



HERITAGE
International School



THE INTERNATIONAL HERITAGE HERALD

May 31, 2023



THOUGHT FOR THE WEEK

“What do I want to take home from my summer vacation? Time. The wonderful luxury of being at rest. The days when you shut down the mental machinery that keeps life on track and let life simply wander. The days when you stop planning, analyzing, thinking and just are. Summer is my period of grace.”- Ellen Goodman

DIRECTOR'S WEEKLY NOTES

The View from Dacia Boulevard:

These last few weeks of May have really come to sum up the success, hard work and sheer joy of our school year in 2022-23, across all the schools. I have spoken, written and contributed to a number of international education events and publications about the Heritage story and each time the chapters keep coming as our schools really have come of age. We really have been through so much together as a school community these years, our grandchildren will think we exaggerated the 2020s. These past days we have celebrated the wonderful spectacle of schools from across Moldova join us for the Chisinau round of the World Scholars' Cup. This week, watching the Cambridge Primary and National Primary classes graduate into secondary was a real lump in the throat moment and it was so lovely to have the normality of parents and families back in school to share and celebrate with us a wider community. I cannot thank our brilliant, diverse school community for their support of Heritage and what we are all doing here for young people. Our international day on Friday again celebrated all that is good about our values, identity and diversity as a global community.



In our final days, just before we all get ready for the great and good of Europe to come to Moldova for the EPS, we celebrated our true pioneers and Grade 12 left us for the last time. Still one or two A Level exams to finish in June but we are so proud of this very first cohort who made Heritage happen and turned it from a dream of our Founders, into the reality of our school. I know they will have a great Leavers' meal this coming week and we wish them well when they get their A Level results in August and off to their universities and the next chapter of education. We are so proud of you, all of our students.

We say goodbye to a few colleagues at the end of this academic year and I want to say thank you to Elena Turker, Maria Johnson, Frans Brewis and Roman Dumych for their contribution to Heritage and we wish them well for the future. There are so many people to thank for the success of this year but from a personal point of view, the support of the school's board, the two co-Founders, Mr. Sinan and Mrs. Natalia, my Leadership team and wider colleagues of teachers, teaching assistants and support staff, are integral to me as CEO and Director and the reason I have agreed to stay longer on at Heritage. The brilliant Heritage families, even when we disagree, but more that we want the same good things for the students, are crucial to the reason why I am staying with you. We have done so much but we still have a lot to do and we are looking forward to the new Lyceum building and grounds opening officially for the new academic year 2023-24, when we return on Friday 1st September. We will be welcoming back new and old faces, staff, families and students. But for now, get some well-earned and deserved rest. Have a wonderful summer.

I am looking forward to being back with my wife Gen and my children for the summer, not forgetting my dog Dylan, and between seeing family in Wales, will be working from Heritage UK HQ from my cabin in the garden in Bristol as we continue to get ready for the new academic year.

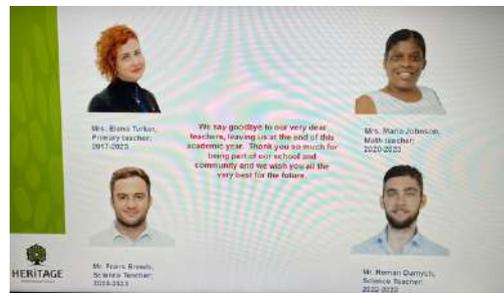
May the road rise up to meet you.

May the wind be always at your back.

May the sun shine warm upon your face;

*the rains fall soft upon your fields and until we meet again,
may God hold you in the palm of His hand.*

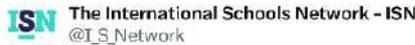
Rob Ford
CEO & Director.



HERITAGE IN THE WIDER WORLD



An amazing celebration for a truly globally-minded school! We're proud to be working with you all, @HIS_Moldova. 🌍



In this article @HIS_Larisamirza from @HIS_Moldova shares how a chance encounter upon the book "The Lightning Thief" led to her 6th graders fostering a love for reading, inspiring creativity, and creating a sense of community

Read here: [isn.education/articles/open/...](https://isn.education/articles/open/)



Exciting news! 🌟 Thrilled to announce that my colleague @AdrianaBujag and I have been selected as @scientix_eu Ambassadors! 🚀 We are passionate about promoting STEM education and can't wait to inspire students and educators in our community.



APPOINTMENT LETTER

This letter confirms that Anna Maria Cires from Moldova has been appointed as **Scientix Ambassador** from 24 May 2023 until 31 December 2024.

Scientix is the largest community for science education in Europe. It started in 2010 as an initiative funded by the European Commission which promotes and supports a Europe-wide collaboration among STEM (science, technology, engineering and maths) teachers, education researchers, policymakers, and other STEM education professionals. From the beginning, Scientix has been coordinated by European Schoolnet (EUN), a Brussels-based non-profit organization of 34 Ministries of Education, which has been driving innovation in teaching and learning, and fostering pan-European collaboration of schools and teachers since its inception.

Scientix Ambassadors support the dissemination of Scientix and the exchange of practices and knowledge between all STEM education stakeholders. Scientix Ambassadors help share Scientix activities at national level and play an active role in supporting innovation in STEM education in their countries. They present Scientix in schools and national teachers associations, on conferences and workshops, and can advise teachers how to get involved in European collaborations in STEM. They also assist in developing and testing various tools and services of Scientix and ensure the pedagogical quality of the Scientix repository. Scientix Ambassadors do not represent Scientix.

With all best wishes,
Agueda Grau

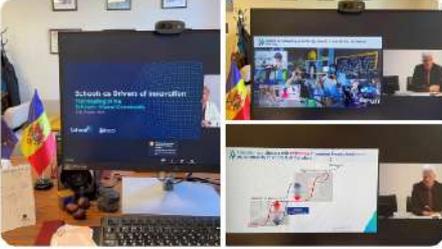
Dr Agueda Grau-Velazquez
Scientix Project Coordinator and Head of the Science Education Department



A fascinating conference today from @OECD @OECEduSkills & to be joining educators from across the globe.

A comment from @SchleicherOECD for anyone responsible for learning: "In our current education systems, we teach students answers, not how to question".

#Schools #Education



Many thanks from @GSchoolAlliance to the inspirational @his_global @HIS_Moldova !..always a great privilege to work with you and learn from your fantastic support and commitment to outstanding global communication and collaboration.. have a wonderful summer and best wishes to all



21-27 Mayıs Türk Mutfağı Haftasında "Heritage International School"da düzenlenen uluslararası etkinlikte kıymetli öğrencilerimize Türk mutfağından yemek tarifleri anlatılmış ve ikramda bulunulmuştur.

Translate Tweet



21:22 - 27/05/2023 from Earth - 53 Views

1 Retweet 3 Likes

ARTICLES/STORIES OF INTEREST

- *Rebuild 100s of Lives and Communities in Ukraine* - GlobalGiving; <https://www.globalgiving.org/projects/help-rebuild-ukraine/>
- *Discover Europe's digital cultural heritage* | Europeana; <https://www.europeana.eu/en>
- *Will English lose its position as the global lingua franca?*; <https://thepienews.com/the-view-from/will-english-lose-position-global-lingua-franca/>
- *The Observer view on Moldova: Rishi Sunak has a chance to show Britain's relevance* | Observer editorial | The Guardian; <https://www.theguardian.com/commentisfree/2023/may/27/observer-view-on-moldova-britain-must-join-eu-against-russian-threat>
- *Europe's First 3D-Printed School Takes Shape In Ukraine*; <https://www.rferl.org/a/ukraine-3d-printed-school-project-reconstruction/32427370.html>
- *48 (or 72) Hours in Chisinau* - by David Smith; <https://moldovamatters.substack.com/p/48-or-72-hours-in-chisinau>
- *"Discover, Play, Learn", ideas for the Summer Vacation for students from Heritage*; <https://www.heritage.md/en/learning/discover-play-learn>
- *Fairytale toys are crafted in Molovata Nouă, thanks to EU and UNDP support* | United Nations Development Programme; <https://www.undp.org/moldova/stories/fairytale-toys-are-crafted-molovata-noua-thanks-eu-and-undp-support>
- *A classic summer reading list for children and young people*; <https://www.commonsemmedia.org/lists/summer-reading-list>

- Young entrepreneurs from both banks of the Nistru, supported by the EU and UNDP | United Nations Development Programme; <https://www.undp.org/moldova/press-releases/young-entrepreneurs-both-banks-nistru-supported-eu-and-undp>

NEWS FROM PRIMARY

6E Graduation





4A Graduation





4B Graduation





*Field trips time: learning without walls
2E students visited the National Bank of Moldova*



Heritage students went on a trip to the folk craftsman Vasilee Gonciar. They learned about the stages of production of ceramic products and shaped a pot from clay with the help of the craftsman.







A special Assembly for Mrs.Elena Turker

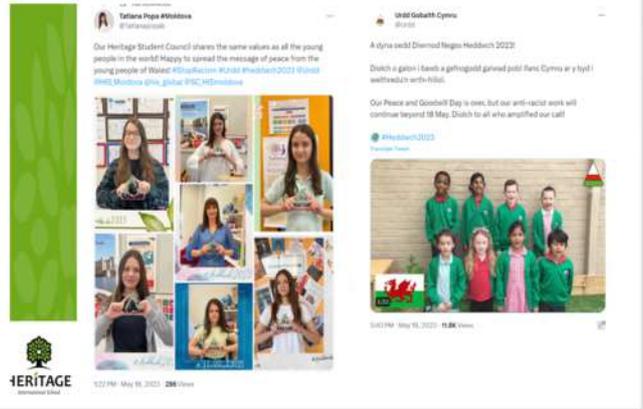


NEWS FROM GYMNASIUM

Gymnasium Assembly

Lyceum & Gymnasium Assembly, Thursday 25th May, 2023

"My Lazy Summer"



VOLUNTEERING

- Using the summertime productively
- Gaining service hours and skills
- Example: article writing helps future careers
- Good profile for your CV



- Organisations:**
- America House Chisinau
 - Youth.md
 - Hospices of Hope Moldova



- Activities:**
- cleaning around your locality
 - spreading awareness of a certain issue
 - join educational events



Spending time with family

We have been so busy with school, homework, exams and other activities that we have spent less and less time with our families. You can play board games, watch a movie, or even just talk and catch up on recent events. This has been proven to improve the children's mental health and well-being, as well as helps prevent family conflicts due to increased communication and understanding. Relaxing activities with ur loved ones help relieve stress thanks to the various stress-coping mechanisms that the family uses.

Also, when spending time with family, we can learn essential skills and share knowledge from our parents' past experiences, which can prove to be useful later on. One day, we are going to move on, so we should spend as much time as we can with our families, because these moments are truly precious. Our families are there to support us, and they serve as role models for the future.



Reading: mood stabilizer and empathy booster

Reading is one of the most beneficial activities for the brain and for the heart. With over hundreds of millions of books on the planet, you can most definitely find the perfect read for you. So when you to relax this summer, pick up a book and get ready to sail in one of the most exciting adventures of yours life.



Travelling and making local trips

When else other than the summer vacation will we be able to travel and truly enjoy ourselves? We can spend our time making short road trips around the country, for a change of setting and ambience. Trips like this are relaxing and give us the chance to discover our country. Or, we can travel to a totally different country, to discover something completely new and unexpected.

Also, travelling relieves stress and allows us to disconnect from the present world. When travelling, we are constantly exposed to trying new things, and as a result, we become more creative, and we have something interesting to share with others. Some places you could visit are the seaside, or cultural capitals of the world.



Results Released Dates:

Online results released dates are as below:

- 22nd June 2023 for Cambridge Primary and Lower Secondary Checkpoint
- 10th of August 2023 for Cambridge International AS & A Level
- 16th of August 2023 for Cambridge IGCSE

Results Login Details only for IGCSE, GCE AS & A Level:

The result login details have been sent out via email to the parents and students who are sitting for IGCSE/GCE AS and A Level for the June 2023 exam series. They can check their results on the Cambridge web portal by themselves.

Important announcement for examinations on 1-2 June:

- As you are aware that Strada Dacia Boulevard will be closed on 1 - 2 June because of the European Summit Moldova.
- However please be informed that Cambridge International Examinations will go as scheduled by Cambridge Assessment International Education (CAIE) UK on June 1 and 2, 2023
- Here are the details of how the exams will go as planned.

Exam Date	Session	Qualification	Code	Syllabus	Component Title	Exam Times		Exam Duration
						Start time	Finish time	
Thursday, June 1, 2023	PM	GCE AS & A Level	9700/32	Biology	Advanced Practical Skills 32	2:30 PM	4:30 PM	2h
Friday, June 2, 2023	AM	GCE AS & A Level	8683/03	German Language	Essay 03	10:30 AM	12:00 PM	1h 30m
		GCE AS & A Level	9717/03	German	Essay 03	10:30 AM	12:00 PM	1h 30m

**Students Registration Timing. AM Session: 10:00
PM Session: 14:00**

Please advise the students to use the alternative route to reach the school for the exams.



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/>

Staff Appreciation for Smooth Running of the International Public Exams

Heritage International School Moldova acknowledged the well deserving efforts of the staff who ensure the high standards of Cambridge Assessment International Education (CAIE) UK for smooth running of the International Public Examinations.

In this regard there was a ceremony held for a small token of appreciation on Monday 29th of May 2023.





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*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/>*

Public Lesson “Melodic Algorithms”

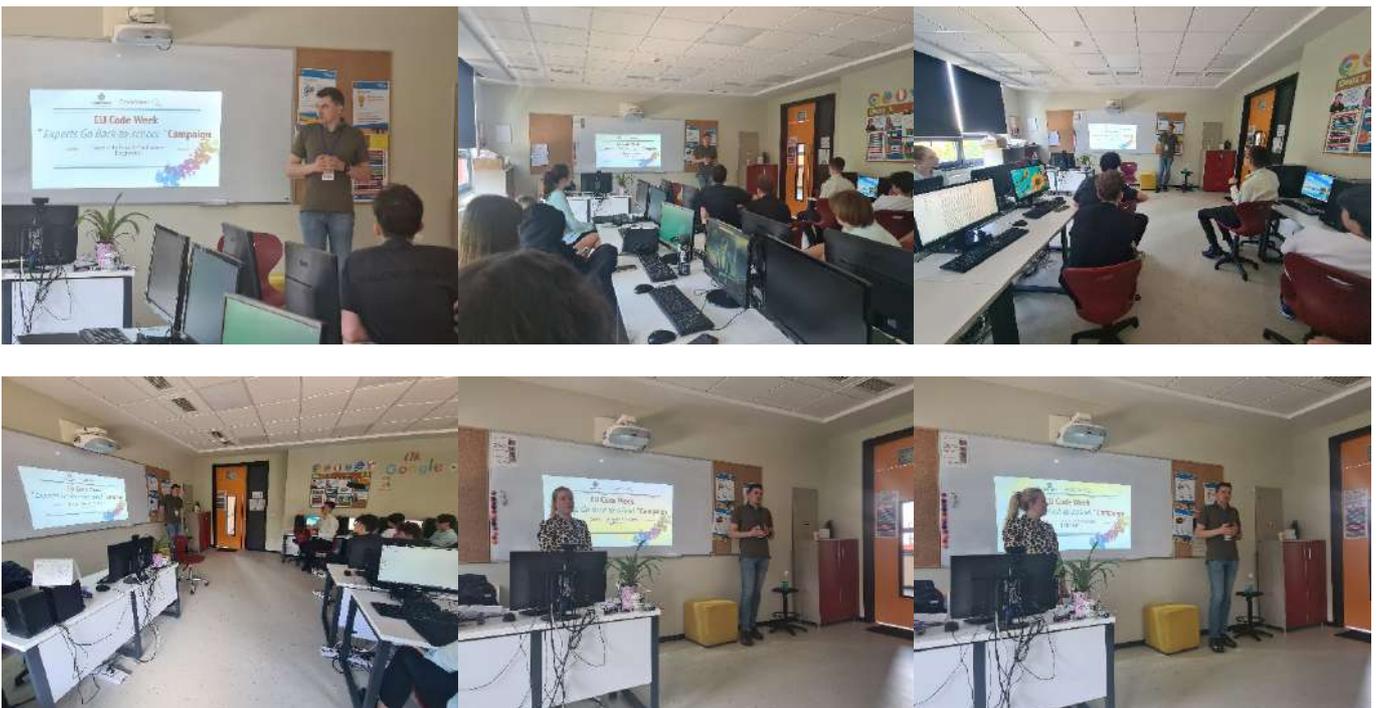
The fusion of technology and music was truly captivating as they delved into the intriguing world of coding melodies. Students were immersed in a harmonious experience, discovering the artistry behind crafting musical compositions through programming.





EU Code Week Activity - Experts Go Back-to-school Campaign 2023

In this age of digital revolution, the significance of learning from industry professionals cannot be overstated. As part of the EU Code Week's "Experts Go Back-to-School" Campaign, we had as a guest an software engineer, he highlighted the importance of software engineering in our technology-driven world, where almost every industry relies on software applications. Constantin Macaria shared his journey as a software engineer, emphasizing the diverse career paths available in this field.





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.

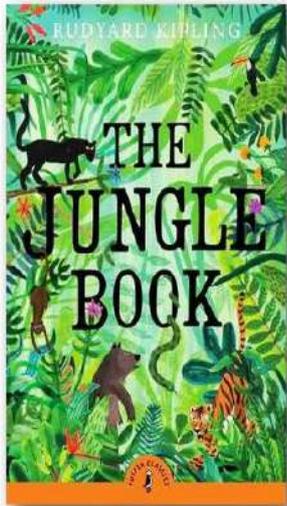
The first A level graduation in Moldova! So proud of our students!







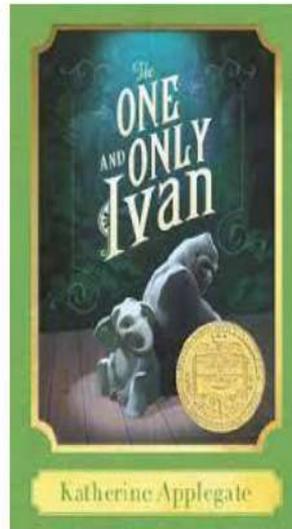




**Kipling, Rudyard
The Jungle Book**

The Jungle Book (1894) is a collection of stories by the English author Rudyard Kipling.

Most of the characters are animals such as Shere Khan the tiger and Baloo the bear, though a principal character is the boy or "man-cub" Mowgli, who is raised in the jungle by wolves. The Jungle Book is a classic story of friendship between man and beast. Saved from the jaws of the evil tiger Shere Khan, young Mowgli is adopted by a wolf pack and taught the law of the jungle by lovable old Baloo the bear and Bhageera the panther.



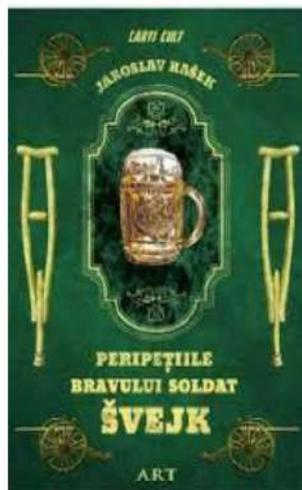
**Applegate, Katherine
The one and only Ivan**

Winner of the 2013 Newbery Medal and a #1 New York Times bestseller, this stirring and unforgettable novel from renowned author Katherine Applegate celebrates the transformative power of unexpected friendship.

Inspired by the true story of a captive gorilla known as Ivan, who spent 30 years alone in a cage at an indoor zoo in a mall, this beautiful book imagines what that gorilla might have felt and said about his life. Ivan does not dwell on his memories as does his friend Stella, an elderly elephant in the cage next door.

**Hašek, Jaroslav
Peripețiile bravului soldat Švejk**

Aclamat ca una dintre cele mai memorabile și mai reușite scrieri satirice din literatura mondială, Peripețiile bravului soldat Švejk de Jaroslav Hašek este, categoric, pe lângă un inteligent și convingător manifest anti-război, și unul dintre cele mai amuzante romane scrise vreodată. Tradus în aproape șaizeci de limbi în întreaga lume, este considerat o capodoperă a genului și a fost deseori comparat cu nu mai puțin celebrul Don Quijote al lui Cervantes.

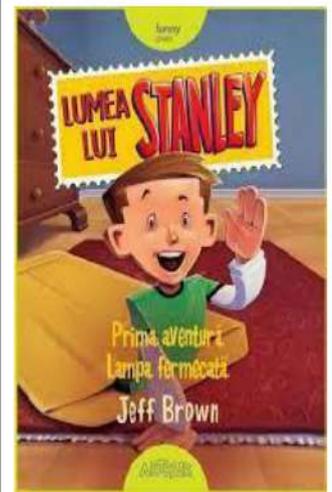


**Brown, Jeff
Lumea lui Stanley**

Cum ar fi să te culci seara bine mersi, iar dimineața să te trezești pur și simplu plat?

Dar cum ar fi să găsești o lampă veche, iar din ea să iasă nici mai mult, nici mai puțin decât un duh?

Și nu oricare, ci unul care îți poate îndeplini orice dorință! Stanley o pățește și pe asta și nu-i ia deloc mult timp până să-i spună duhului, pe nume Printul Haraz, ce-și dorește el mai mult și mai mult. Stanley și fratele său, Arthur, trăiesc aventuri care întrec orice imaginație.



**Толстой, Алексей
Золотой ключик, или
Приключения Буратино**

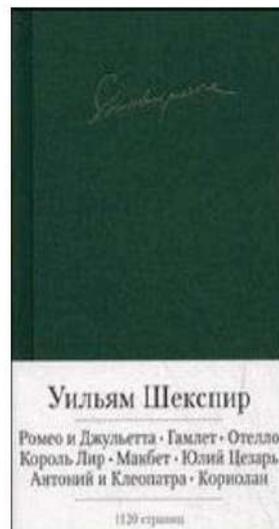
Это замечательная сказочная повесть Алексея Толстого, на которой выросло уже не одно поколение детей, о деревянном озорном мальчике. Буратино очень добрый и доверчивый, постоянно попадает в различные смешные истории. Так, после многих забавных происшествий он получает золотой ключик от мудрой черепахи Тортильы, вместе со своими друзьями побеждает злого Карабаса Барабаса, открывает свой театр и начинает жить по-новому.



Шекспир, Уильям

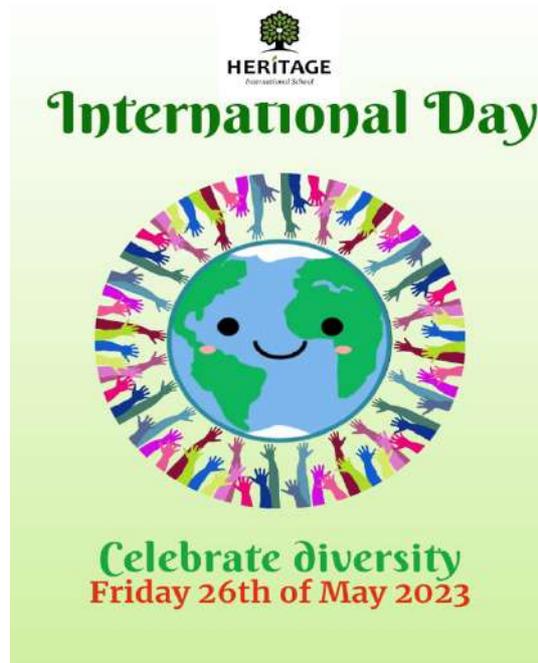
В настоящее издание вошли все трагедии Шекспира, названные «великими», — «Гамлет», «Макбет», «Отелло» и «Король Лир»; а также «Ромео и Джульетта»

Пьесы Уильяма Шекспира входят в число величайших произведений мировой литературы. В них раскрывается яркая картина жизни, кипит страсти, идет напряженная борьба. Перед нами встают грандиозные человеческие характеры, мощные, богатые, многосторонние, они удивительно достоверны и в то же время овеяны подлинной поэтичностью.



GLOBAL EDUCATION

Our fantastic International Day!



A huge thanks for the wonderful cooking workshop by the Turkish Embassy, our students were excited to learn the new recipes





The spirit of Heritage community

























STUDENT LEADERSHIP

A group of our students participated in the Global School Alliance primary student council meeting last week. The student representatives spoke about SDG15 Life on Land and what are their activities in the respective schools in order to raise awareness about a thriving environment for plants and animals, as well as activities to stop pollution.

Heritage students spoke about their pocket garden and planting flowers, vegetables and trees, about recycling paper and plastic, about meat-free Mondays, collection of food for the animal shelters and how we handle leftovers as a school.

The audience consisted of schools across the UK, members of the GSA. Our students loved interacting with our students and were impressed with the myriad of actions schools do for sustainability and a happy life on earth.

Our Heritage team was complimented on the excellent English skills and confidence to speak in public. Congratulations, Primary Student Council!



Bogdana Bujag, volunteer at the Red Cross of Moldova conducted a class on personal hygiene with 4th grade students.



SPORTS, CLUBS and ACTIVITIES

Congratulations to our 6B student Monica Narciciu!



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
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
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 A CONTRIBUTING AND VALUED MEMBER OF OUR COMMUNITY, AND GET THE MOST OUT OF OUR SCHOOL OPPORTUNITIES.

SCHOOL INFORMATION

School Improvement Priorities Headlines 2022-23:

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuQK3znedxCuifXHrIk9oQtq6dNbFaY/edit?usp=sharing>

Vision and Aims:

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

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

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

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

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

Heritage International School

School Improvement Plan

2022-2023



Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2022-23

Key framing Questions for all staff

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

1 Leadership, Organisation & Governance

2 Quality of Teaching, Learning, Assessment and curriculum

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

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

What does success look like for us	Living our Values	Concentrate & Consolidate Core	Our strategy matches our organisation	Making Moments	Building & sustaining legacy for the future
<p>Qualifications & Skills through holistic, challenging & rigorous education</p> <p>A World Class School that is outward facing</p> <p>Supporting & sharing innovation with our national education community</p> <p>Developing future leaders & global citizens</p> <p>Our communities working with us for all students</p>	<p>Our ethos and values as an international school permeate everything we do in our school culture</p> <p>Diversity, equality, kindness, respect, global citizenship, trust, honour, leadership, social responsibility, are the hallmark of our education</p> <p>Our teachers, staff and community uphold these values and we live them daily in our school culture</p>	<p>Our organisation is held against the highest standards of a World Class school delivering international education</p> <p>Our duty of care is for a safe, happy and caring environment for all students</p> <p>Our organisation operates effectively and efficiently based on structure, systems and policies</p> <p>We are a school people want to be a part of our community</p>	<p>Our education is about substance not gimmicks</p> <p>We continue to develop as a unique, innovative international school in Moldova</p> <p>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</p> <p>We build on our legacy but we look outward and forward for our education, not backwards.</p>	<p>A focus on celebrating key moments in education & school life</p> <p>To continue to find ways to engage and bring all our communities together</p> <p>To continue our success in bringing the World into classrooms daily</p> <p>To link the wider curriculum to the formal, daily classroom for holistic education</p>	<p>Our new Lyceum is built this year as we grow as a World Class school</p> <p>To put sustainability solutions at the heart of our organisation</p> <p>To recruit and retain the best people and to invest in skills and leadership for the future</p> <p>To continue to meet and adapt to the anticipated challenges of the 2020s with success</p>



*You can
do better!*

*Speak a foreign language
(or advance) in 2 months!*

Joyful June 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others



26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together

UPCOMING EVENTS

Have a great



VaCaTion!

*We are back for our 7th academic year on
Friday 1st September, 2023!*

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