HERITAGE
International School

THE INTERNATIONAL HERITAGE HERALD

October 13, 2023

THOUGHT FOR THE WEEK

"I am not afraid of storms for I am learning how to sail my ship." – Louisa May Alcott

DIRECTOR'S WEEKLY NOTES

The View from Dacia Boulevard:

I had the proud honour of being a keynote speaker in London this week at the Global Schools Alliance conference and spoke about what we are doing at Heritage in our educational model. It was certainly one of the furthest journey's east I had made in London for a while but it also gave me the unique opportunity to see some remarkable schools, their diverse communities as well as talk to global and UK school leaders doing an incredible role in keeping the certainty of education in these very uncertain times. Those uncertain times we live in now in the 2020s, reared its ugly head on the weekend with the brutal attacks on Israel and as an international school community we share the global messages of condemnation of all terrorism and call for peace for all civilians in the hope this conflict does not escalate claiming more innocent lives.

We are in the very operational side of semester one and I know from conversations from staff, students and families that the break at the end of October for a week's vacation cannot come soon enough. We have also focused on World Mental Health week this week in school. It is very easy to wish time away in education but these are also the times for covering the curriculum content, working on personal goals and targets and making sure we are not wasting our precious learning time. Unfortunately, there are a small minority of students who either miss a lot of school for semester time vacations or come to school seeing the time in school as an extension of social time. One of the key messages I always take away from any successful school I have the privilege of visiting as I have done again this week in the UK, is the strength of the collaboration and partnership between home and school. This is especially true of issues like school uniform, having the right equipment, the right focus in class and making sure the hard-earned investment in a child for their future is not wasted. Education is an even more valuable commodity for the future we are facing than ever before and we need to continue preparing all our young people with the skills and knowledge needed for the 2020s and beyond.

There are so many wonderful daily events in the Heritage community and I would like to say a huge thank you to the Student Councils for making all teachers, teaching assistants and staff working in education feel very special and honoured last week for World Teachers' Day. With an estimated UNESCO shortage of 44 million new teachers needed around the World it is right we celebrate this precious asset of any society and never take it for granted. It is my absolute privilege to work in such a brilliant team as we have in our staff at Heritage.

Enjoy this edition of the International Heritage Herald. I am looking forward to seeing everyone in person, back at the school gate, on Monday.

Rob Ford
CEO & Director.

HERITAGE IN THE WIDER WORLD

Robert Ford, CEO & Director at Heritage International Schools, Moldova

"What we do together can make a huge difference."

"Kurt Hahn, Founder of the International Baccalaureate said if you don't have the leaders now, create the leaders you need. We do that through our values, we do that through social responsibility, through leadership, through respect, through being able to live in a diverse world, being internationally-minded, being open-minded, being able to embrace all faiths and ethnicities and cultures and see the glory and the joy in this multicultural globe and society that we live in."

"When you look at great schools, it's about holistic education. It's educating for life. It isn't about passing the next test, or the next stick to jump over, or the next barrier to surmount, it's creating who are we going to pass the baton."

Olga Isac
IGCSE/AS/A Level German Teacher/ DaF Teacher, Heritage International School

Head of Languages at Heritage International School, Olga Isac explores the merits and practical implementation of differentiation in the classroom

Global School Alliance
@GSchoolAlliance

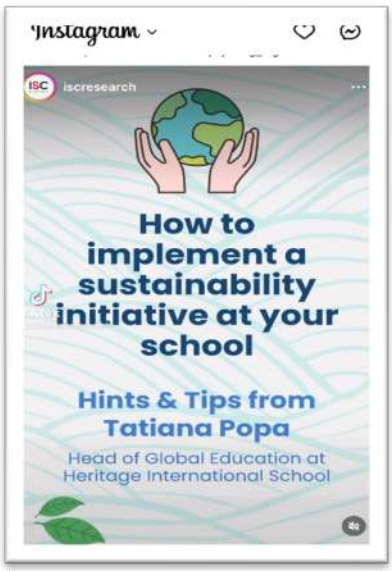
#ThePowerofPartnerships | "We are really fortunate that the Global School Alliance are bringing us together and being a hub for us so we're not isolated. The beauty of international education is that we're never isolated." - Rob Ford.

maia.sandu

156 likes

maia.sandu Azi am pus în discuție câteva teme la Forumul Național al Cadrelor Didactice, alături... more

iscresearch



The International Schools Network - ISN
@I_S_Network

Larisa Mirza, Pastoral and Student Services Lead for Heritage School, Moldova, examines the benefits of a student-centered learning approach.

Read the full article here: isn.education/articles/open/...

Larisa Mirza and Heritage International School...

ARTICLES/STORIES OF INTEREST

Global School Alliance hosts first in-person event in London - Global School Alliance; https://www.globalschoolalliance.com/education/global-school-alliance-hosts-first-in-person-event-in-london/

Gen Z: We Are Struggling With Mental Health, But Our Grades Are Good; https://www.edweek.org/leadership/gen-z-we-are-struggling-with-mental-health-but-our-grades-are-good/2023/09

Kew Gardens' Alexandre Antonelli: 'We may be losing species before we even notice them' | Conservation | The Guardian; https://www.theguardian.com/environment/2023/oct/07/kew-gardens-alexandre-antonelli-hidden-universe-book-interview-state-worlds-plants-fungi

World needs 44m more teachers in order to educate every child, report finds | Global development | The Guardian; https://www.theguardian.com/global-development/2023/oct/04/world-needs-44m-more-teachers-in-order-to-educate-every-child

UNDP Moldova Newsletter - September 2023; https://mailchi.mp/undp/undp-moldova-newsletter-september

Human Stories: celebrating our community | British Council; https://www.britishcouncil.es/en/programmes/british-council-europe-community

The Multi-Energy Garden - Jeremy Knowles; https://jeremyknowles.co.uk/The-Multi-Energy-Garden

Fight racism | United Nations; https://www.un.org/en/fight-racism

Open statement of the Jewish Community of the Republic of Moldova on the massive attack on Israel; https://jcm.md/en/news/open-statement-jewish-community/

NEWS FROM PRIMARY

World Animal Day is an International Day of Action for animal rights and welfare celebrated every year on 4 October, the feast day of St Francis of Assisi, the spiritual patron saint of animals. The mission of World Animal Day is to raise the status of animals in order to improve welfare standards around the world. Students in grade 3 A talked about pets, created posters, selected information about animals and proudly exhibited the photos with their pets.

IPC Human Brain project in Grade 1

1A students learned about scientists and experiments in Romanian language class. Our little scientists made paper flowers and watched their shape change as they floated on water, they understood the value of experimenting and enjoyed the exciting and amazing process of discovery.

1 A students had their best pupils in teacher role on 5 October. Students Anna Eliza, Emily, Valentin and David created a fun-filled learning atmosphere.

5E enjoyed their teacher-substitute lessons on Teacher's Day. The facilitators - older students of Heritage International School - showed brilliant teaching skills and 5E pupils were utterly captivated by their activities.

IPC project "Buildings in my community" in grades 3 A/B.

In the world of books, 1A, Cambridge Global English

"The effects of the Climate Change on the environment", Week 2 in Grade 3 lessons

"The Effects of the Climate Change on the environment", Week 2 in Grade 2 lessons

"The Fox and the Raven" fable illustration by 4B students

Learning about the art of communication in Russian language and literature lesson

Learning is only engaging for students when they go through this journey through play or interactive activities. Students in grade 4B learned text types using the information on the puzzle pieces.

Happy Teachers' Day

"Travelling through the Seasons" project

3A/B students in the World of Books in English Language lessons

World Animal Day in 3B

Mathematics is Science lessons; the 4th graders love it because they know how to solve complicated problems in teams!

Financial Literacy Lesson in 3B

Финансовая
грамотность

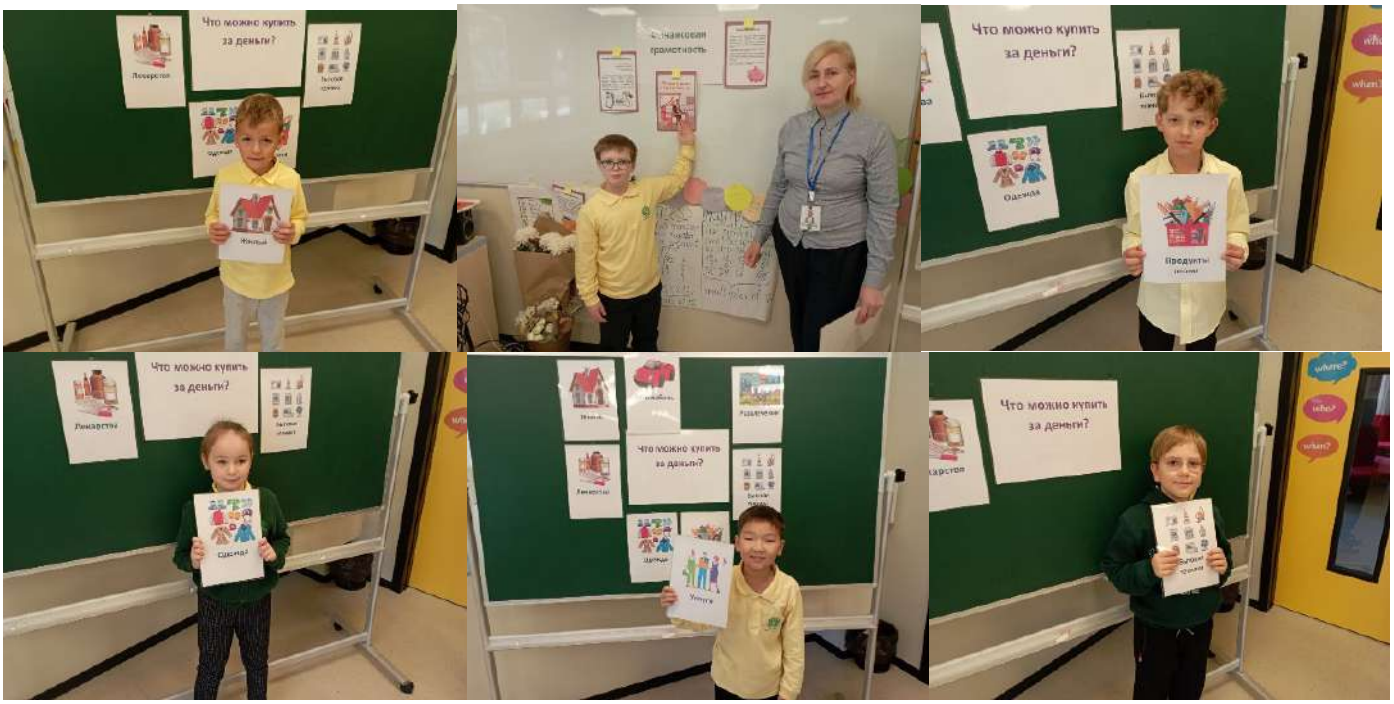
пластилин

Финансовая
грамотность

Что можно купить
за деньги?

Что можно купить
за деньги?
Жильё
Лекарства
Развлечения
Одежда
Автомобиль

Что можно купить
за деньги?
Жильё
Лекарства
Одежда
Развлечения



As an experience of selling-buying and changing money for products which was our mathematical topic we went at "La Mamuca" bakery this Friday.

The Secrets of vegetables in 2-A interdisciplinary activity

School Starter project "You are, Moldova, a proud flower!"

La Multi Ani Chișinău!
587

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ÎNTEMEIEREA MOLDOVEI

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este cel mai drag!
ÎNTEMEIEREA MOLDOVEI

PE RAMUL VERDE TACE
O PASĂRE MĂIASTRĂ
CU DRAG ȘI CU MIRARE
ASCULTĂ LIMBA NOASTRĂ
1359
ÎNTEMEIEREA MOLDOVEI

1359
ÎNTEMEIEREA MOLDOVEI

10 OCTOMBRIE
1. MOLDOVA ESTE PATRIA NOASTRĂ!
2. CEL MAI MARE ORAȘ DIN MOLDOVA ESTE CHIȘINĂUL
3. TURIȘTII VIZITEAZĂ MOLDOVA!

664 ANI
1359
JOC VERBAL DESCOPERĂ CUVÂNTUL...
2023
MOLDOVA

La Multi Ani Chișinău!
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La Mulți Ani, Chișinău!
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TEATRE
PARCURI

CENTRU
La Mulți Ani, Chișinău!
587
BUIUCANI
BOTANICA
RÂȘCANI
CIOCANA

ION
MARIA

MOLDOVA

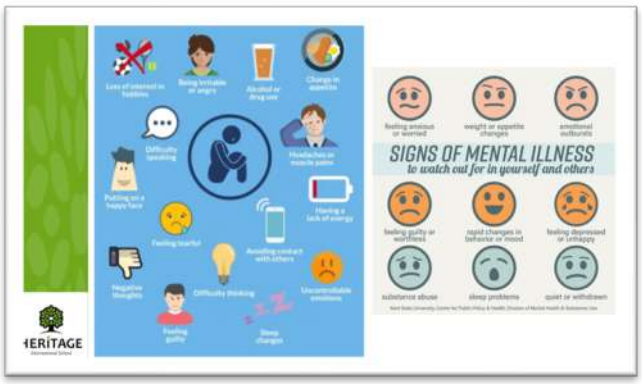
13 OCTOMBRIE

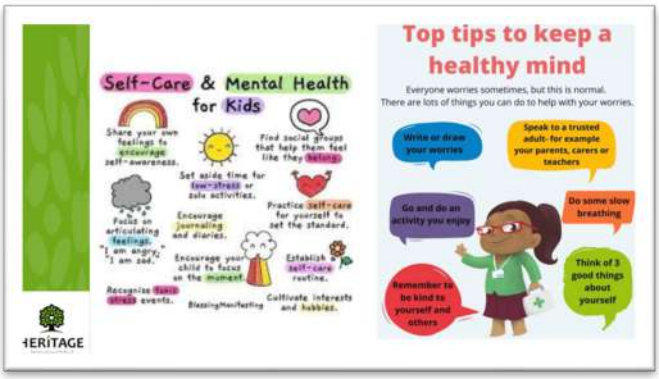
REPUBLICA MOLDOVA
TARA MEA
STEMA REPUBLICII MOLDOVA

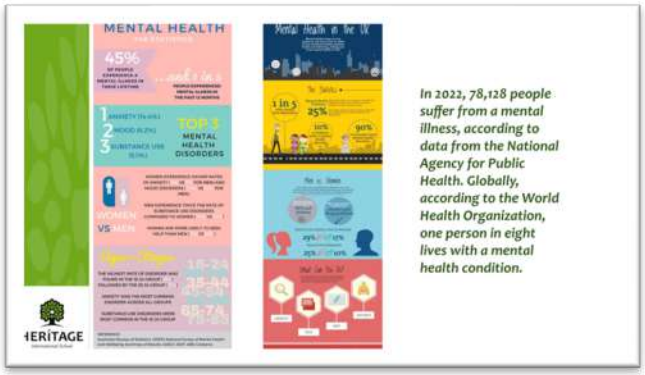
MOLDOVA

NEWS FROM GYMNASIUM

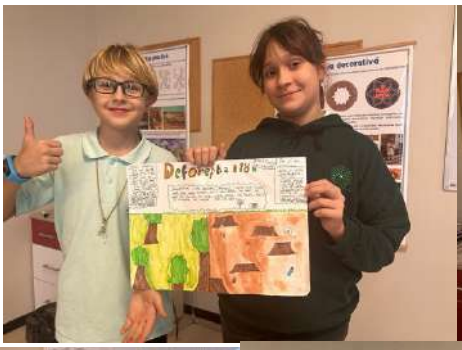
Gymnasium assembly

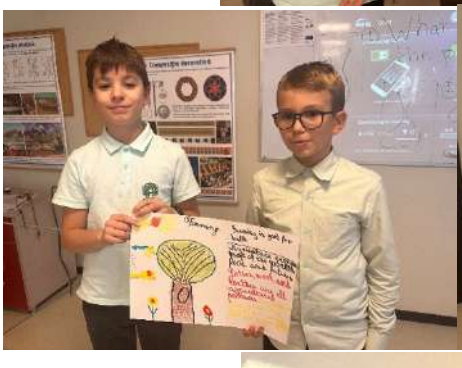


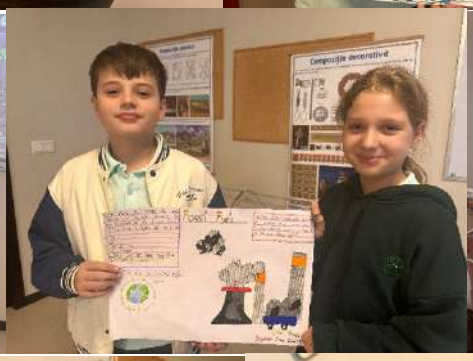


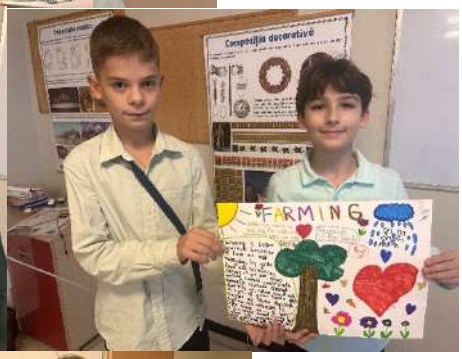


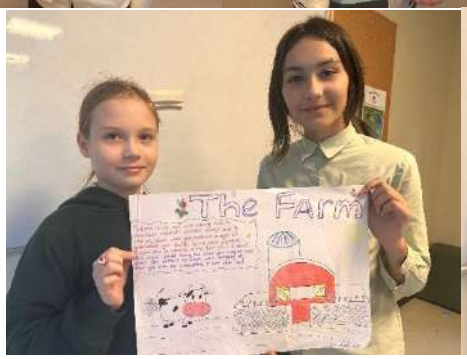
Students from 5A and 5B are taking part in the Climate Action Projec investigating the main causes of Climate Change.



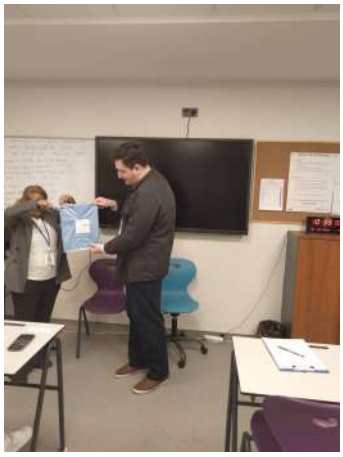
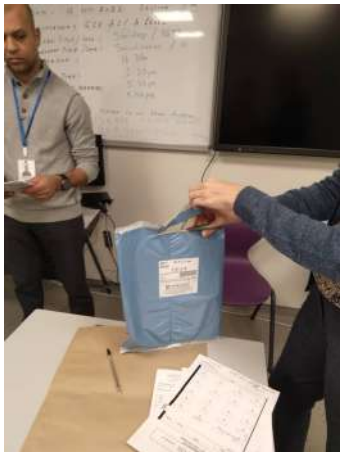








Public Exams of Cambridge Assessment International Education (CAIE) November 2023 Series:
Few students availed the opportunity to improve their grades as a retake / resit in the November 2023 exam series for the qualifications of IGCSE and GCE AS and A Level started on October 2, 2023 in Heritage International School. It will end on 16th November 2023.

LEARNING HUB

12 Study Tips for Exam Preparation

1. CREATE A STUDY PLAN
Before you sit down to pick up a book and start studying, make a study plan. Not only does this help to maintain a proper study schedule, but it also provides a clearer understanding of what needs to be done and when. List the names of subjects and topics, prioritise the study of each subject, determine the number of days before the exam and strategically allocate them to each subject, set daily study time, plan study time and breaks, etc. This will be very convenient for yourself. Following a study plan will automatically save you a lot of time and energy that you would have unknowingly wasted on worrying and panicking.

2. ORGANISE THE STUDY SPACE:
We can concentrate and study at our best in a pleasant and comfortable environment. Find the best spot in your house or room with better light, fresh air and quiet. Spaces with the fewest distractions are the best for high-quality learning. Clear the room of unnecessary items as much as possible to avoid distractions. When studying, turn off your phone or keep it in airplane mode. Different people have

different preferences for research conduct. Some people like to sit in a chair and read at a table, while others like to lie down or walk with a book in their hands to study. So, figure out the best approach and space and organise accordingly.

3. TAKE REGULAR BREAKS

Our brain works best when it takes regular breaks. Researchers have shown that studying for short periods of time with regular breaks is more efficient than studying for several hours without breaks. Forcing ourselves to study when our minds are tired, lethargic or inactive will only lead to further exhaustion. So, take regular breaks, take a walk, close your eyes or look into the distance to calm your eyes and mind.

4. FOLLOW A HEALTHY DIET

Good eating habits always lead to better health and thus more energy. Avoid unhealthy foods and increase your intake of fresh and nutritious foods to avoid unnatural sleepiness, fatigue, or nausea. Drink plenty of water to keep your body properly hydrated.

5. MAINTAIN A PROPER SLEEP ROUTINE

During sleep, our body and mind are fully rested and gain new energy and strength by completing daily metabolic cycles. Health experts recommend getting a full 8 hours of sleep each night. Some people like to study late at night, others in the morning. So, check what time of day works best, plan a proper sleep routine and stick to it.

6. ALWAYS ASK A QUESTION IF YOU ARE NOT SURE FROM A TEACHER

If you have any questions and you could not find the answer in your resources like coursebooks and notebooks or maybe the answer is given already but you are still unsure then always ask from your teachers as they are experts in the particular subject.

7. READ ENTIRETY & MAKE BRIEF NOTES

Don't jump to the conclusion and make a perception of the whole topic. You must have a habit to read thoroughly and compare other information from various authors and sources. When you make notes while studying, it can improve your ability to remember what you have learned by improving the flow of the learning process.

8. GO THROUGH PREVIOUS YEARS' EXAM QUESTION PAPERS

Once you have completed studying the required courses or subjects, you should review the previous year's question papers. Not only does this help you understand how prepared you are for the exam, but it also gives you the opportunity to understand the nature and nature of the exam questions. This will make it easier for people to find technology to find the most appropriate answer to any question.

9. REVISE AGAIN

Reviewing is a must for anyone taking an exam. Whether it's the week before or the day before an exam, it will help you process the information you've learned in more detail.

10. AWAY FROM SOCIAL MEDIAS

If you've fallen into the habit of constantly browsing social media and news sites when you should be paying attention to your revision, it will ruin your chances to get better grades.

11. REACH EARLY FOR YOUR EXAM:

Always reach an hour before the actual exams so that you will not be stressed out of being late which might affect when you are answering the questions during exams.

12. PLAN & PREPARE YOURSELF FOR EXAM DAY

If you plan your exam a day in advance, everything will be easier on the actual exam day. It is imperative to know all the information and requirements of the exam in advance. Make sure you get a good night's sleep before your exam. On the day of the exam, get up early in the morning, drink enough water, eat light and nutritious food to avoid drowsiness, organise and carry all the stationery you need.

NEWS FROM LYCEUM

Our student Loredana Sandu proudly represented Heritage International School and Moldova at the International Hippo Olympiad! Out of the 80,000 participants in 2023, she managed to qualify alongside 223 other students around the globe to the final stage – the Global Round, which was held in Rome, Italy The Olympiad consisted of 5 different tests of checking English proficiency in: reading, writing, listening, speaking and the Hippo general test.Loredana ranked 5th in the Hippo 4 category. Besides broadening her knowledge of the world, she has also met incredible people and visited one of the most wonderful cities in the world.

GLOBAL EDUCATION

Our eTwinning Ambassador, Ms Tatiana Popa, participated at the eTwinning onsite course "Advancing learning and innovation with future-proof skills", on September 28-30 2023, in Bratislava, Slovakia.
The aim of this professional development workshop was to equip etwinners with ideas on how to help students get ready for their future careers, how to bring innovation in education and how to use eTwinning projects as a sure platform for developing these skills in their learners. A very full agenda, but worth every single minute.
As Bratislava is a jewel of a city, every session break was used to explore the city and its beautiful places. Team work was used throughout the entire workshop, and teams were assigned challenges to be solved in the city. This was an excellent possibility to work together while wandering Bratislava streets!

Furthermore, the connections made in the Heritage community offered Tatiana the opportunity to meet a former Heritage family - Mrs Andrea Dachova and her two sons, who offered to be the guides in their native city.

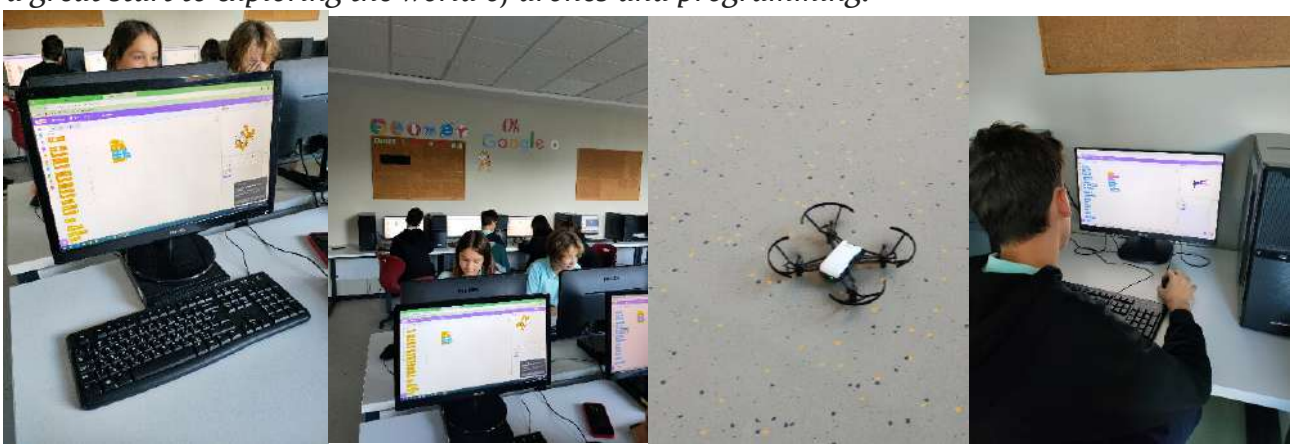
A wonderful experience of learning, of collaboration and gathering memories, for Heritage and with Heritage!

T

The first day of the eTwinning 2023 Autumn School gave all participants the opportunity to learn, be inspired and collaborate to bring innovation into the classroom. The theme "Education and Innovation"

is a timely one and requires commitment from teachers to provide quality and relevant education for students in the digital age. The eTwinning community is a community that brings together teachers who work with dedication and a common goal, quality education. Thank you very much, @eTwinning Moldova for the opportunity to share my experience with the community.

The Techsoup Association has launched the 2023 edition of "Meet and Code", an initiative that turns programming language and technology into an educational experience for children and teenagers in the Republic of Moldova. "Meet and Code is more than a grant program, it is a community of teachers and non-profit organizations that bring new STEAM ideas and concepts to schools, libraries and beyond" said Ana Stamatescu, Educational Programs Lead at the Techsoup Association and coordinator of Meet and Code Romania & Republic of Moldova. A funded event took place at our school on 11.10.2023. Student Teodor Zaporojan guided participants through the fascinating world of drones. Students created drones with Lego Mindstorms, then programmed the drone in Scratch and performed a real drone flight. It's a great start to exploring the world of drones and programming.



Climate Action Project 2023 is in full swing at Heritage! Students in gymnasium do primary and secondary research, interviewing families and finding out how humans impact climate change. They also come up with possible solutions and recommendations.
It's impressive to watch them thinking critically about personal actions and connections to the environment.
What comes next? More details in the following edition of the IHH!

As part of Build the Change school showcase, our students take part in monthly challenges from LEGO Education and Take Action Global.
Heritage students had to design a learning space that is not a building and that is sustainable this week. Want to know what chosen colours represent? Emotions! At the end of a full day, they decided that colours are meaningful in their design.
Here's what they came up with.
No one forgot about music for student wellbeing!

Tatiana Popa, Deputy Academic Director and Head of Global Education at Heritage attended the reception organised by the US Ambassador Kent D. Logsdon in honour of State Secretary of North Carolina, Elaine Marshall's visit to Moldova. We are very grateful to them for their generous donations of books for our school. We also would like to thank the Academy for Innovation and Change through Education for leading school partnerships and making our collaboration with North Carolina schools possible.

Digital Corner

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

What Parents & Carers Need to Know about ROBLOX

AGE RATING PEGI 7

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

WHAT ARE THE RISKS?

CONTACT WITH STRANGERS

Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as general hostility – while predators can reach out to children directly.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODer is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODers. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

IN-APP PURCHASES

Roblox is actually free to download and play, but bear in mind that there *are* some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS

If your child has genuine friends who they play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss – and what they should *never* tell a stranger online – will help them understand how to communicate with others safely in the digital world.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.

National Online Safety®

#WakeUpWednesday

Sources: https://www.theverge.com/2021/7/21/22338-13/roblox-over-half-of-us-kids-playing-virtual-parties-fortnite https://corp.roblox.com/parents/

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.10.2023

HERITAGE CREATIVITY

The Heritage 10 Golden Rules
https://docs.google.com/document/d/19a84QG84nwA-RrbVDPwo9rDDn0SH1QfSAz6aq4F9JIo/edit

The Heritage 10 Golden Rules

HERITAGE
International School

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

1.WE LISTEN TO & RESPECT THOSE LOOKING AFTER US, TEACHING US AND ALWAYS FOLLOW THEIR INSTRUCTIONS

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.

SPORTS, CLUBS and ACTIVITIES

Architecture Club

HERITAGE
BASKET BALL CLUB
for Secondary school students
WEDNESDAY
THURSDAY
16.00-17.00
Register on Monday to join

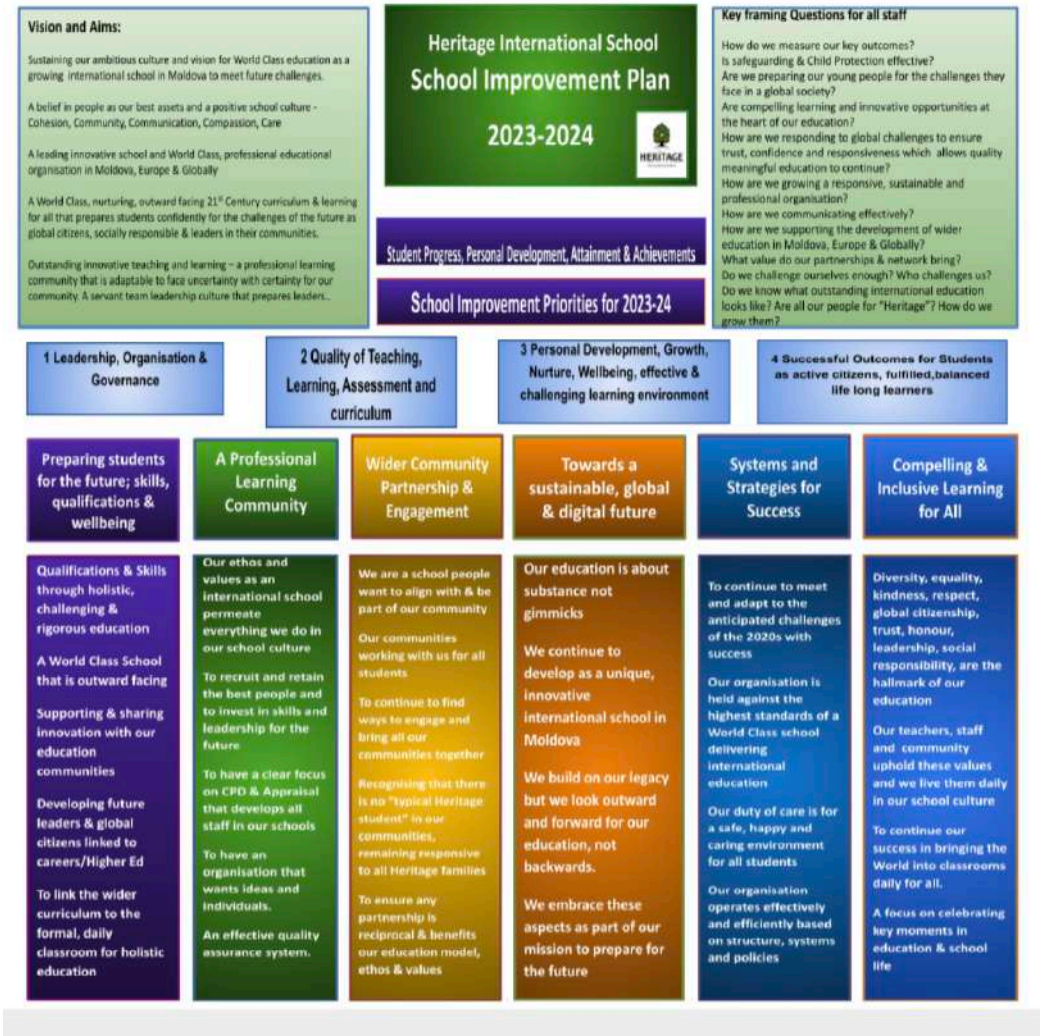
HERITAGE
WEB ANIMATION CLUB
FOR SECONDARY SCHOOL STUDENTS
MONDAY 16.00 ROOM 209
Register n Monday to join

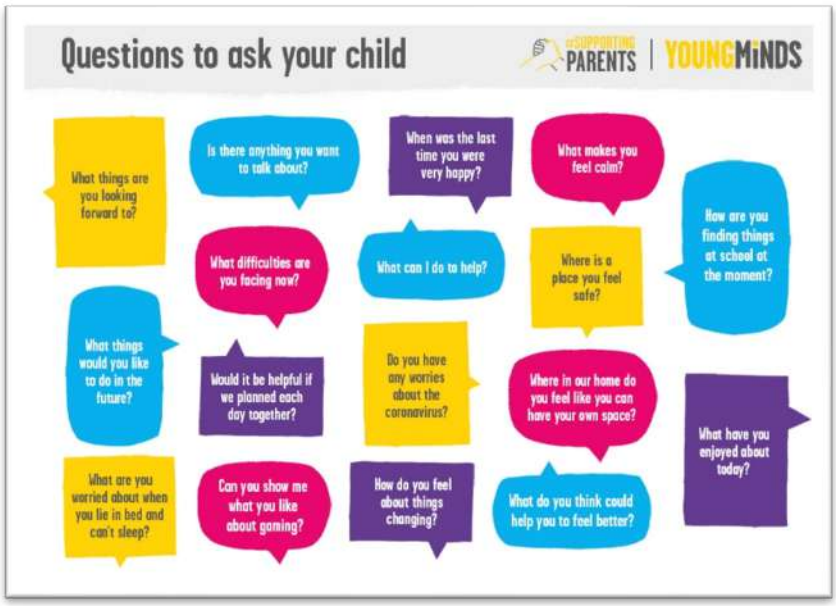
JOIN
FOLK DANCE CLUB
WEDNESDAY | 16.000
Room 019
Register on Monday to join, see you there

JOIN
PRIMARY SCHOOL STUDENT CHOIR
TUESDAY 16.10-17.00 | GRADES 2AB, 3AB, 4AB
FRIDAY 15:00 - 16.00 | GRADES 2E, 3E, 4E, 5E
Room 217
Register on Monday to join, see you there

SCHOOL INFORMATION

School Improvement Priorities Headlines 2023-24:
https://docs.google.com/document/d/1DT0Cx-vFBrTuxuQK3znedxCuifXHrIk9oQtq6dNbFaY/edit?usp=sharing



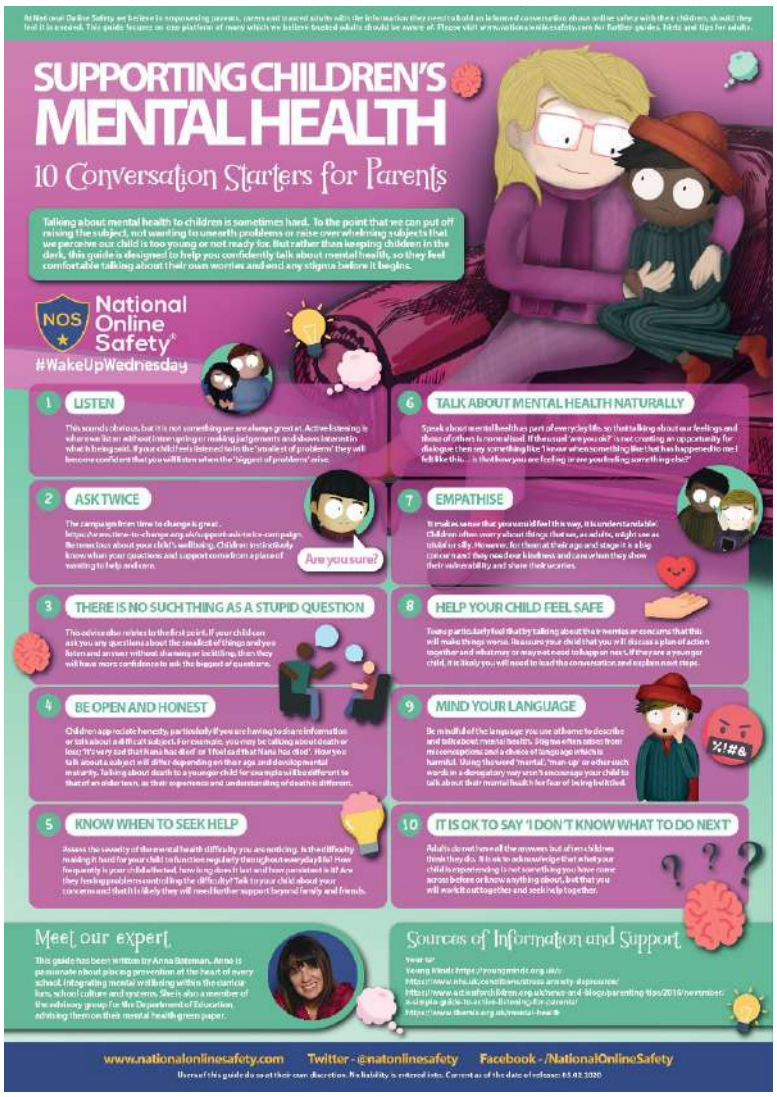


Optimistic October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS

Happier · Kinder · Together



UPCOMING EVENTS

COBIS
Council of British International Schools

Poetry Competition

Theme: *A Future to Be Proud Of*

Submission Deadline: 2 November 2023

Collins

COBIS
Council of British International Schools

Art Competition

Theme: *A Future to Be Proud Of*

Submission Deadline: 13 November 2023

ARTS UNIVERSITY BOURNEMOUTH

COBIS
Council of British International Schools

Virtual Debate Competition

1-3 December 2023

For students aged 16+ in Y11-13

DEBATE MATE

PRESENTED BY THE HERITAGE STUDENT COUNCIL

HALLOWEEN

DRESS UP AND BRING THE HALLOWEEN SPIRIT TO SCHOOL

STUDENTS ARE ALLOWED TO:
-HAVE A FUNNY, CREATIVE & SCARY, BUT NOT TOO SCARY COSTUME!
-REPRESENT DIFFERENT HALLOWEEN CHARACTERS

OCTOBER 27TH

STUDENTS ARE NOT ALLOWED TO:
-HAVE PRINTS OR DESIGNS ILLUSTRATING BLOOD (I.E. FAKE BLOOD)
-BRING IN SCHOOL TOY WEAPONS
-WEAR REVEALING CLOTHES

Events
Best costume competition - Primary classes only
Best decorated classroom conpetition -secondary classes only

HERITAGE
International School

HERITAGE
International School

AUTUMN FOOD DRIVE
FOR THE ANIMAL SHELTER

Heritage community is invited to support the AREAL/FOMS animal shelter by donating:

- Pet food or treats
- Toys
- Cleaning Supplies
- Towels and blankets
- Grooming supplies, collars and leashes

All students are invited to donate at Heritage school reception, by 27th October, 2023.
Besides the non-uniform day, a movie night is coming!

Let's join efforts & help together! These animals need our help!

Organiser:
Heritage Student Councils

HERITAGE
International School

The 4th Heritage and Moldova Conker Championship

October 20 2023

Grades 1-2	10:30- 11:00
Grades 3-4	11:10-11:45
Grades 5-6	12:00- 12:30

16th October 2023	*World Food Day*
19th October 2023	*World Values Day*
23-25th October 2023	*Media Literacy Week*
27th 2023	*Golden Autumn Festival*
26th-27th October 2023	*Teacher-Parents Conferences*
30.10.-05.11 Cambridge Pathway	*Autumn Break*
01.11-05.11 Bilingual pathway	

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

MAIN CONTACTS

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Catering services: meals@hertage.md
Admission: admission@heritage.md
Exam officer: shabbir.anjum@heritage.md

Pastoral Care: larisa.mirza@heritage.md
Cambridge Secondary Coordinator: shabbir.anjum@heritage.md
National Secondary Coordinator: livia.state@heritage.md
Head of Lyceum: dorina.calinovscaia@heritage.md
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