wary of the suffering and



ДЖЕЙМС БОУЭН Уличный кот по имени Боб

Рыжий кот спас жизнь бездомному музыканту. Они были бездомными и одинокими, но однажды повстречали друг друга... Музыкант погубил от наркотиков и отчаяния, пока в его жизни не появился четвероногий друг. Он помог ему справиться с проблемами, принес удачу и стал настоящим ангелом-хранителем

For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



Introducing our safeguarding team

What is the role of a safeguarding team?

Our Safeguarding Team is committed to ensuring that all individuals are protected and cared for. They focus on:

- *The team strives to prevent harm or neglect by establishing unambiguous rules and standards.*
- *They offer the necessary training to our staff and volunteers, enabling them to identify and resolve any safeguarding concerns.*
- *The team is prepared to address any concerns that may arise, including those regarding events or allegations of unjust treatment.*
- *They offer care and assistance to anyone affected by harm, ensuring they receive the support they need to feel safe and secure.*
- *They offer strategic guidance and leadership to assist us in enhancing our safeguarding endeavors.*

Our team is dedicated to the holistic health of our community and is prepared to provide support as needed.

MEET the Safeguarding Team

Keeping you safe is our No. 1 priority!

We are here to help!

LARISA MİRZA
DSL 1
Head of Pastoral Care & Student Wellbeing

INGA CHIOSA
DSL 2
Academic Director

ADRIANA BUJAG
DEPUTY DSL
Head of Primary

TATIANA POPA
DEPUTY DSL
Head of Secondary

DORINA CALINOVSCAIA
DEPUTY DSL
Head of Lyceum

IF YOU ARE WORRIED, SPEAK TO A TRUSTED ADULT!

New QR Code—"Make the Good Visible" (Report Positive Actions)

Dear students and parents,

Every day, wonderful things happen in our school. We're launching a new QR code to make it easy to share and celebrate those positive moments.

What it's for:

Use the QR code to report kind, caring, or inspiring actions you see—from simple acts of kindness to examples of respect, teamwork, or helpfulness.

This form is not for incident reporting; it's a way to notice and celebrate what's going well. Safeguarding includes promoting belonging, kindness, and respect.

How to use it:

*Scan the QR code (found around school and in communications) or follow this link:
<https://forms.gle/a32gzdHMXRUSqPX76>*

Complete the short form with details of what you saw and who was involved.

Submissions will be reviewed and used to recognize positive behavior across our community.

Why it matters:

Celebrating positive actions helps build a safer, more supportive school where everyone feels valued.

Your contributions help staff identify and reinforce the behaviors that make our school better every day.

Thank you for helping us "Make the Good Visible." Please encourage students to share the positives they see

Make the Good Visible – Positive Action Report

**Every day sparkles with WONDERFUL moments.
Let's CELEBRATE what makes us strong!**



SPOT THE GOOD

Scan and share:

Let's make the good visible!

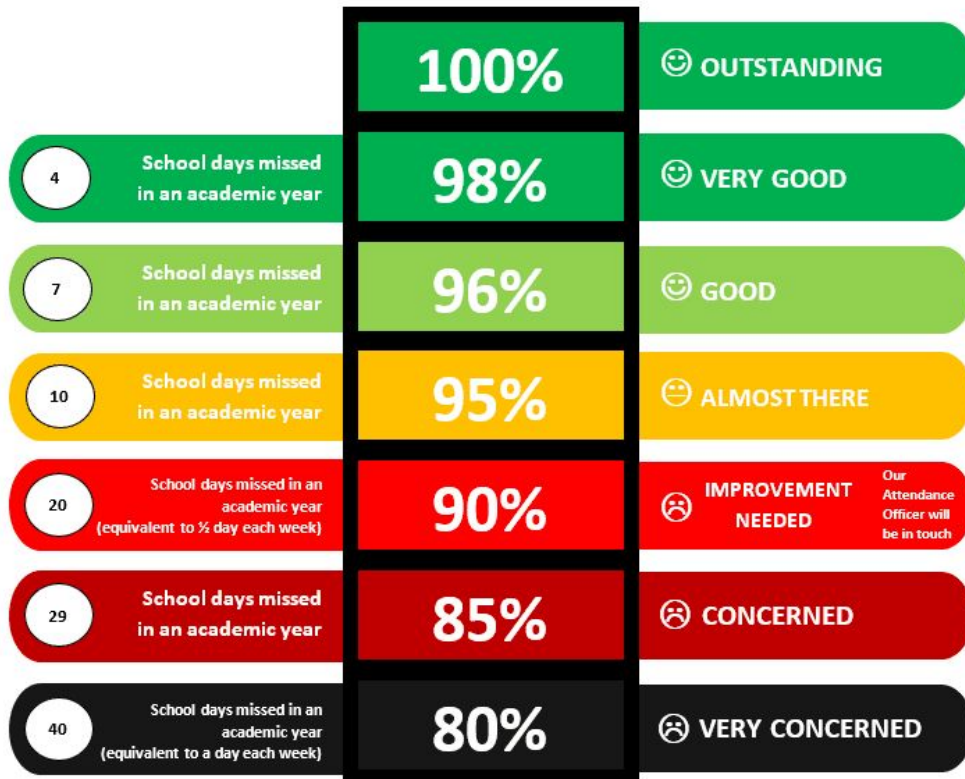
**Reports can shine a light on what's working—
Let's CELEBRATE it!**

School Information

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.

Attendance Ladder



Attend Today, Achieve Tomorrow!

Attendance Matters!

Students with good attendance...

Elementary ...increase reading, math and foundational skills.	Middle School ...develop meaningful relationships and communication skills	High School ...gain essential life skills needed beyond graduation	College/Work ...are successful at their jobs and/or earn degrees	

Students at all levels experience less stress with good attendance!

MAIN CONTACTS

Social Media:

[facebook](#)

[instagram](#)

[twitter](#)

[linkedIn](#)

Contact us:

+373 620 222 10

Back copies of the International Heritage Herald can be found on our website: <https://www.heritage.md/en/school/heritage-herald>

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