HERITAGE
International School

October 23rd, 2026

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

"The habits we form from childhood make all the difference."

Aristotle









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Director's notes

Dear Heritage Community,



As we reach the end of another busy and rewarding half term, I would like to thank you warmly for the support, care, and commitment you have shown to one another and to our school.

This half term has reminded us of the strength of our community. Through the everyday kindness of students, the dedication of our staff, and the partnership of our families, we have seen our values of ***Courage*** *and* ***Respect*** *brought to life. Our students have shown courage as they embraced new challenges, shared their ideas, performed, competed, asked questions, and supported their peers. In turn, they have treated one another with respect—listening carefully, celebrating differences, and contributing positively to our warm and inclusive school environment.*

Thank you to every member of our community for helping to create a school where children feel safe, valued, and encouraged to grow. Whether through classroom learning, enrichment activities, performances, sports, parent events, or the many quiet acts of support that happen each day, your contributions make Heritage a truly special place.

As we head into the mid-term break, I hope you all have the opportunity to rest, enjoy time together, and return refreshed. We look forward to welcoming everyone back for the winter season, which promises further opportunities for learning, celebration, and connection. We are especially excited about the warm and welcoming family events ahead, as well as the continued progress, curiosity, and achievement that will shape the weeks to come.

Wishing you all a wonderful, restful, and happy mid-term break.

Casey M. Barnes,
Heritage Director

The Heritage 10 Golden Rules

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

1. *We listen to & respect those looking after us, and teaching us, and always follow their instructions.*
2. *We respect and look after each other as students of Heritage. We are a caring community.*
3. *If unsure, we ask one of our teachers or support staff.*
4. ***We are always aware of being safe, especially around physical & practical activities.***
5. *The way we speak to each other and the words we use are the right ones.*
6. *If someone is not well or unhappy, we let one of the adults looking after us know.*
7. *We make sure we have the right clothes and equipment for each day.*
8. *We make sure we are on time and if we are late we make sure people looking after us know.*
9. *We are responsible for our behaviour as a student of Heritage.*
10. *We make sure we engage in our learning, grow in our knowledge and understanding, achieve our best and potential, be contributing and valued members of our community, and get the most out of our school opportunities.*

Action for Happiness Calendar



Key Dates

24 October - 01 November 2026	Autumn Break
02 November 2026	Back to School
05 November 2026	Spelling Bee
26 November 2026	Best in English International Language Competition

See the 2026-2027 Academic Calendar here

HERITAGE
International School

The Heritage Values

EXCELLENCE

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

RESPECT

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

COURAGE

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

RESPONSIBILITY

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

WISDOM

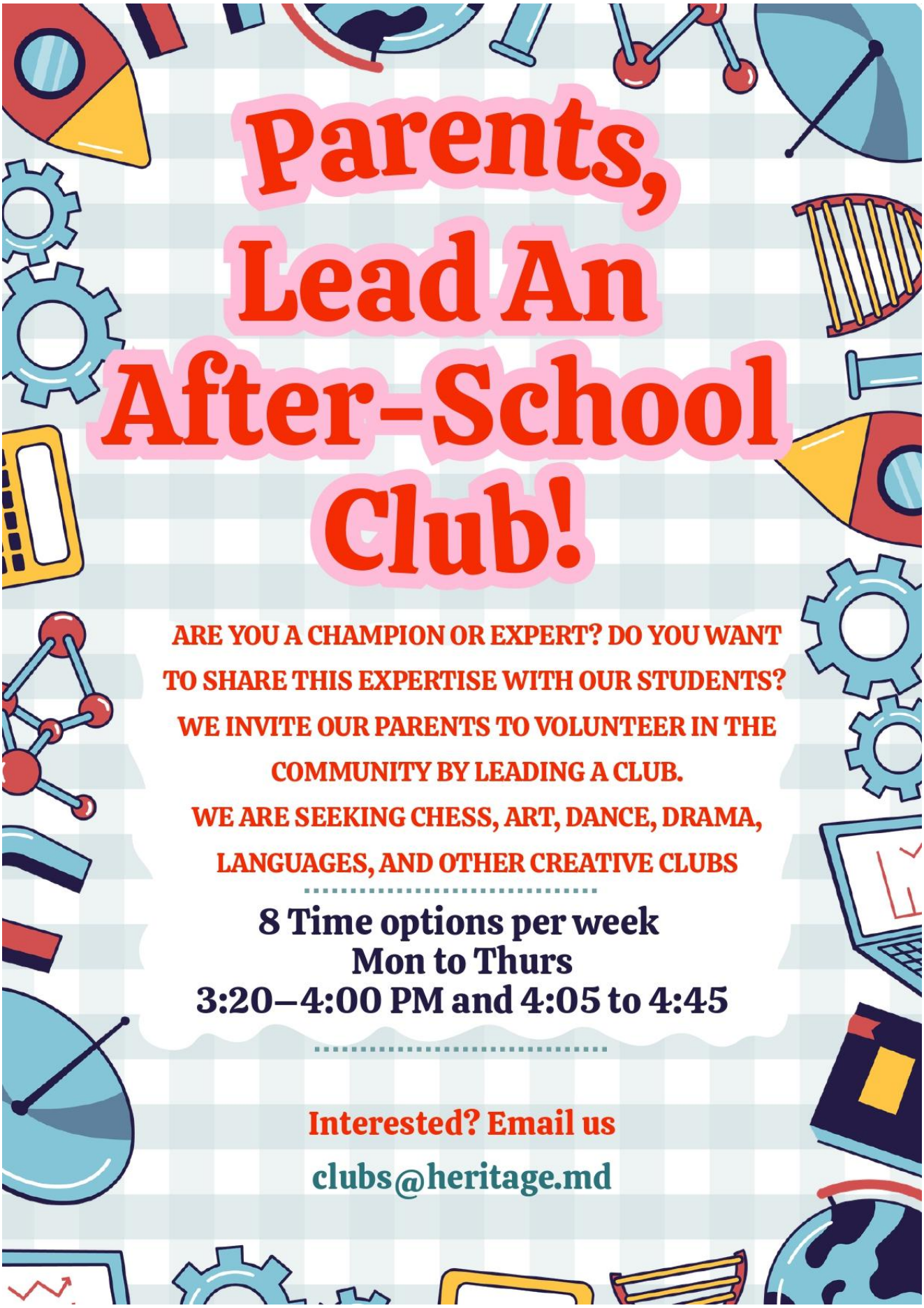
We make thoughtful, responsible decisions—considering consequences, acting with integrity and ethical awareness, seeking balance, and developing emotional maturity.

Autumn Break Camp

Register for Heritage Autumn Camp Here: Link



Parents Led Clubs



Practical Pedagogies 2026, Toulouse, France

Last week, three of our esteemed staff members attended the Practical Pedagogies International Teachers' Conference in Toulouse, France. Ms. Ruxanda Cheibas and Ms. Marcela Nichifor participated as delegates, while Ms. Tatiana Popa was a presenter at this prestigious gathering of educational professionals.

This is a wonderful example of how Heritage supports our teachers' professional growth and development, ensuring that contemporary educational practices are shared, explored, and integrated into our teaching and learning culture.



Halloween Celebration at Heritage

On October 23rd, Heritage International School celebrated Halloween. Take a look at some of the costumes that the students wore:









View all materials at the link: *Link*

News from Primary





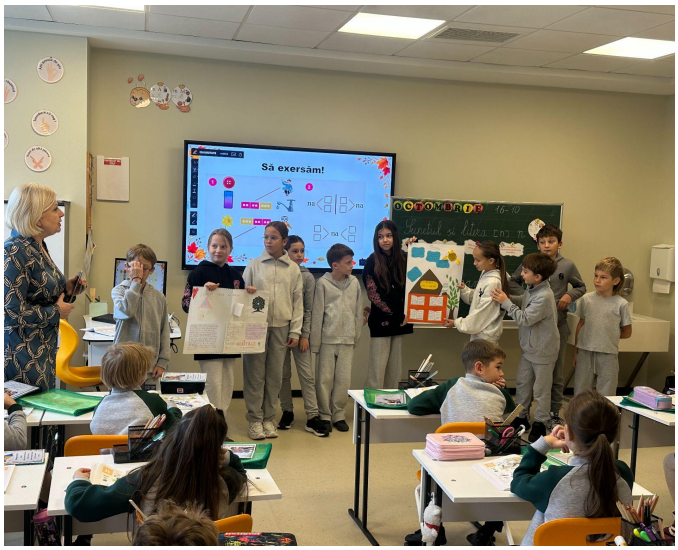






Group Project in 4A: "School - A World Full of Wonders"

A group project full of creativity and joy, presented to the pupils of Classes 1A and 1B! Together, they discovered that school is a place where we learn, collaborate, make friends, and create beautiful memories.









View all materials at the link: [Link]

Pumpkin Patch Blurb

18 classes, dozens of unique ideas, and one giant pumpkin!
The hallways at Heritage recently hosted a truly special project: a massive pumpkin transformed into a collective work of art, decorated piece by piece by no fewer than 18 classes!
Every class brought its own style, vision, and original details. Some added vibrant colors, others chose geometric patterns or playful elements—every corner of the pumpkin tells a different story.

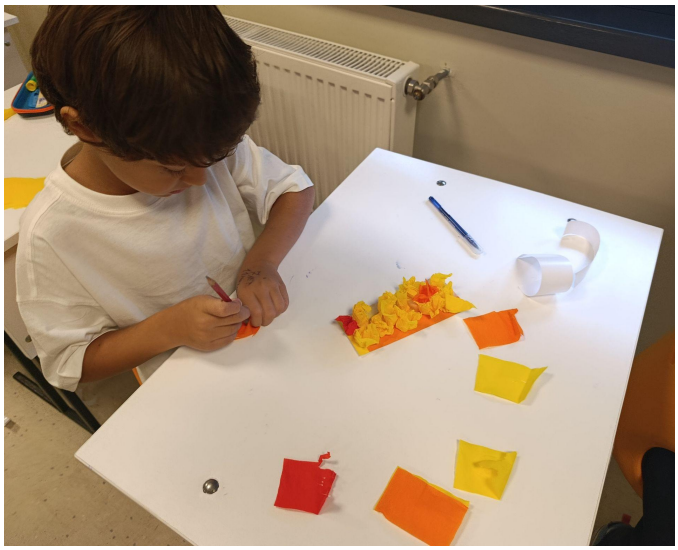


Autumn Celebration in 1C

Together with their teacher Ms Aliona Sincenco, class of 1C are getting ready to celebrate Autumn Fest. They created great handmade decorations together!





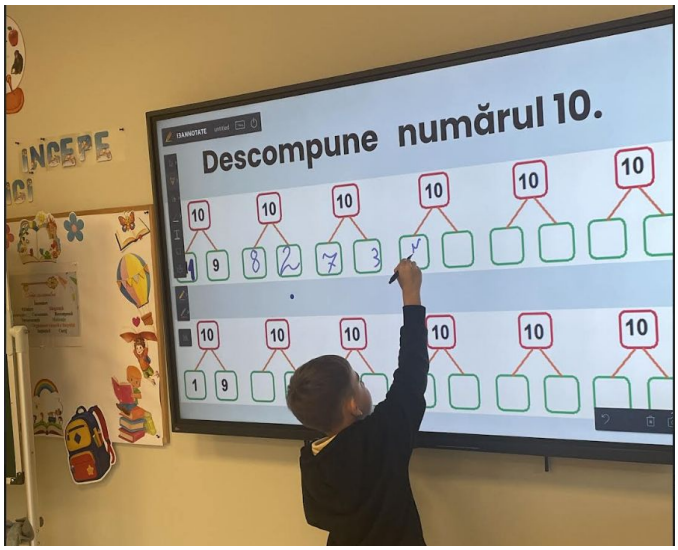




View all materials at the link: Link

1A Math Lesson and Excursion

1A students together with their teacher Ms Stela Ciorbă, are learning math with great enthusiasm.
They have also visited a bakery called "Grădina Doinei" where they set out on a culinary adventure!









View all materials at the link: *Link*

Boo-tiful Halloween Day for 6E

The children put their hearts into decorating the classroom, showing off their fang-tastic costumes and, of course, making the most of the trick-or-treating! From creative decorations to fabulous costumes and a sweet-tooth frenzy, 6E certainly knew how to make Halloween a real treat!





Journey with Apolodor in 4A

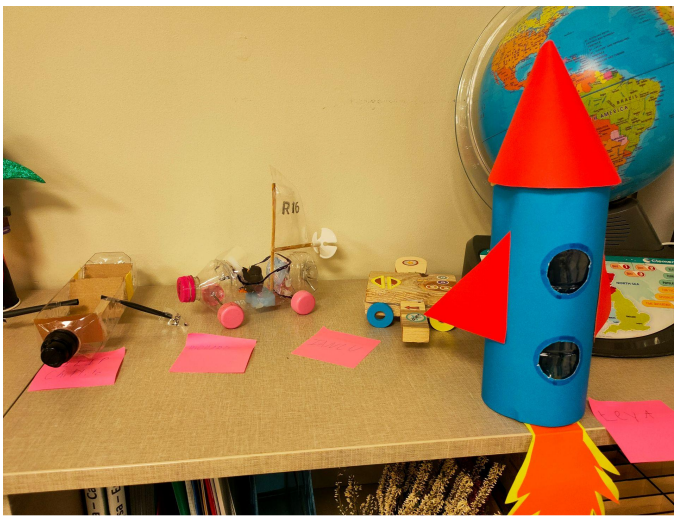
Reading is always more meaningful when shared! Our students recently explored the charming adventures of Apolodor by Gellu Naum, turning reading time into a truly magical experience. After enjoying the story together, the children put their heads together in group activities to solve a problem faced by our beloved penguin. To bring their learning to life, the project featured two hands-on creative tasks:

Penguin Decorating: Expressing their art and creativity by decorating their own unique Apolodor penguins.
Inventing Transportation: Designing and building imaginative vehicles to help Apolodor travel on his journey.









Autumn Exhibition

This remarkable exhibition highlights warm, tranquil color palettes, underscoring the fascinating diversity of nature and the fungal kingdom found within our forests.
Together with their Art teacher, Ms Alesea Dulgher, first-grade students demonstrated the diversity and richness of a child's imagination.







Cross-cultural Meeting

Over the past few days, the classrooms and grounds at Heritage were filled with excitement, laughter, and a truly special energy. We had the absolute joy of hosting our dear friends from Poplars Farm Primary School in Bradford, UK—joined by Headteacher Jo Speak—alongside our partners from our partner school in Kherson, Ukraine.

It was one of those gatherings that reminds you why we love education and just how much we need one another. We were also honored to welcome two wonderful mentors who dedicate their lives to bringing schools around the world closer together: John Rolf, a deeply passionate British educator devoted to global citizenship, and Colette Cotton, British Council Ambassador and a tireless advocate for our international projects.



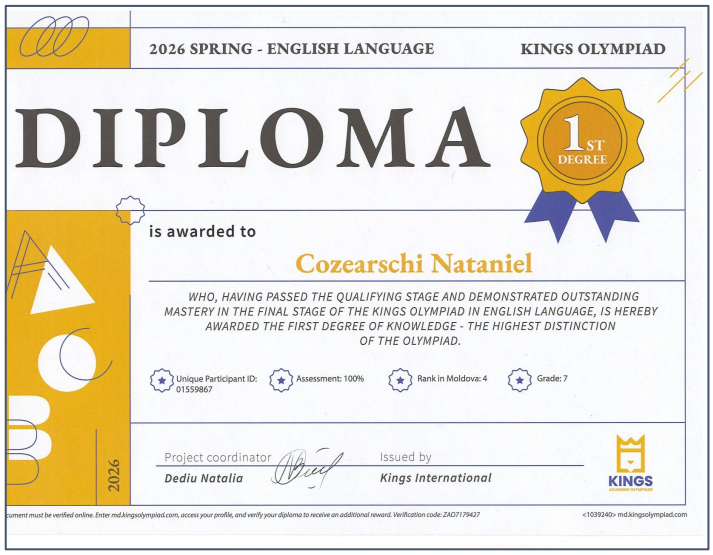


View all materials at the link: *Link*

Excellent Results at Kings Olympiad

Cozearshi Nataniel, 8A student, has achieved impressive results at Kings Olympiad. He received diplomas in multiple categories: Math, English, IT, and Romanian.

Congratulations!











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

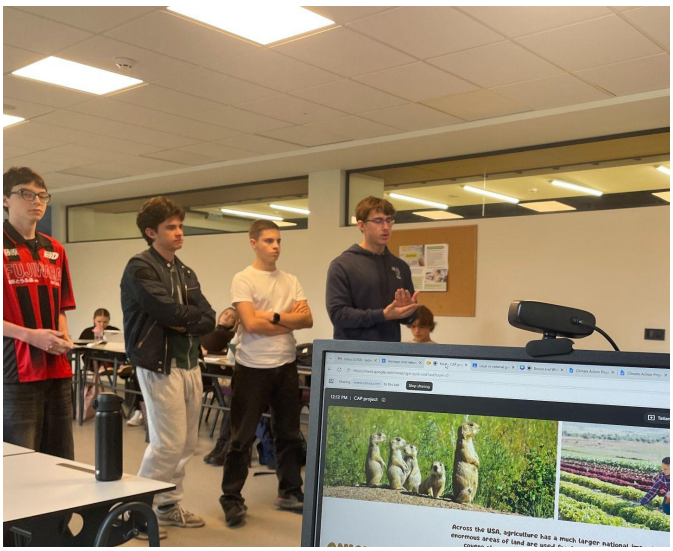
Connecting Across Continents Through Climate Action!

Our students from 9E and IGCSE 1 recently took part in inspiring international videoconferences with students from Kenya and Türkiye as part of the Climate Action Project's Interact Step.

During these sessions, students shared the findings from their own climate research and exchanged insights with their peers abroad. Our guests from Kenya and Türkiye spoke about their local contexts, the environmental challenges they face, and the actions being taken in their schools and communities to address climate change.









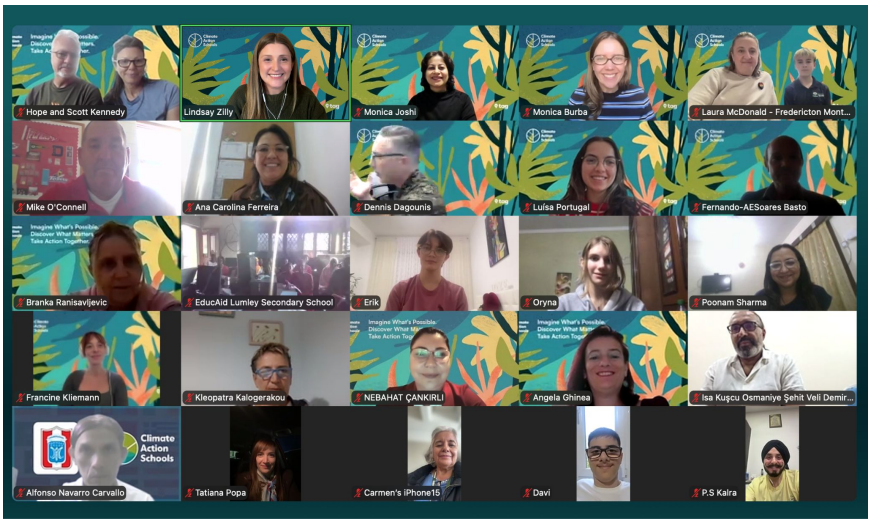
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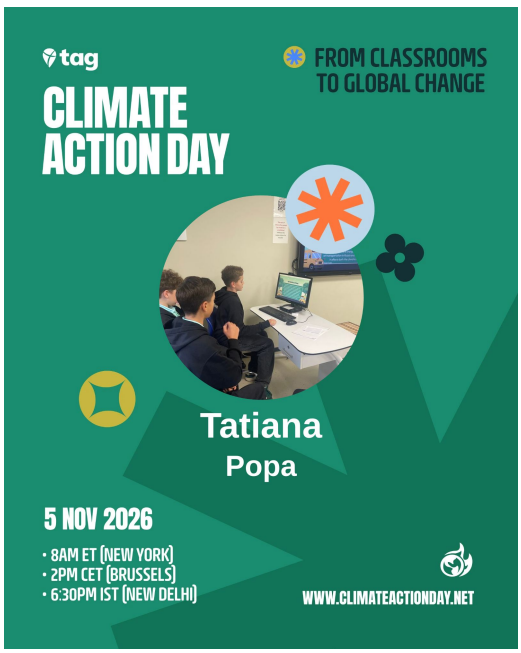
Global Climate Champions

Yesterday, Heritage International School proudly launched its Climate Action Schools 2026-2027 journey, joining educators and students from around the world for the global kickoff meeting.

We were especially proud to have members of our Student Council Sustainability Committee participating alongside staff, connecting with young climate advocates from different countries and cultures. Together, they witnessed firsthand the power of global collaboration and student-led action.

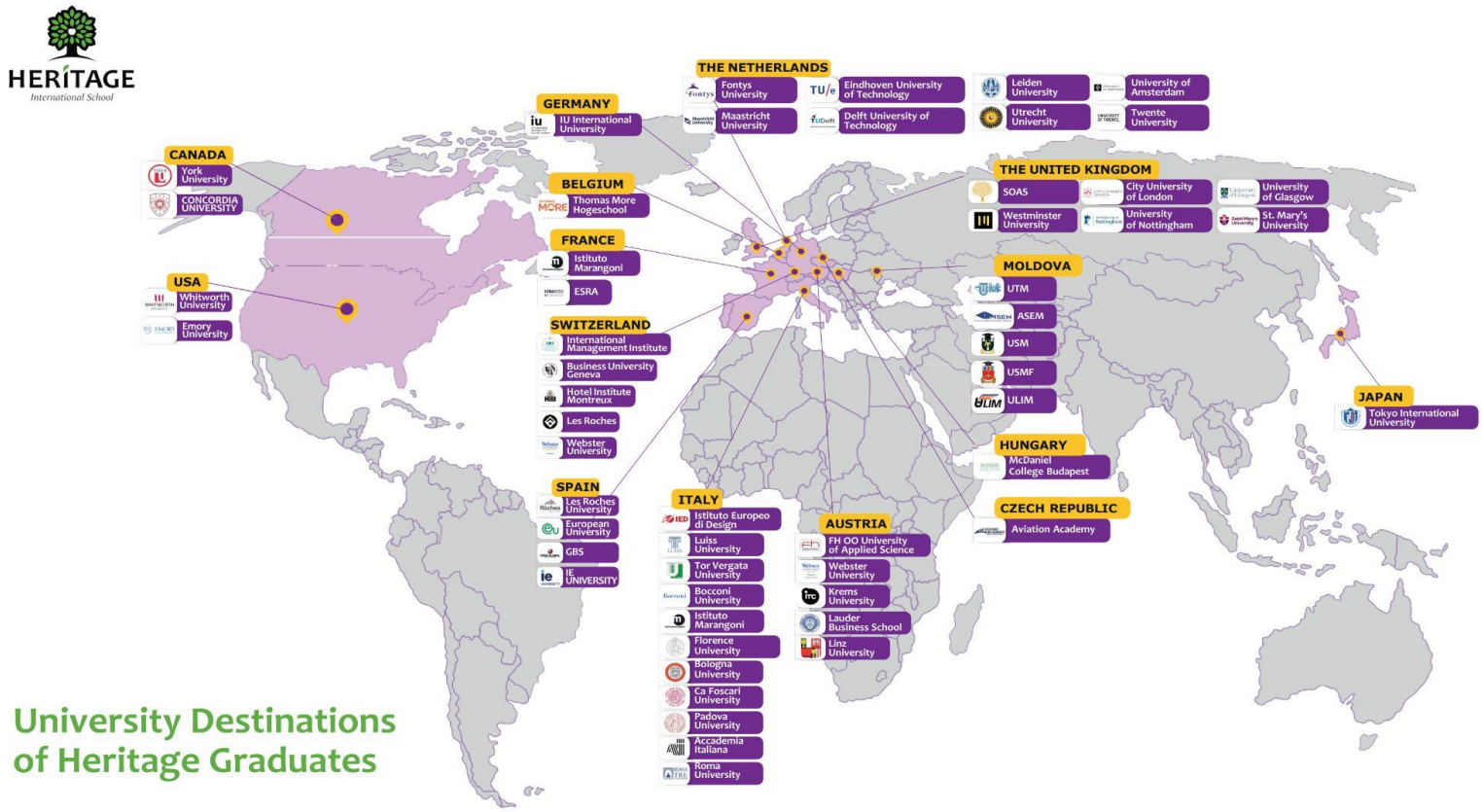






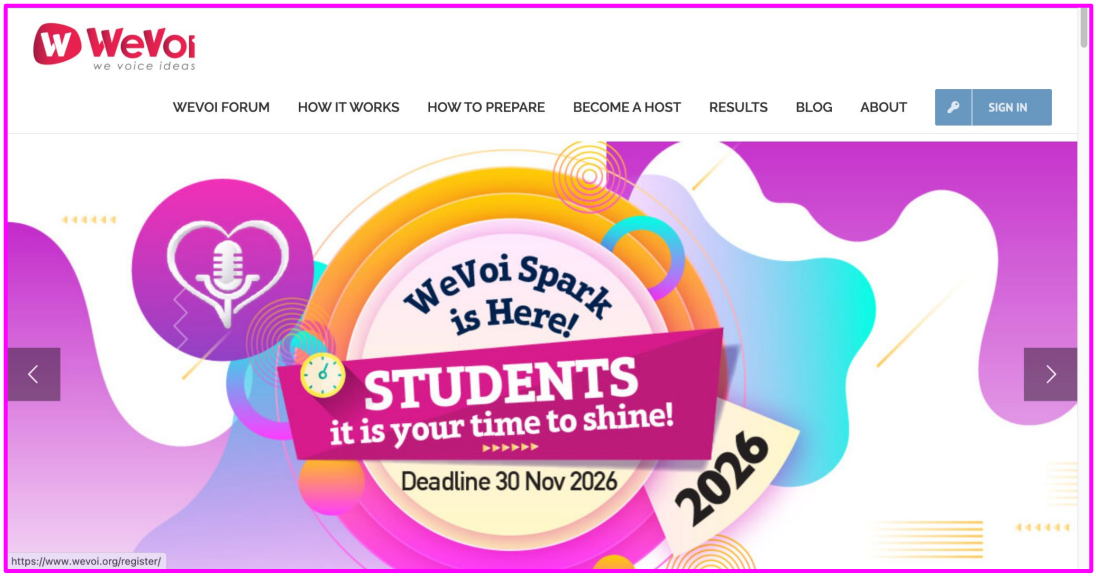
*On **5 November**, Heritage International School students will join thousands of young people around the world in celebrating **Climate Action Day**, a global event that empowers students to learn, collaborate, and take meaningful action for a more sustainable future.*

University Destinations



University Destinations of Heritage Graduates

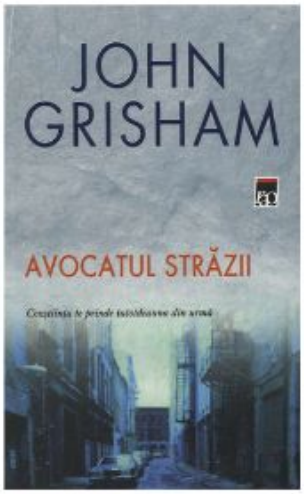
Student Leadership





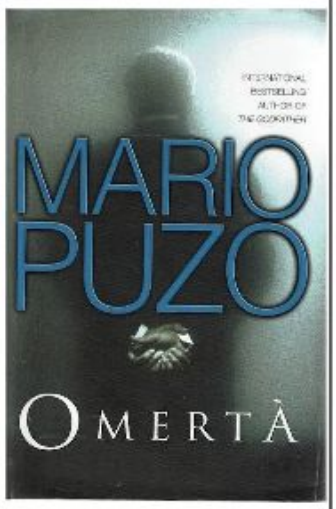
EMINESCU LIBRARY BOOKS RECOMMENDS

"There is no more beautiful and useful pastime in a person's entire life than reading books. – Miron Costin."



JOHN GRISHAM
Avocatul străzii

Sebastian nu e un avocat ca toti ceilalti. Biroul sau este dotat cu bar, frigider si fotolii din piele. Nu are firma, nici parteneri, singurul lui ajutor fiind un sofer inarmat pana-n dinti - bodyguard, confident si partener de golf. Toata lumea are dreptul la un proces corect, crede avocatul, care nu ezita sa faca tot felul de artificii si scamatorii, uneori la limita legalitatii, pentru a-şi scoate clienţii basma curată.

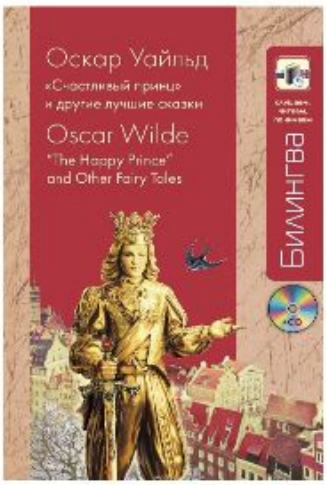


MARIO PUZO
Omerta

Omerta, the Sicilian code of silence, has been the cornerstone of the Mafia's sense of honour for centuries. In New York a mob boss is assassinated and no one will talk. His nephew and the head of the FBI both launch investigations.
But silence spreads like a contagion: the silence of rival gangs, the silence of crooked bankers; even the silence of the courts. And when money starts to talk...

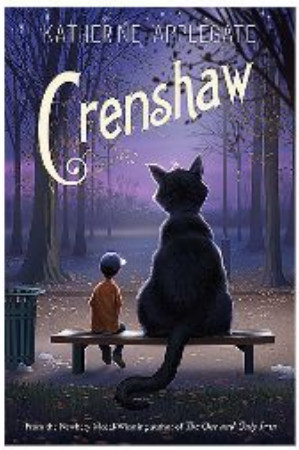
ОСКАР УАЙЛЬД
Счастливый принц и другие сказки

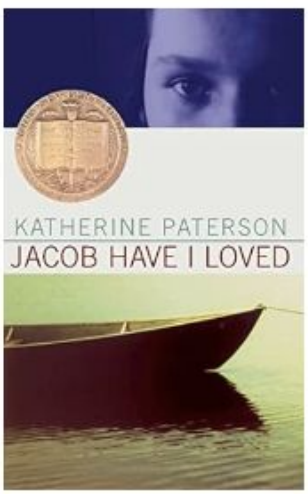
Книга включает в себя лучшие сказки Оскара Уайльда на английском языке и параллельный перевод на русскийю. Читая тексты на английском языке, обращаясь к опыту блестящих переводчиков, вы улучшите свои навыки чтения иноязычной речи.



KATHERINE APPLEGATE
Crenshaw

O poveste de neuitat şi magică despre familie, prietenie şi rezistenţă. Jackson şi familia sa trec prin vremuri grele. Nu mai au bani de chirie. Şi nici de mâncare. Crenshaw este o pisică. Este mare, vorbeşte deschis şi este imaginar. S-a întors în viaţa lui Jackson pentru a-l ajuta. Dar este oare un prieten imaginar suficient pentru a salva această familie de la pierderea a tot?





KATHERINE PATERSON
Jacov have i loved

Katherine Paterson's remarkable Newbery Medal-winning classic about a painful sibling rivalry, and one sister's struggle to make her own way, is an honest and daring portrayal of adolescence and coming of age. It was praised as a reference novel for young people and was ranked among the best novels for children.



ЛИЯ ГЕРАСКИНА
В стране невыученных уроков

С учеником 4 класса, двоечником,не любившим делать уроки, случилось волшебное происшествие, он попал в Страну невыученных уроков. И тут-то он встречает допущенные им ошибки, готовя второпях уроки. Что оставалось делать? Исправлять их! Иначе вернуться из этой волшебной страны ему не удастся…

We Belong Here Project

WE BELONG HERE!

*Our September project, "**This Is Us**" (focused on **Belonging** + **Respect**), came to life in the most heartwarming and creative way!*

*For our signature activity, "**Name Story Portraits,**" every single student illustrated their name to share their identity, culture, and personal story. Then, our incredible **Belonging Ambassadors** worked together to piece every student's artwork into a massive, breathtaking installation!*

*If you walk through our halls, you can't miss the result: giant block letters suspended in mid-air spelling out "**WE BELONG HERE**"!*





View all materials at the link: Link

Photography Club

Together with their teacher, Ms Rodica Pruteanu, the students from Photography Club created this beautiful poster with the title "Smile!"




What Parents & Educators Need to Know about
CHARACTER.AI
Character.AI is an entertainment platform where users create and chat with AI-powered characters. These chatbots can act like existing favourite characters from movies or books, or like friends, mentors, or even romantic partners, responding in an emotional, personally engaging way. Although this can encourage creativity, it can also make a generated conversation feel like a genuine relationship, which is concerning if it takes the place of human relationships.
WHAT ARE THE RISKS?
INAPPROPRIATE CONTENT
D@*#!
AI replies are generated in real time rather than chosen from a fully checked script. Even with safety filters on, conversations can still move into sexual, violent, discriminatory, or self-harm material. These AI characters are often made by users, so a familiar name or child-friendly description does not guarantee that every response from the character will be suitable for a young person.
BLURRED BOUNDARIES
Characters on Character.AI can use the language of friendship, love, and empathy without ever feeling anything. Vulnerable young people may struggle to separate this simulation from genuine understanding. Romantic role-play or a character that demands attention, loyalty, or secrecy could also risk distorting young people's expectations around consent, disagreement, and the give-and-take involved in healthy human relationships.
UNRELIABLE ADVICE
Characters, like other chatbot platforms, are at risk of inventing facts or giving inappropriate advice while sounding completely confident. Characters may also echo a young person's assumptions instead of questioning them. This can become particularly risky when users rely on a character for guidance about health, mental wellbeing, relationships, money, or personal safety instead of checking with a credible source or trusted adult.
EMOTIONAL DEPENDENCY
Character.AI chatbots can appear endlessly attentive, supportive, and affectionate, which is one of the hallmarks of the generative AI models that such companions are built on. A young person may start turning to a character chatbot whenever they feel lonely or upset and believe that it understands them better than the humans in their life. This can become more concerning when chatting starts to replace sleep, schoolwork, hobbies and friendships.
PRIVACY CONCERNS
Character.AI chats may feel private, especially when a bot sounds personal and caring, but they take place on a company's online systems. Users could intentionally or unintentionally reveal their name, school, location, routines, images, or intimate concerns. Character.AI says some data may be retained to improve its services and AI models, so young people should never treat a chatbot like a confidential diary.
UNHEALTHY ENGAGEMENT
Be aware of warning signs such as secret accounts, bypassing age restrictions, hiding phone use from adults, chatting late at night, distress when access to the platform or character stops, withdrawal from other people, falling interest in school, or believing the character is conscious. Increased use may also signal that the young person is already lonely, anxious, or seeking help.
Advice for Parents & Educators
KEEP CONVERSATIONS OPEN
Ask what the young person enjoys about Character.AI and invite them to show you how the platform and their favourite characters work. Useful questions include, "Has it ever said something that felt wrong?" and "How can you tell it doesn't have feelings?" Avoid shaming them for using platforms like Character.AI or making them feel there is something wrong with them for doing so.
PAUSE, CHECK AND ASK
Teach young people to pause before accepting an answer from characters on Character.AI. Encourage them to check important claims against a trustworthy source and ask a safe adult when the issue matters. Never use a character as the sole source of medical, mental health, legal, financial, or safeguarding advice. Remind them not to share passwords, contact details, school information, live locations, or private images.
CHECK AGE, SETTINGS & LIMITS
UNDER 16
Character.AI's minimum age is 16 in the UK, but open-ended companion chat is restricted to adults aged 18 or over. Users aged 16 to 17 receive a different experience built around guided 'Stories' and other creative or social features. Check their current settings, never help or encourage a young person to give a false age, and apply the same safety rules to other chatbot apps.
NOTICE AND RESPOND
REPORT
Take action if chats involve sexual content, threats, coercion, abuse, self-harm or danger. Save relevant evidence, report the character and follow the setting's safeguarding process; educators should involve the designated safeguarding lead. If anyone is in immediate danger, contact emergency services. Childline is available on 0800 1111 and the NSPCC Helpline on 0808 800 5000.
Meet Our Expert
Darren Coxon is an educator with almost 30 years' experience across teaching, school leadership and governance. He works internationally supporting schools and colleges with AI leadership and governance and [insert NC courses I have written].
#WakeUp Wednesday®
The National College®
See full reference list on our website
@wake_up_weds
/www.thenationalcollege
@wake.up.wednesday
@wake.up.weds

Introducing our safeguarding team

What is the role of a safeguarding team?

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

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

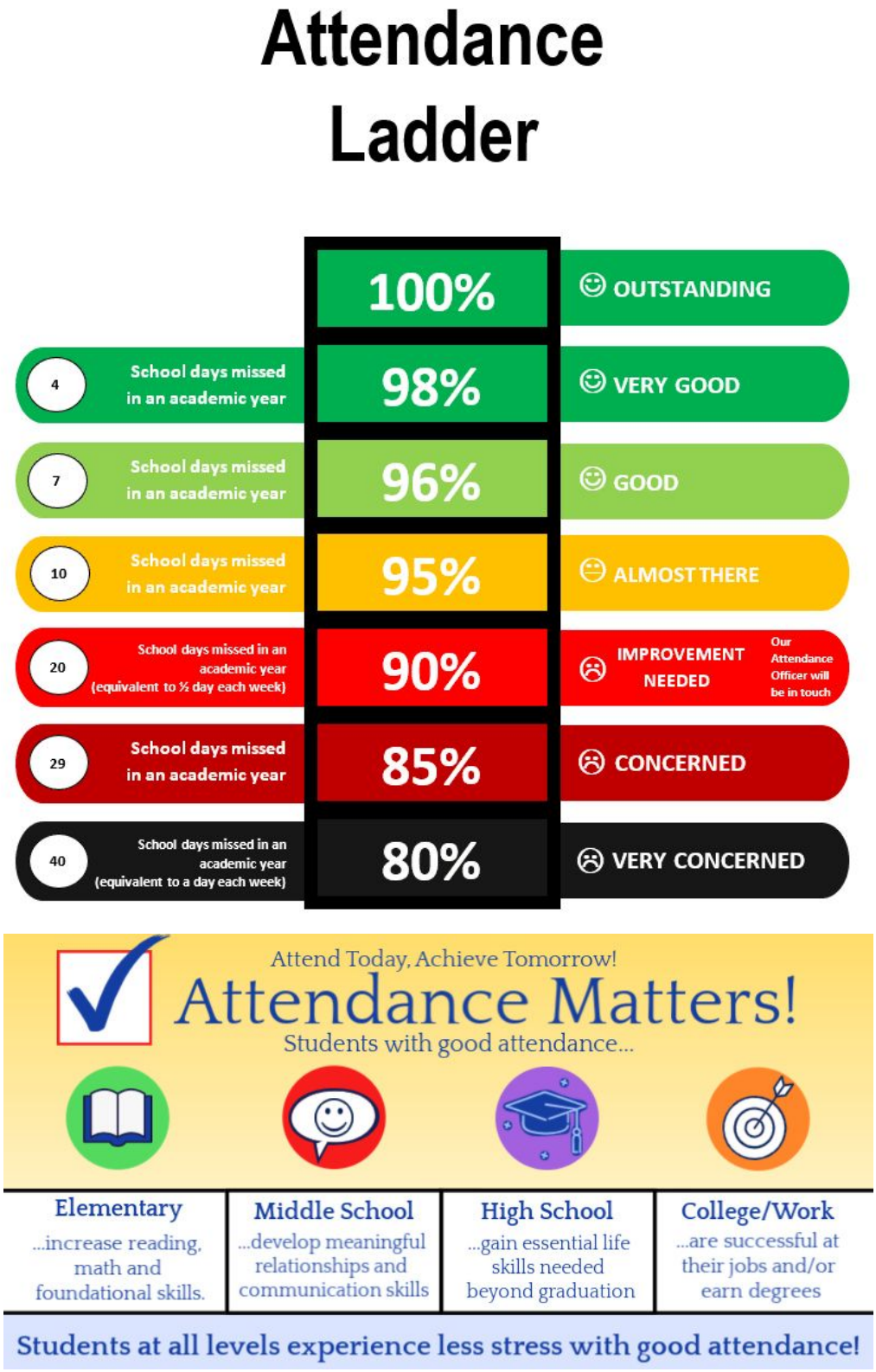
Our team is dedicated to the holistic health of our community and is prepared to provide support as needed.



School Information

Attendance is not just a procedural requirement; it is a fundamental factor that contributes significantly to a student's academic success by facilitating effective learning, collaboration, and overall personal development.

Children and young people who regularly attend school have better health outcomes, better employment outcomes, and higher incomes across their lives. It is important that children develop habits of regular attendance at an early age.



HERITAGE
International School

KEEP OUR SCHOOL COMMUNITY HEALTHY!

When should your child stay at home?

If your child has any of the following symptoms, **please do not send them to school.** This helps to protect other children, our staff and the wider school community.

FEVER



A high temperature (38°C or above).

VOMITING



Vomiting – keep your child at home for at least **48 hours** after the last episode.

DIARRHOEA



Diarrhoea – keep your child at home for at least **48 hours** after the last episode.

PERSISTENT OR WORSENING COUGH



A new, persistent or worsening cough, especially with other cold or flu-like symptoms.

UNEXPLAINED RASH



An unexplained rash (e.g. chickenpox, measles, scarlet fever or other infectious rash).

FEELING TOO UNWELL TO PARTICIPATE



If your child feels generally unwell, very tired, has a sore throat, headache or is not fit to take part in normal school activities.

KEEP THEM AT HOME

Please keep your child at home and let the school know as soon as possible.

WHEN CAN THEY RETURN?

Your child can usually return to school when they have been symptom-free for at least **48 hours** and are well enough to take part in lessons.

SEEK MEDICAL ADVICE

If you are worried about your child's symptoms or they are not improving, please contact your doctor or healthcare provider.

Thank you for helping us protect the health and wellbeing of all our students and staff.

MAIN CONTACTS

Social Media:

facebook

instagram

twitter

linkedIn

Contact us:

+373 620 222 10

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

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Head of Primary School:
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Head of Secondary
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