HERITAGE
International School

May 25, 2024

THE INTERNATIONAL
HERITAGE HERALD

THOUGHT FOR THE WEEK

"How paramount the future is to the present when one is surrounded by children."

Charles Darwin

WHAT'S NEW?

Thought for the week	1
Director's weekly notes	3
Heritage in the wider world	4
Articles/stories of interest	8
The Heritage 10 golden rules	9
News from Primary	10
News from Secondary	25
Cambridge Exams	29
Global Education	31
Student Leadership	37
Heritage Digital Corner	39
News from Library	41
Sports, Clubs and Activities	42
School Information	44
Upcoming events	47
Main contacts	48

The View from Dacia Boulevard, Director's notes

After a lot of travel around the UK last week, it was balm to my educator's heart and soul to be standing on the school gate on these beautiful May mornings, greeting our staff, students and families as we go through this penultimate week of a long academic year. I was extremely proud to fly the flag for Heritage and Moldova in the UK and especially at the Global School Alliance's 5th anniversary conference in Liverpool as a keynote speaker. As we come to the end of our academic year, it was interesting to speak with fellow school leaders from Bueno Aires to Bradford, about the common challenges we face in these post-Covid times and how we respond in our education communities to the next half of the 2020s. Adaptability seems to be the key but also to make sure we hold onto our core values and at Heritage that has seen us through to the end of our 7th year as an international school.

We were pleased to welcome into school or speak with online, a number of external verifiers and partners, who work with us as critical friends or partners including Cambridge, the City Directory and UNICEF. On Tuesday, I had the pleasure of speaking with our school improvement partner from COBIS who has been working with me as we complete the 3 Year annual review and we look to the next few years of what we have secured and what we need to do further as a school. In my weekly meetings with the Chair of Governors and co-Founder, Mrs.Natalia, we speak a lot about how the school has changed, grown, become more complex and how we continue to meet the needs and demands of a local and global society that seems to be in constant flux and not always as optimistic as we would hope for. But in these conversations, like the ones I had in Liverpool or daily in Chisinau, the future is very paramount to the present as we work with children and young people daily.

These final weeks are some of the very best in a school year with events like school visits, graduations and sports day juxtaposed against the acute demands of the summer national and Cambridge exams. I am really proud of the way our students have responded with the latter and there is an academic maturity and sense of where the educational process is leading to amongst our students and community, that wasn't always there when I first arrived in Moldova in May 2019. Heritage really is coming of age and the challenge for the new academic year as we get closer to 'Heritage at 10" is to sustain the international school in Moldova as one of the best in Europe. The view from Dacia Boulevard is a very good one.

Looking at the penultimate IHH newsletter, full of events, photos, education and lots of smiles, makes me confident we can get there and we are not too far off. Enjoy the sunshine and the weekend and we are looking forward to celebrating our final week of the academic year next week.

Thank you, as ever, of your support of me and Heritage,

Rob Ford,
CEO & Director

Heritage in the Wider World

Heritage International School-Moldova,...
@HIS_Moldova

Thank you @GSchoolAlliance @yorkshirejohn @CamilleriToni & #Liverpool for bringing global educators together on the occasion of your 5th anniversary. We are looking forward to the next 5 years of connecting students, communities, schools, educators & countries together. Great job

sonrieinspanish
@sonrieinspanish

What a fantastic day yesterday celebrating @GSchoolAlliance's 5th birthday. ¡Feliz cumpleaños! 🥰 Thank you for everything you do to foster global education 🌎 So inspired by speakers like @f1inschoolsUK @HIS_Moldova @TheWorldsLesson ¡Gracias @TrueCamilleri!

International Education News
@Bella_Ac_Global

@GSchoolAlliance celebrating student voice! The president of the GSA's Secondary Student Council speaking in Moldova @HIS_Moldova @BellahoustonAc @EqualitiesEdGCC @EALGlasgow @Doug_GCC @GlasgowIntEd #pupilvoice

HIS_Global_Education
@his_global

We were honoured to be represented at the GSA conference for its 5-year anniversary on May 17 in Liverpool.
Our CEO Rob Ford was a keynote speaker, & our Dep AD Tatiana Popa, as well the students Sabina, as GSA SC President & Bogdana, as GSA SC Secretary, spoke virtually. 👏🌎💫

Heritage in the Wider World

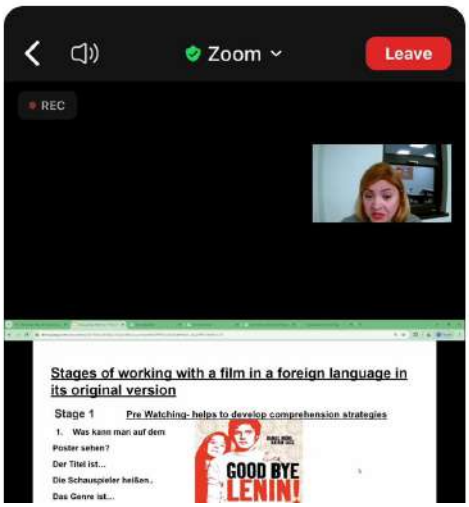
@CristaHazell

It is so wonderful when a #headteacher comes along to a colleague's webinar and @HIS_Moldova 's legendary Headteacher Rob Ford came along this evening to support Head of Languages @OlgaIsac in tonight's @linguascope webinar #mfltwitterati #mflchat #langchat #edutwitter

22:23 · 14/05/2024 · **242** Views

Very proud to see Heritage's own @OlgaIsac presenting this evening for the brilliant @linguascope_ on how to incorporate films into your #MFL lessons.

@cricklanguages @MFLWyedean @cardiffmlang @suzibewell @VickyAmysmum @his_global



Olga Isac
@OlgaIsac

onoured to have received my TED 2024 ertificate all the way from University of Illinois SGHistoryTeach @Tatianapopab @his_globa

:54 · 21/05/2024 · **31** Views

Replying to @Tatianapopab and @HIS_Moldova
Diolch as always for your support, Tatiana!
2 2 48

You reposted
Tatiana Popa #Moldova @Tatianapo... · 3d
Proud of our young people! #Heddwch2024 @Urdd @HIS_Moldova

HIS_Global_Education @his_global · 4d
Heritage students speak many languages! For help the Peace message get farther, our brave boys recited parts of it in French, Arabic, Russian, English, Romanian, Italian, German and Ukrainian.
@Urdd @HIS_Moldova #Peace @Tatianapopab @CWVYS

Heritage in the Wider World

Heritage in the Wider World

The Heritage Team, including our Chair of Board, Mrs Natalia, were invited to the farewell reception for HE. Kent Logsdon at the Ambassador's residence this week.

Ambassador and Mrs. Logsdon have been firm supporters of Heritage and we are deeply honoured for their friendship and partnership. Ambassador Logsdon gave several Founders' Lectures, captivating our students with his talks. He will be sorely missed. We wish him, Mrs. Logsdon the very best for the future.

We are also saying goodbye at the end of the academic year to two very dear US Embassy families and their children leaving Heritage and Moldova. We wish Laura Hruby and Mary Alexander, and their respective children and families, the very best for the future and thank you for your friendship, support and belief in Heritage.

Articles/Stories of Interest:

1

The Atlantic Summer reading guide. 25 books for this summer;

link

2

One bad rumour can affect how children view each other, study finds | Children | The Guardian;

link

3

THE TEACHER WHO CAME FROM SOUTH AFRICA TO TEACH AT HERITAGE;

link

4

STANISLAV CIUBOTARU, THE HERITAGE TEACHER WHO MAKES STUDENTS FASCINATED BY MATHEMATICS;

link

5

Why bees are climate heroes;

link

6

Family Engagement Can Help Ease Absenteeism in Schools | Harvard Graduate School of Education;

link

7

International Tea Day is an opportunity to celebrate the cultural heritage, health benefits and economic importance of tea;

link

8

100 Fun Summer Activities for Kids and Parents;

link

9

This information is for parents, carers, family members and guardians supporting a young person with their mental health and wellbeing;

link

The Heritage 10 Golden Rules

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

1) *We listen to & respect those looking after us, and teaching us, and always follow their instructions.*

2) *We respect and look after each other as students of Heritage. We are a caring community.*

3) *If unsure, we ask one of our teachers or support staff.*

4) *We are always aware of being safe, especially around physical & practical activities*

5) *The way we speak to each other and the words we use are the right ones*

6) *If someone is not well or unhappy, we let one of the adults looking after us know*

7) *We make sure we have the right clothes and equipment for each day.*

8) *We make sure we are on time and if we are late we make sure people looking after us know.*

9) *We are responsible for our behaviour as a student of Heritage.*

10) *We make sure we engage in our learning, grow in our knowledge and understanding, achieve our best and potential, be contributing and valued members of our community, and get the most out of our school opportunities.*

News from Primary

The end of the school year

The school year for primary students is an extraordinary journey, full of discoveries, adventures, and opportunities for personal and educational growth along with the teachers.This year, the primary school pupils participated in a huge variety of activities, which boosted and encouraged their development. From field trips to art competitions and community projects, the school year has been full of opportunities for learning and intellectual and civic growth for our little ones.

During every school day and every time the students put in effort, they discovered their hidden abilities, improved their critical thinking and tested their limits. They did not forget that every mistake was a learning opportunity and that every success brought them closer to their personal development.

To make learning more attractive, our teachers have always tried to change the learning spaces. Field trips were an essential element, giving students the chance to learn from first-hand experiences. From visits to museums and nature parks to community trips, meetings with writers and artists, the children expanded their horizons and developed their curiosity.

During the school year, students were encouraged to express their creativity by participating in drawing competitions, poetry readings and theater performances. These activities not only discovered artistic talents, but contributed to gaining self-confidence and developing communication skills.

Our joint meetings, which were held in physical format on Fridays in the Auditorium, continued the thread started by each homeroom teacher in her class, by cultivating values such as empathy, respect, trust, teamwork and responsibility.

Throughout the year we promoted inclusion and acceptance. As an international school, we are aware that each student has their own different identity and it is important that here, within the walls of this school, they are in a safe environment where all children feel accepted and respected for who they are.

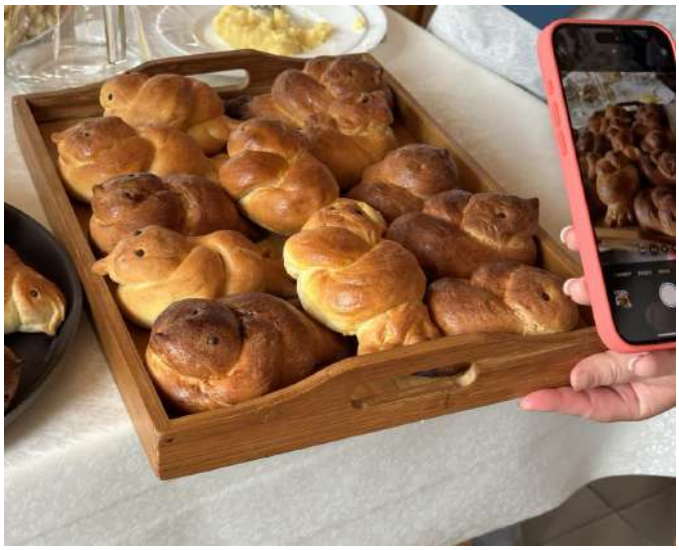
Let's enjoy and be proud of the experience of this wonderful year and use every moment to continue learning and growing together!

Adriana Bujag
Head of Primary

10

Discover Moldova together

1A students travel together with their families, getting to know the country and the most picturesque places, the heritage. Class 1A students visited the Villa Roz guesthouse, where they baked dough hulubas with their mothers and fathers.



See more pictures here

“Fly a kite for peace” project in 6E

See more pictures here

“Fly a kite for peace” project in 3B

We, the students of 3-B class at Heritage International School, want the world to be friendly and happy.
We dream of a world where everyone lives in harmony, helps each other, and enjoys life.
Let's respect each other, share smiles and kindness, and strive for a better future!

See more pictures here

Outdoor activities in Primary

Students from class 1A participated in outdoor activities and had a great time with students from other primary classes.

See more pictures here

Outdoor activities in 3B

See more pictures here

Outdoor activities in 6E

See more pictures here

Outdoor activities in 5E

5E enjoyed an array of outdoor interdisciplinary activities, comprising art, mathematics, science and literacy. A magnificent way of putting their knowledge into real life situations.

See more pictures here

News from Primary

School Starter students enjoy learning, sport and active games

See more pictures here

Kangaroo Maths Competition

See more pictures here

English lesson in 6 E 'Weigh up waste'

6E and 3A Collaborative Learning on Waste and Recycling

An enriching educational event took place involving our 6E and 3A classes. The students of 6E visited the 3A classroom to engage in a discussion about waste management and recycling. This interactive session aimed to promote environmental awareness and foster collaborative learning between the different grade levels.

During the visit, the 6E students presented various aspects of waste management, including the importance of recycling, types of recyclable materials, and ways to reduce waste in our daily lives. They used visual aids and hands-on activities to make the learning experience both informative and engaging for the younger students.

The 3A students were enthusiastic participants, asking insightful questions and sharing their own thoughts on the topic. This interaction not only helped them grasp the concepts of waste and recycling more effectively but also encouraged them to think about their role in protecting the environment.

See more pictures here

A wonderful trip to Capriana Monastery and the Codrii natural reservation (1A,2A,3A)

See more pictures here

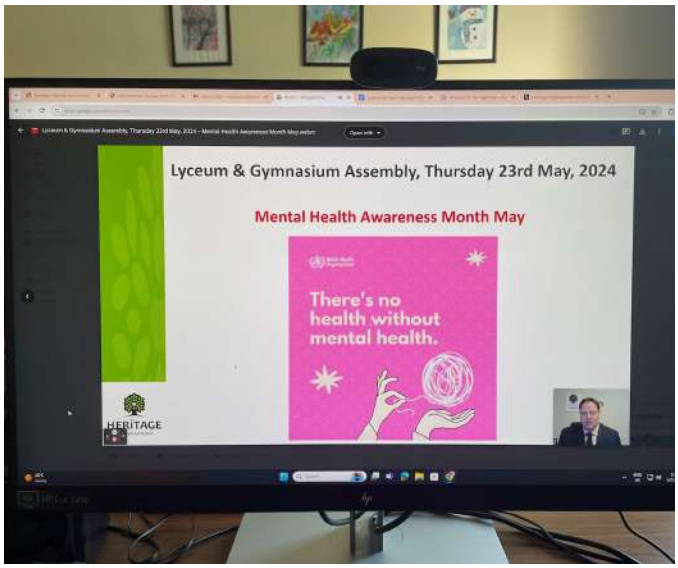
4E field trip to Chisinau Zoo

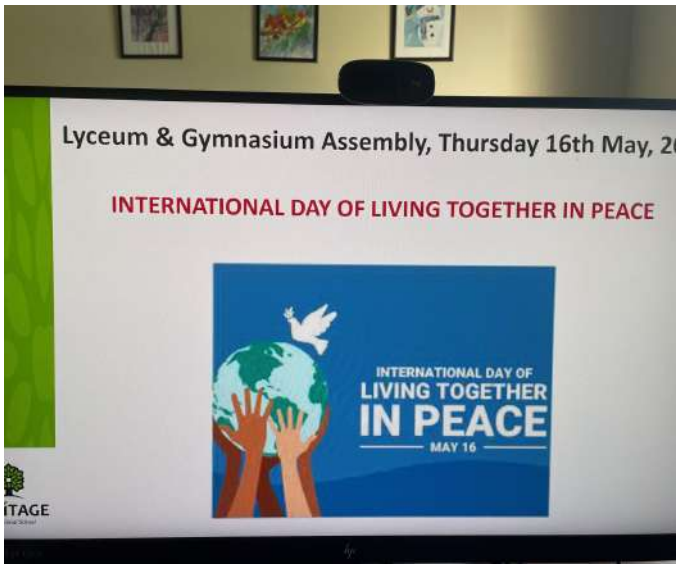
The students learned about different habitats and wild animals. Also we discovered endangered species and brainstorm ideas on how to prevent their extinction

6E and 7E Field Trip to the Mall: A Cinematic Adventure for Future Film Critics

See more pictures here

Secondary School Assembly

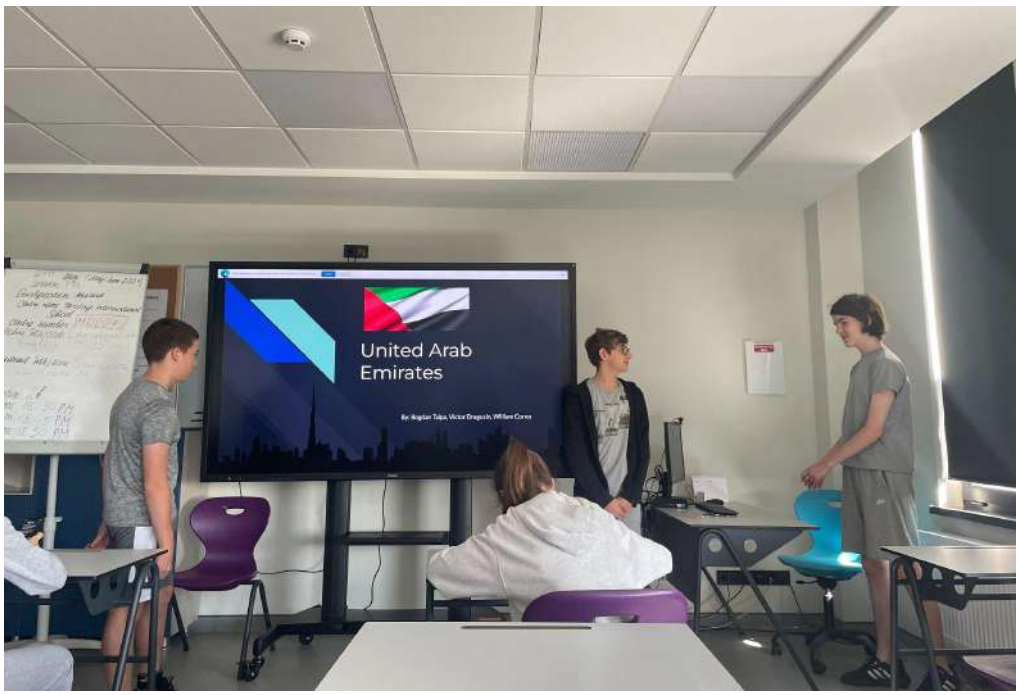


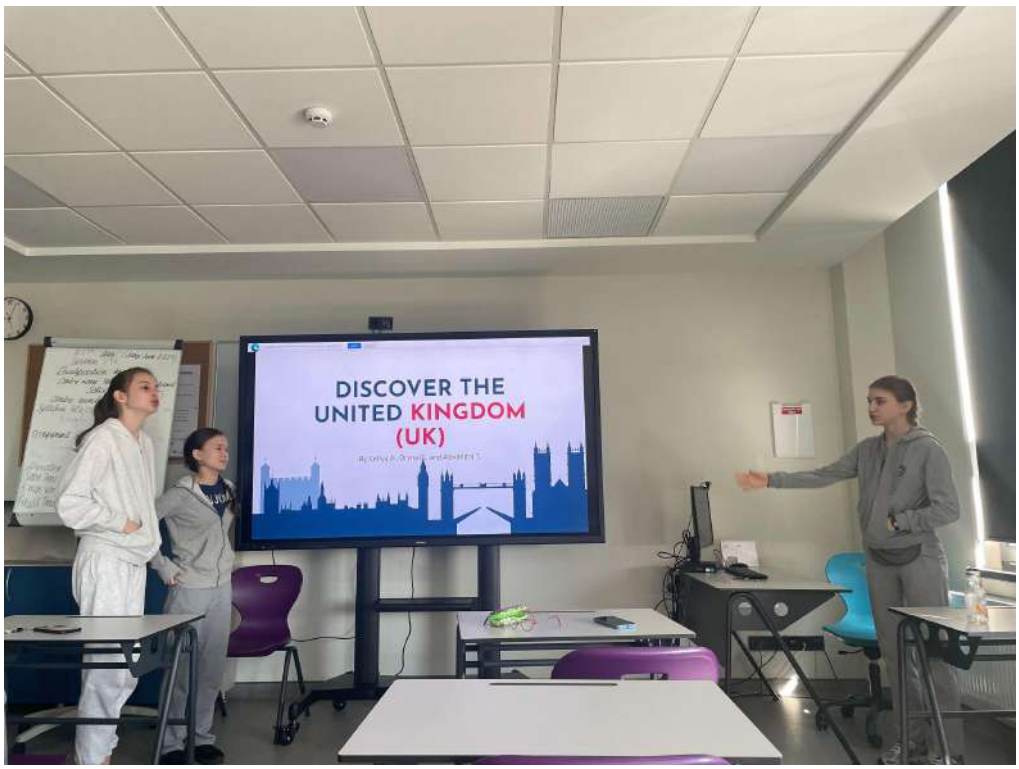


Global Perspectives

In Global Perspectives, learners did research about how countries change their communities in terms of urbanisation, digitalisation, and growth in elderly population, after thoroughly studying these phenomena. Interesting findings for the whole class!

Well done!





Inspiring meeting

Within the Days of Romanian Literature in Chisinau, 8th edition, the students of the 5th grade met the great Basarabian poet Vasile Romanciuc.

See more pictures here

access

Support your child on the path to success

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

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

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

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

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

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

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

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

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

Student Activation

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

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

www.gcsepod.com

Cambridge International Qualifications

Facts and figures About Cambridge International Qualifications:

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

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

Programmes and qualifications offer at Cambridge International:

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

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

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

link

National Exams

National Primary school Exams: 4A/4B

Date	Session	Start Time	National Pathway 4A/4B
15 May	AM	8:30 AM	Romanian (AL)
17 May	AM	8:30 AM	Mathematics
21 May	AM	8:30 AM	Romanian Language Russian Language
24 May	AM	8:30 AM	Cambridge English Exam YLE A2 Flyers

National Secondary school Exams: 9A/9B

Date	Session	Start Time	National Pathway 9A/9B
3 June	AM	8:30 AM	Romanian (AL)
6 June	AM	8:30 AM	Mathematics
10 June	AM	8:30 AM	Romanian Language Russian Language
13 June	AM	8:30 AM	History

Cambridge IGCSE/AS/A Level Exams Timetable

Founders‘ Lecture no.7

On 15th of May, Heritage library hosted the 7th session of Founders’ Lectures of this year.

Our guest speaker was Chris Lomas, the CEO of Hope4 charity organisation.
Mr Lomas gave a powerful speech about the power of ambition and hard work. He told them also about his career path, as well as how social media help him raise money for donations around the world.Chris told our young people a detailed story about his adventure of climbing Kilimanjaro this winter. His speech was very inspirational for our young people and they had a very warm interaction with our speaker, asking questions and then going home full of wish to do something meaningful in life.
Dream big, aim high!

2024 Message of Peace and Goodwill

For the last 5 years, Heritage International School students have been supporting the youth at Urdd Youth Organisation in Wales to spread the message of peace and goodwill in the world.

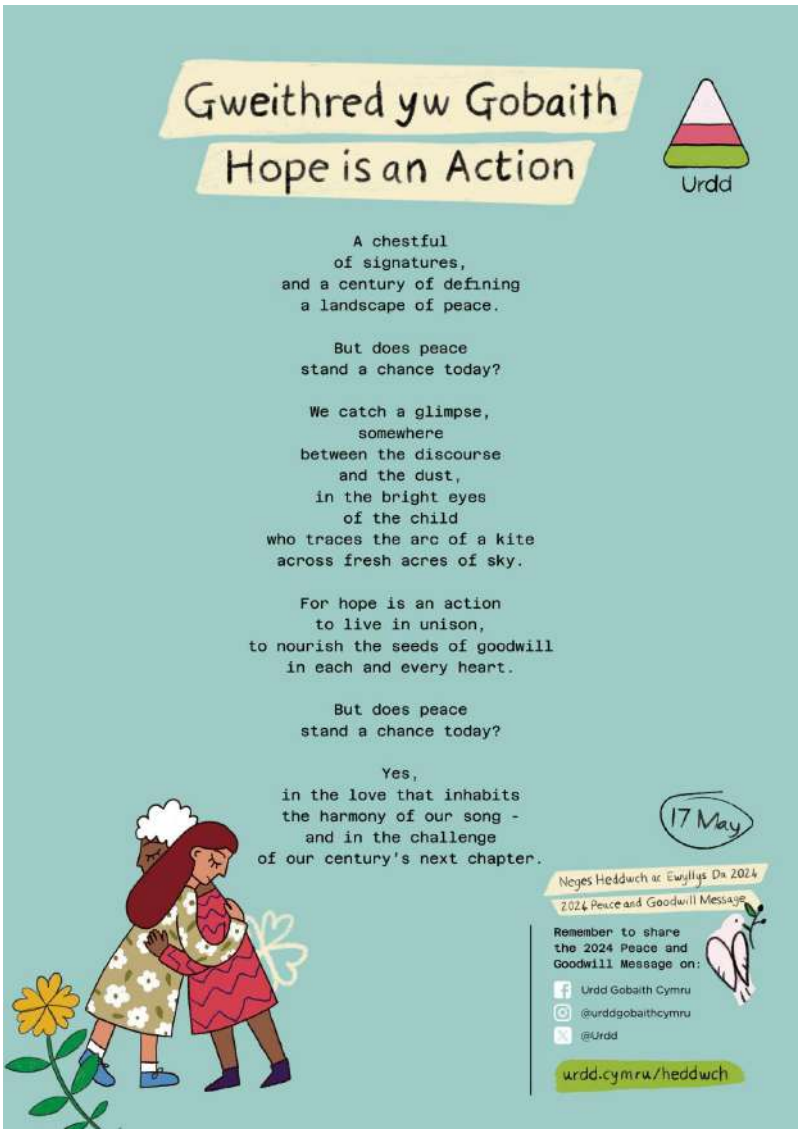
The tradition dates back to 1922, when the first message of peace was spread around the world. Since then, the Welsh young people have been doing it every year on the 18th of May.

Today, the Peace and Goodwill Message celebrates the centenary of the ***Welsh Women's Peace Petition 1923-24, highlighting the need to advocate for peace a hundred years on.***

A century ago, on the 19th of February 1924, the Welsh Women's Peace Petition chest was opened with its 390, 296 signatures inside in front of 600 US women at the Baltimore Hotel, New York.

The petition was an act of hope for world peace, and its story has inspired the Urdd to encourage a group of young women to come together to create this year's Peace and Goodwill Message.

The message emphasizes the importance of taking action and persistently advocating for peace. It asserts that atrocities, wars, and violence must be stopped, and that cooperation, passion, and hope are the driving forces that can lead the towards a better future.


Gweithred yw Gobaith
Hope is an Action
Urdd
A chestful
of signatures,
and a century of defining
a landscape of peace.
But does peace
stand a chance today?
We catch a glimpse,
somewhere
between the discourse
and the dust,
in the bright eyes
of the child
who traces the arc of a kite
across fresh acres of sky.
For hope is an action
to live in unison,
to nourish the seeds of goodwill
in each and every heart.
But does peace
stand a chance today?
Yes,
in the love that inhabits
the harmony of our song -
and in the challenge
of our century's next chapter.
17 May
Neges Heddwch ac Ewyllys Da 2024
2024 Peace and Goodwill Message
Remember to share the 2024 Peace and Goodwill Message on:
Urdd Gobaith Cymru
@urddgobaithcymru
@Urdd
urdd.cymru/heddwch

Hope is an Action · Gweithred yw Gobaith · Hope is an Action · Gweithred yw Gobaith ·
Neges Heddwch ac Ewyllys Da 2024
2024 Peace and Goodwill Message
Urdd

Global School Alliance Conference

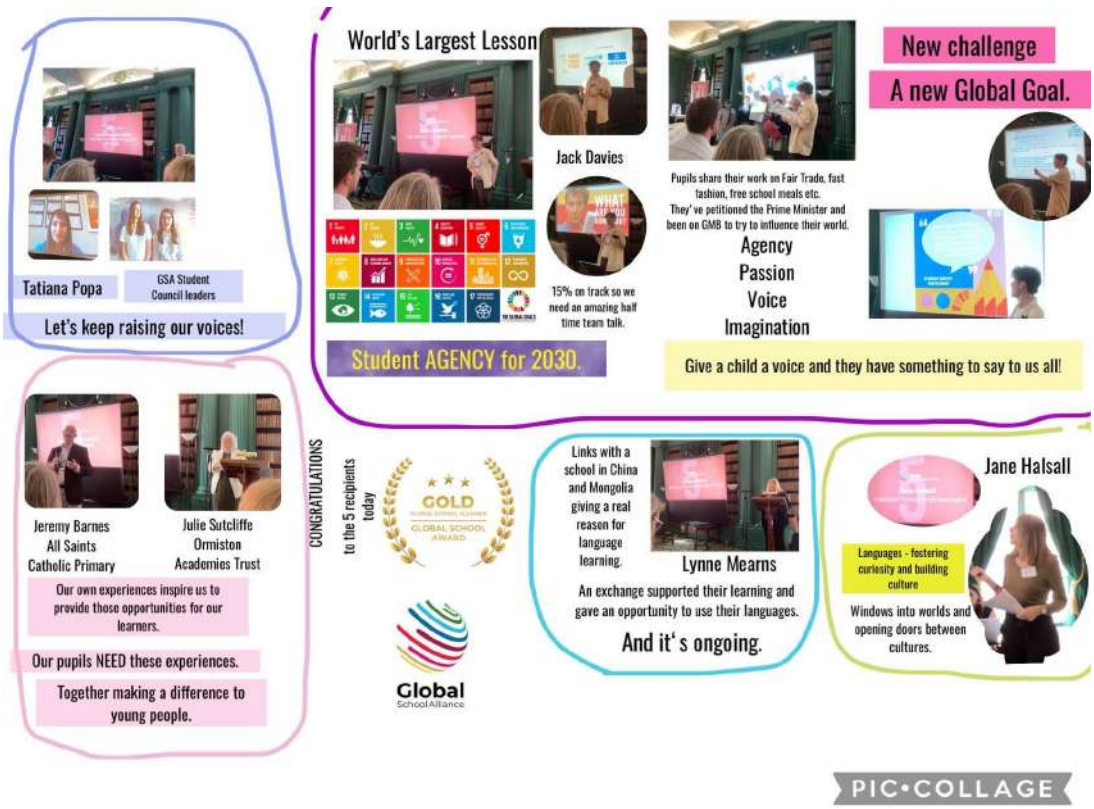
On the 17th of May, the Global School Alliance held its 5th year anniversary conference in Liverpool.

Our CEO and Director, Rob Ford, was one of the keynote speakers present there, while our deputy academic director, Tatiana Popa, who is a GSA ambassador, spoke virtually to the audience, as well as our Student Council President, Sabina Turcan and Vice President, Bogdana Bujag, spoke virtually at the conference.

Sabina is the President of the GSa Student Council elected for this academic year and Bogdana is the GSA Student Council secretary.

The organisers and the attendees spoke highly of Heritage as a model of a truly brilliant international school.

"You're all nuts - in the best way!"
Thomas Camilleri
Founder and CEO, GSA
There have been pivotal moments with people and opportunities.
What is Global Citizenship?
Emotional intelligence to adapt
Interpersonal/cultural skills
Courage and confidence
New perspectives
Unleashing potential
City of Global Citizenship
Developing a "supercharged" platform for partnerships.
"Talk to us. We're building for YOU!
F1 in Schools
Skills used are invaluable for life.
Global School Alliance
Janice Morran
"A sense of belonging regardless of background."
Empowering children to become agents of change.
Giving opportunities to adapt, develop and thrive.
Kevin McCabe
"Letting children out of their boxes"
Making the whole better.
Educators are bastions of hope for the future in making our world a better place.
Look to the light!
Rob Ford
In a world of conflict and ego, how can we give children hope for the future?
What are we educating our children for?
The GSA has given us all opportunities to continue international work that were taken from us, and are taking it forward. Here's to the future!
PIC•COLLAGE


Tatiana Popa
GSA Student Council leaders
Let's keep raising our voices!
World's Largest Lesson
Jack Davies
15% on track so we need an amazing half time team talk.
Student AGENCY for 2030.
Pupils share their work on Fair Trade, fast fashion, free school meals etc. They've petitioned the Prime Minister and been on GMB to try to influence their world.
Agency
Passion
Voice
Imagination
New challenge
A new Global Goal.
Give a child a voice and they have something to say to us all!
Jeremy Barnes
All Saints Catholic Primary
Julie Sutcliffe
Ormiston Academies Trust
Our own experiences inspire us to provide those opportunities for our learners.
Our pupils NEED these experiences.
Together making a difference to young people.
CONGRATULATIONS
to the 5 recipients today
GOLD
GLOBAL SCHOOL AWARD
Global School Alliance
Links with a school in China and Mongolia giving a real reason for language learning.
Lynne Mearns
An exchange supported their learning and gave an opportunity to use their languages.
And it's ongoing.
Jane Halsall
Languages - fostering curiosity and building culture
Windows into worlds and opening doors between cultures.
PIC•COLLAGE

eTwinning partnership

At the last online meeting of the eTwinning project partners ,,All 4 dogs, dogs 4 all" students from Moldova, Italy, Poland, Spain and Turkey talked about their achievements and the importance of international collaboration.

See more pictures here

Heritage Globe

Student Leadership

On Friday, May 24th, the secondary Student Council held its last meeting- not a usual, but a celebratory one.

The students received the annual certificates of volunteering for this academic year. It has been no easy ride, but so much fun, and they saw their results in the process.

The Student Council is an amazing platform for developing and showing leadership skills, and our school boasts to have not one, but two student councils, for primary and secondary respectively, and each group contributes to the events Heritage has in its academic calendar.

Be it donations, big or small celebrations, sports events, International days - our SC members are active and make a difference.

Thank you!!!

See more pictures here

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

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Source: See full reference list on guide page at: nationalcollege.com/guides/school-avoidance

10 Top Tips for Parents and Educators

ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect.' Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people: sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.

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BOOKS RECOMMENDATION

WE WILL MISS YOU!

GERTRUDE STEIN
Three Lives

Three Lives tells the story of three common women, living in Bridgepoint, a fictional town based on Baltimore. The three stories are independent of each other, but share much more than a same town. The First Story, "The Good Anna" tells the tale of life and death of a housekeeper Anna, and her difficulties with unreliable under servants and "stray dogs and cats".

NOAH Z. Jones
The three Little Pugs

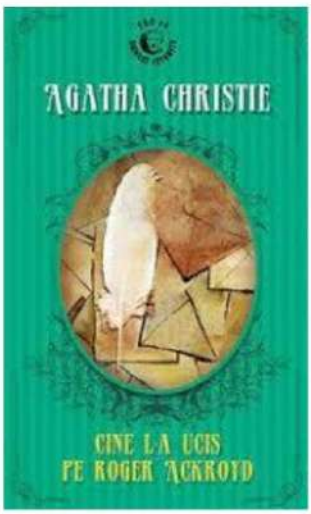
This series is part of Scholastic's early chapter book line called Branches, which is aimed at newly independent readers. With easy-to-read text, high-interest content, fast-paced plots, and illustrations on every page, these books will boost reading confidence and stamina. Branches books help readers grow!

Уильям Шекспир
Комедии, драмы сонеты

Уильям Шекспир величайший английский драматург и поэт. За свою жизнь драматург создал более десяти комедий. Из которых вошли в настоящее издание «Буря» и «Зимняя сказка».

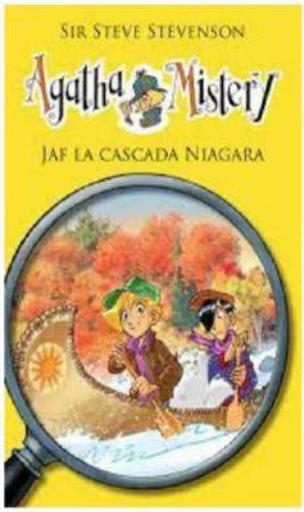
ГОСИННИ САМПЕ
Малыш Николя в школе

В книгу вошли истории из жизни Николя, симпатич ного мальчугана, полюбив -шегося уже многим чита -телям. Вместе со своими приятелями он выдумыва -ет забавные игры, проказ- ничает на уроках .



AGATHA CHRISTIE
Cine l-a ucis pe Roger Ackroyd?

O poveste polițistă cu crime și anchete în care toată lumea e suspectă, pe rând.



SIR STEVE STEVENSON
Jaf la Cascada Niagara

Cărțile din seria "Agatha Mistery" de Sir Steve Stevenson au ca personaj principal un detectiv aspirant cu o intuiție extraordinară Agatha, care călătorește prin lume împreună cu vărul Larry, cu domnul Kent și cu motanul Watson, pentru a rezolva cele mai complicate mistere.

SEE YOU SOON...

Heritage Photography Club

Heritage Photography Club

School Improvement Priorities Headlines 2023-24

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
2023-2024

HERITAGE

Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2023-24

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

Preparing students for the future; skills, qualifications & wellbeing

Qualifications & Skills through holistic, challenging & rigorous education

A World Class School that is outward facing

Supporting & sharing innovation with our education communities

Developing future leaders & global citizens linked to careers/Higher Ed

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

A Professional Learning Community

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

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

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

To have an organisation that wants ideas and individuals.

An effective quality assurance system.

Wider Community Partnership & Engagement

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

Our communities working with us for all students

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

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

To ensure any partnership is reciprocal & benefits our education model, ethos & values

Towards a sustainable, global & digital future

Our education is about substance not gimmicks

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

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

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

Systems and Strategies for Success

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

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

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

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

Compelling & Inclusive Learning for All

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

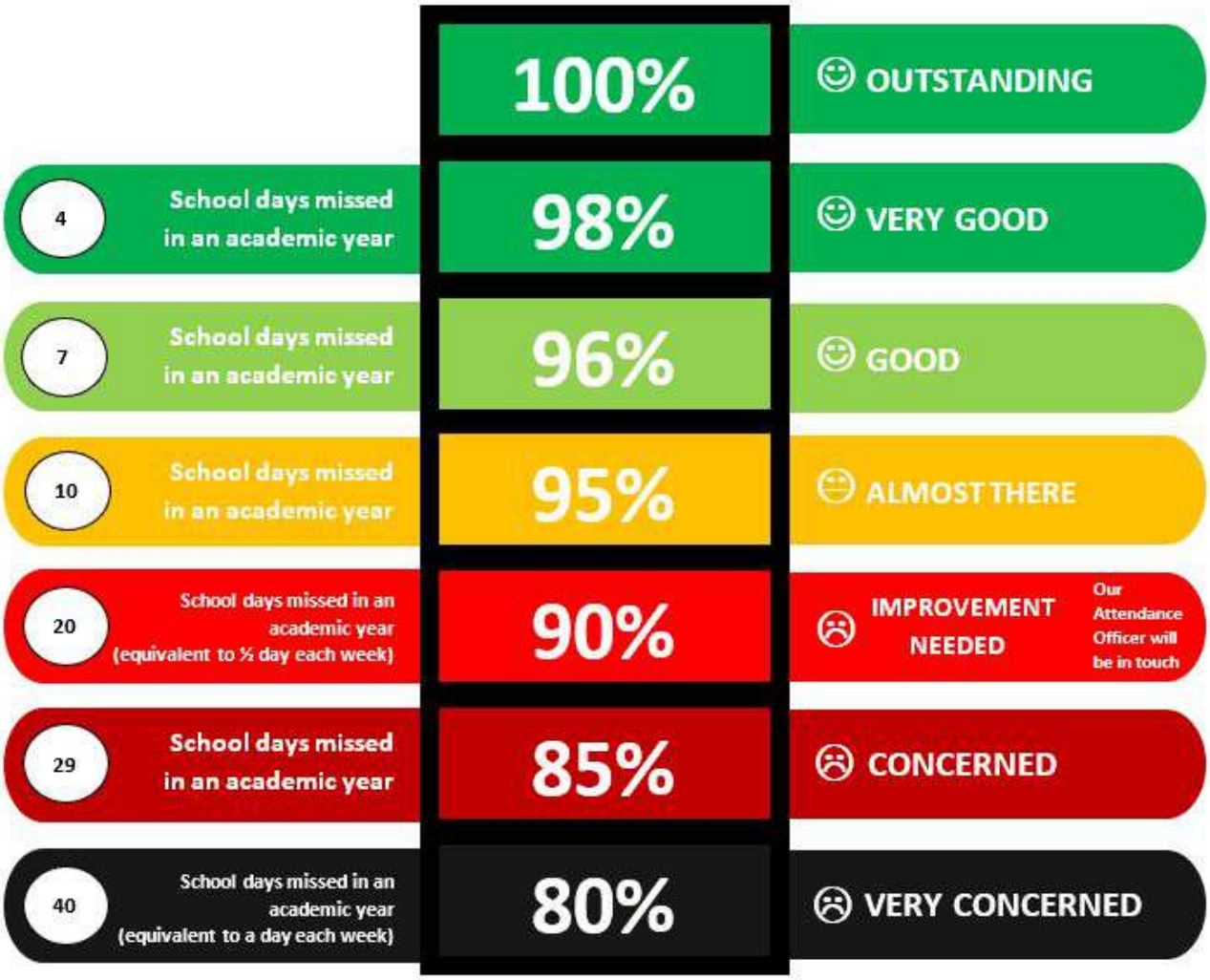
To continue our success in bringing the World into classrooms daily for all.

A focus on celebrating key moments in education & school life

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



Lost and Found Reminder

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

Action for Happiness Calendar

Key Dates

27th May 2024	*Heritage Founders' Day*
27th May 2024	*6E/9A/9B Graduation Ceremony*
28th May 2024	*4A/4B Graduation Ceremony*
30th May 2024	*Heritage International Day*
31st May 2024	*A Level Graduation Day*

See the Academic Calendar here

MAIN CONTACTS

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instagram

twitter

linkedIn

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