HERITAGE
International School

October 9th, 2026

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

"Education breeds confidence. Confidence breeds hope. Hope breeds peace."

Confucius









WHAT'S NEW?

Thought for the week	1
Director's weekly notes	3
The Heritage 10 golden rules	4
Action for Happiness	5
Heritage around the world	9
News from Primary	11
News from Secondary	20
Global Education	25
Student Leadership	26
News from the Library	30
Clubs and Extra School Activities	31
Digital Corner	32
Pastoral Care	33
School Information	34
Main contacts	36

Director's notes

Dear Valued Community Members,



I would like to express my sincere gratitude to everyone who has taken the time to share a kind message, offer encouragement, or acknowledge the positive changes taking place across our school. Your thoughtful words mean a great deal to me and to the colleagues whose care and hard work help make Heritage such a special place.

A school is more than its buildings, programmes, and policies. It is the people who bring it to life each day: students who learn and grow, families who trust and support us, and staff who give their time, energy, and expertise to help every child flourish. The warmth and encouragement you have shown are a powerful reminder of the strength of our community.

We are pleased that many of you have noticed improvements around the school. These changes reflect a shared commitment to creating an environment where students feel safe, welcomed, inspired, and ready to learn. Progress is rarely the result of one person or one initiative; it comes from listening, working together, and making thoughtful improvements over time. Your feedback helps us understand what is working well and where we can continue to do better.

I am especially grateful for the positive messages you have sent. They lift spirits, strengthen relationships, and remind our team that their efforts are valued. At the same time, we know that building an excellent school is an ongoing journey. We remain committed to listening carefully, responding thoughtfully, and continuing to improve the experiences of our students and families.

Thank you for your trust, your kindness, and the part each of you plays in the life of Heritage. I feel privileged to be part of such a supportive and engaged community. Together, we can continue to make Heritage a place where every student is encouraged to thrive and every member of our community feels a sense of belonging.

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

13 October 2026	Short School Day - dismissal at 3:15
14th October 2026	Chisinau City Day - School Closed
19-23 October 2026	STEAM week/Autumn Fest
19-23 October 2026	Parent-Teacher Conferences/Short Day/No Clubs

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

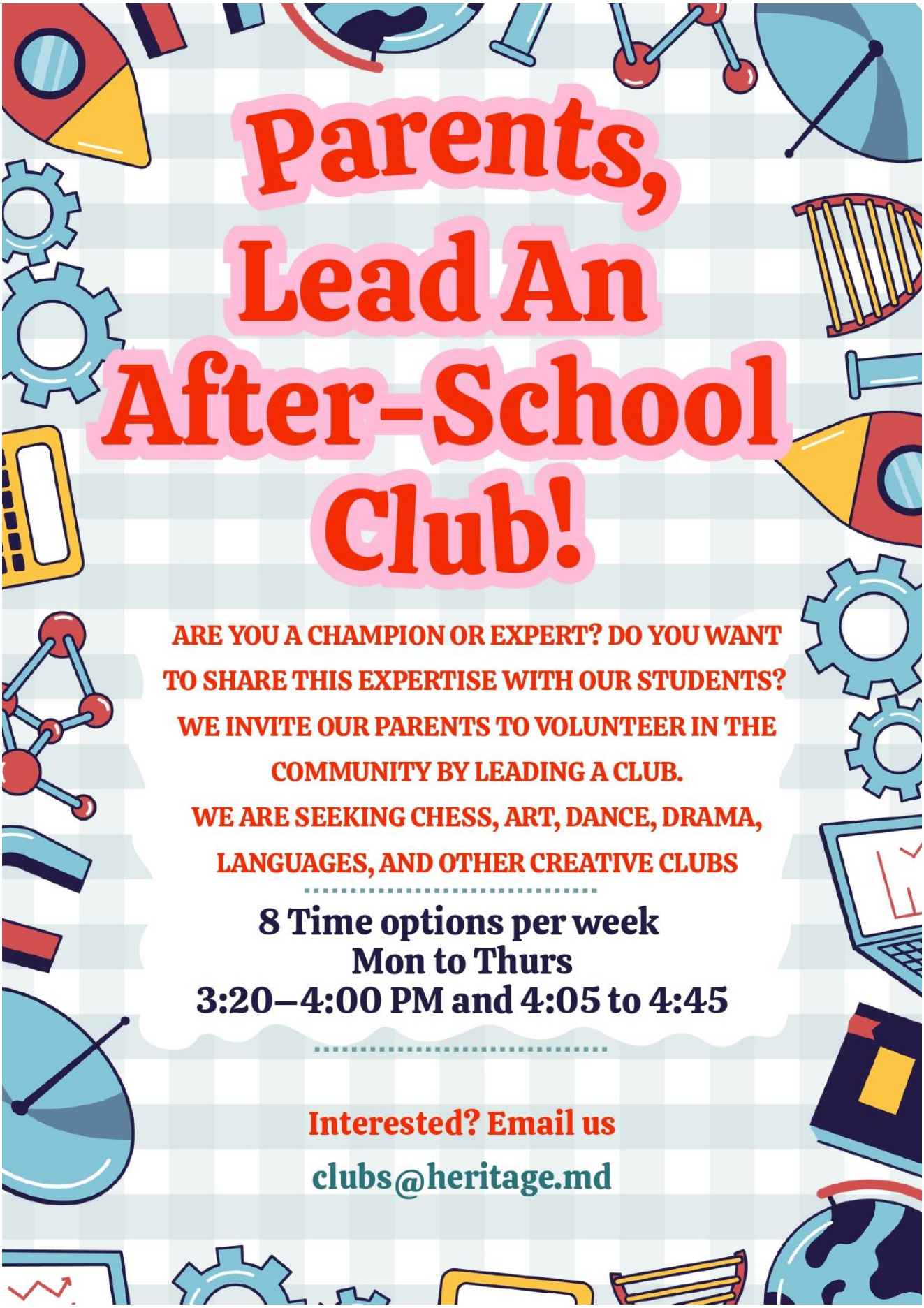
We make thoughtful, responsible decisions—considering consequences, acting with integrity and ethical awareness, seeking balance, and developing emotional maturity.

Autumn Break Camp

Register for Heritage Autumn Camp Here: Link



Parents Led Clubs



Heritage around the world

Guinness World Record Attempt - Take 10 to Read

This year, in partnership with the British Council, Take 10 to Read was a global initiative, connecting readers of all ages and backgrounds through the British Council's worldwide network. Thus, they created a shared reading moment that transcended borders, uniting children and adults worldwide, in schools, organisations and individuals.

Our Heritage students in grades 9E and 3A joined the British council's initiative,showing a love of reading and books. They listened to book authors, communicated, answered questions, drew and read for 10 minutes.







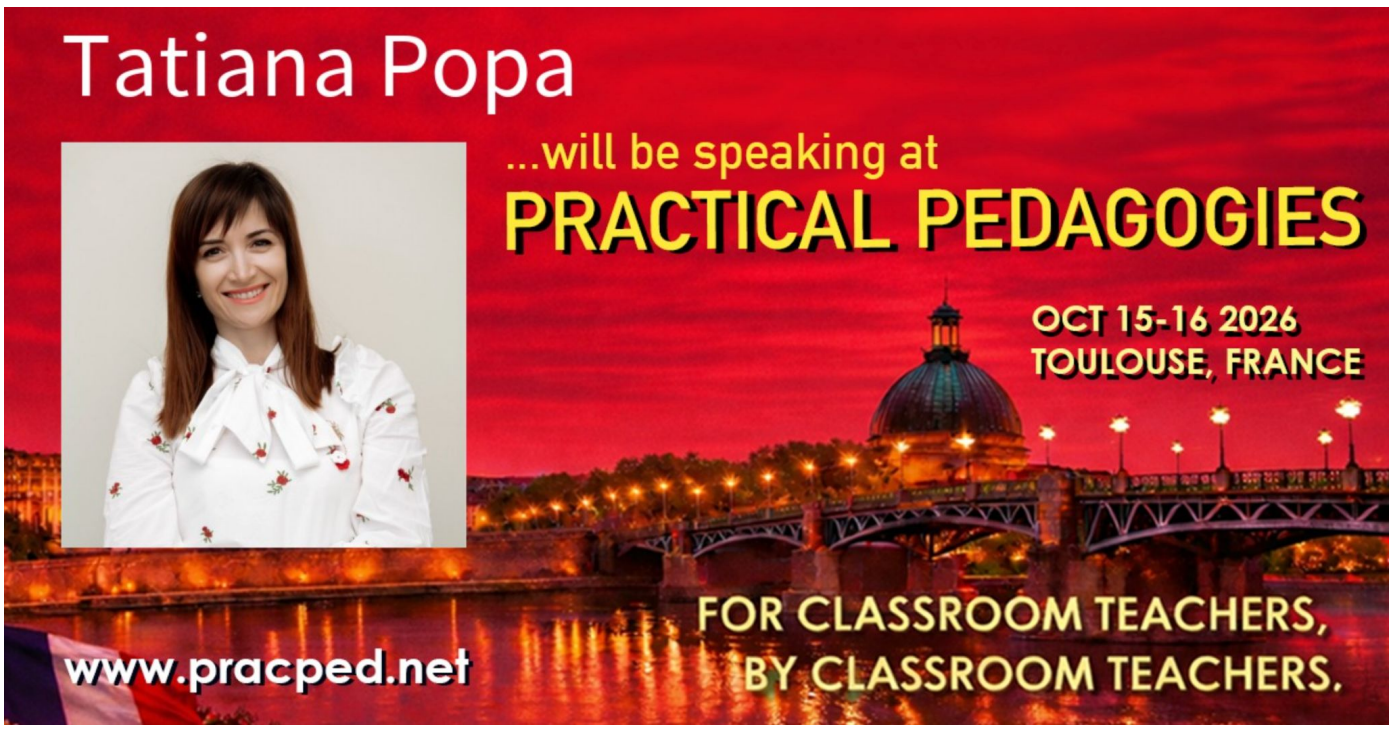


[Take 10 World Record]

Practical Pedagogies 2026, Toulouse, France

Tatiana Popa, the Head of Secondary at Heritage, will be a speaker at Practical Pedagogies 2026, an international conference for educators taking place on 15-16 October in Toulouse, France.

At the conference, Tatiana will lead a workshop entitled "Bringing the world into your classroom through project-based learning", where she will share practical methods and resources to help teachers integrate project-based learning into the curriculum, turning lessons into interactive and creative learning experiences.



Primary Assemblies

Together with their teacher Valentina Carmazan, class of 2B shared a presentation about Digital Citizenship. They talked about graphic symbols and their correct use.





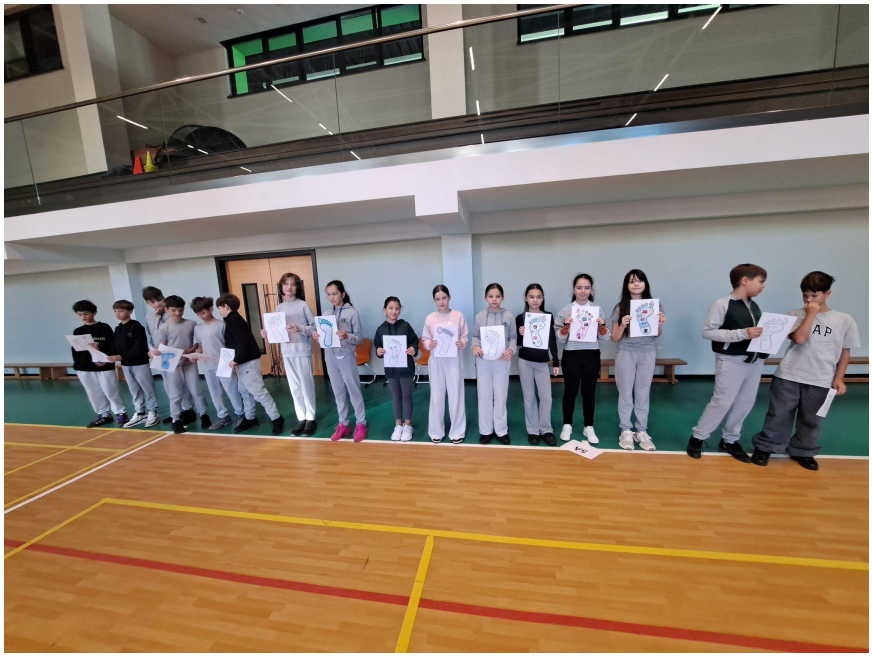




[2B Assembly]

Primary Assemblies

Together with their teacher Ludmila Velixar, class of 5A shared a presentation about Digital Citizenship'; each child had a line, actively interacting with the audience. The children know and can guide others on how to be responsible and cautious in the digital environment."





What a wonderful treat from the representatives of the Embassy of Ireland!

The 5E and 6E students had a fantastic opportunity to discover and experience hurling, a traditional outdoor game of ancient Gaelic Irish origin. It was a wonderful way to explore Irish culture, learn about a unique sporting tradition and enjoy trying something new!

A heartfelt thank you to the representatives of the Embassy of Ireland for this memorable experience!













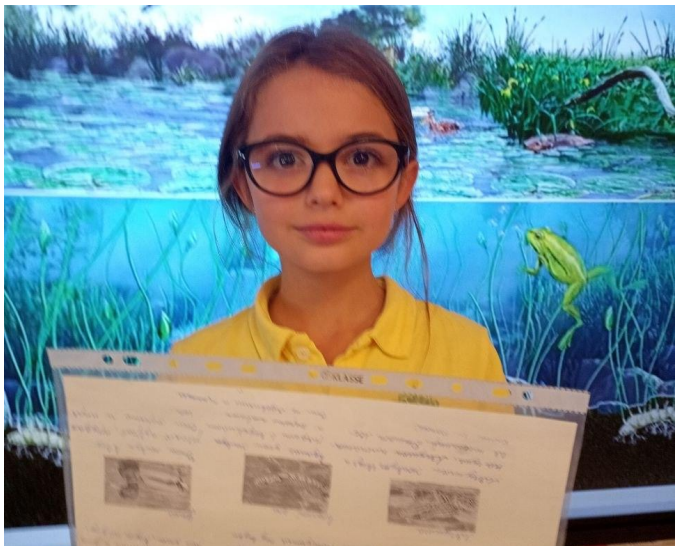
World Around Us – Exploring Aquatic Habitats

During our World Around Us lesson, Grade 2C students embarked on an exciting journey into the fascinating world of aquatic habitats and their inhabitants.

The children enthusiastically explored aquatic life before using their imagination and creativity to produce wonderful projects. Using a variety of materials, they created colourful scenes depicting ponds, lakes, and the creatures that live in them.

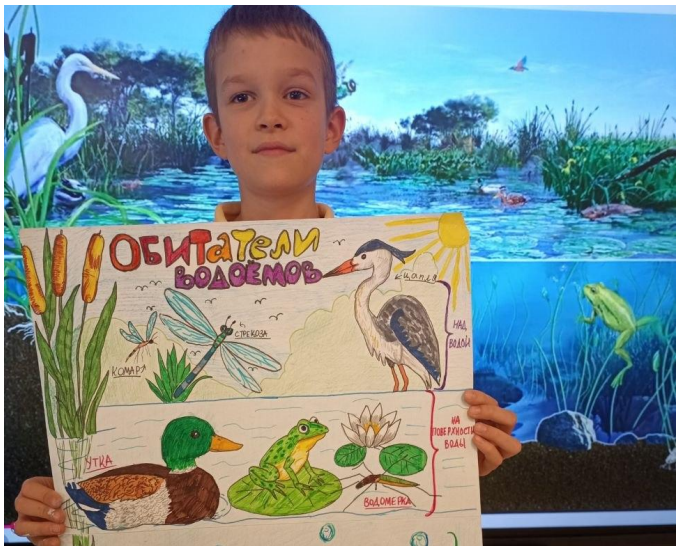
Each creation was unique, imaginative, and full of character!

Activities like these broaden children's understanding of the world, nurture their love of nature, and encourage them to appreciate and protect the beauty of our environment.









View all materials at the link: [Link]

Fun Mathematics Club – Exploring Kilograms and Grams

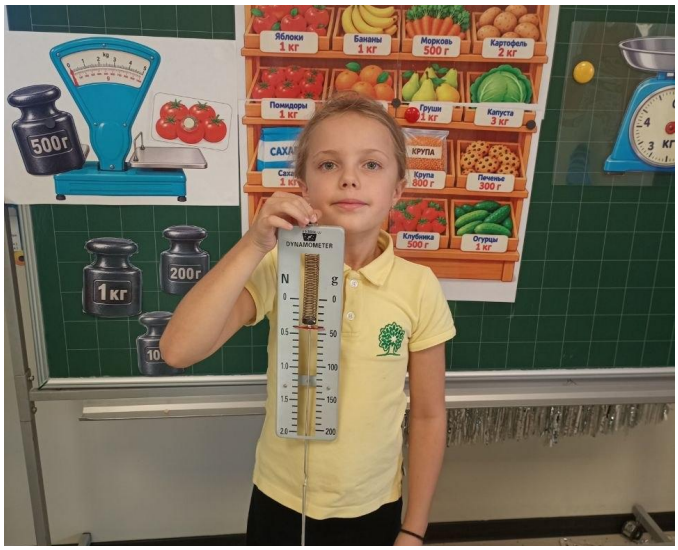
During our Fun Mathematics Club session, students explored the topic "Units of Mass: Kilograms and Grams" through exciting hands-on activities.

The children enthusiastically worked with weighing scales, learning how to measure the mass of different objects, compare results, and read the scales accurately.

Our very own "Supermarket" made the experience even more engaging, helping students discover how mathematical skills can be applied in everyday life.









View all materials at the link: [Link]

1A eTwinning Project

Passport to EU-NIVERSE: English on Board! *is an* ***eTwinning project*** *in which the students of* ***Class 1A*** *explore the world of the English language through creativity, collaboration, and international friendship.*







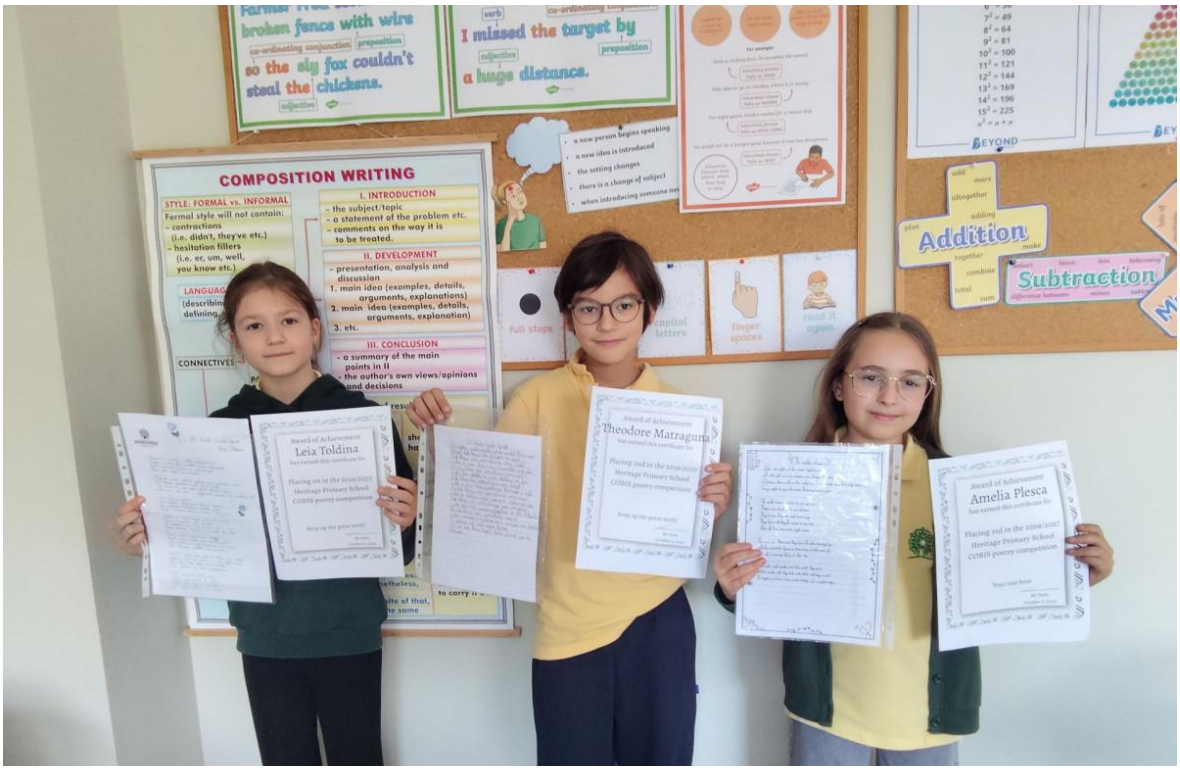


eTwinning 1A EU-NIVERSE

HIS Poetry Competition

Our Primary students participated in a Poetry Competition.
1st, 2nd, and 3rd places all go to our bright sparks at 5E, under the guidance of Mr. Sean O'Connor: Leia, Theodore, and Amelia

Congratulations to our 5E student Leia, whose poetry will be put forth as our school's submission for the international COBIS competition with over 400 schools competing.





A Love of Reading Opens Doors:Special Visit to the Presidency

This summer, Doru Suruceanu, 3A student accepted an invitation from President Maia Sandu and wrote about "Wonder" by R.J. Palacio—a book that moved him with its lessons on kindness, courage, and acceptance, and on how profoundly a single kind gesture can change a person's life.

Out of approximately 500 essays written by children, Doru's was selected; on September 26, he had the pleasure of visiting the Presidency and meeting President Maia Sandu, alongside other young reading enthusiasts.





View all materials at the link: *Link*

Inventions Project in 4B

Together with their teacher, Ms Natalia Digori, class of 4B plunged into the history of invention and knowledge.

The students prepared individual projects about various inventions. They also discovered some biographical details from the lives of famous inventors.









View all materials at the link: [4B Project]

8E1 Solutions Activity

Preparing different type of solution with 8E1
Diluted, concentrated, saturated and unsaturated solutions.





Teacher's Day Student-led lessons

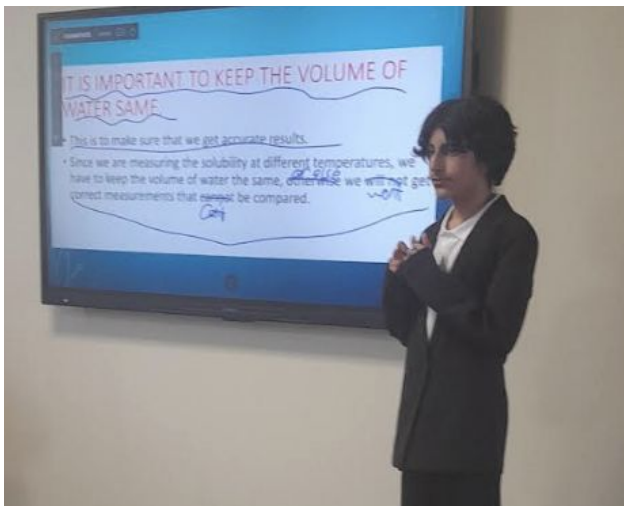
Teachers day: the students from 7E made the physical education lesson in 1E2.





Teacher's Day Student-led lessons

Teacher's Day: students from 8E1, 9E2, and IGCSE classes teaching chemistry.







A good book can open up a whole new world.

Nataniel Cozearschi, 8A students had a wonderful experience visiting the Presidency of the Republic of Moldova, where he was selected to present his favourite book from this summer, "Spy School" by Stuart Gibbs.

He shared his thoughts about the book, explaining what he enjoyed most and why he chose it. One of the highlights of his visit was the opportunity to speak with the President of the Republic of Moldova, Maia Sandu, about reading and the books they had enjoyed over the summer.At the end of the visit, he was delighted to receive a bookshop voucher, which came as a lovely surprise.

It was a truly special experience, showing how a passion for reading can open doors to wonderful opportunities
This memorable day will certainly remain one of his most treasured experiences!







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.

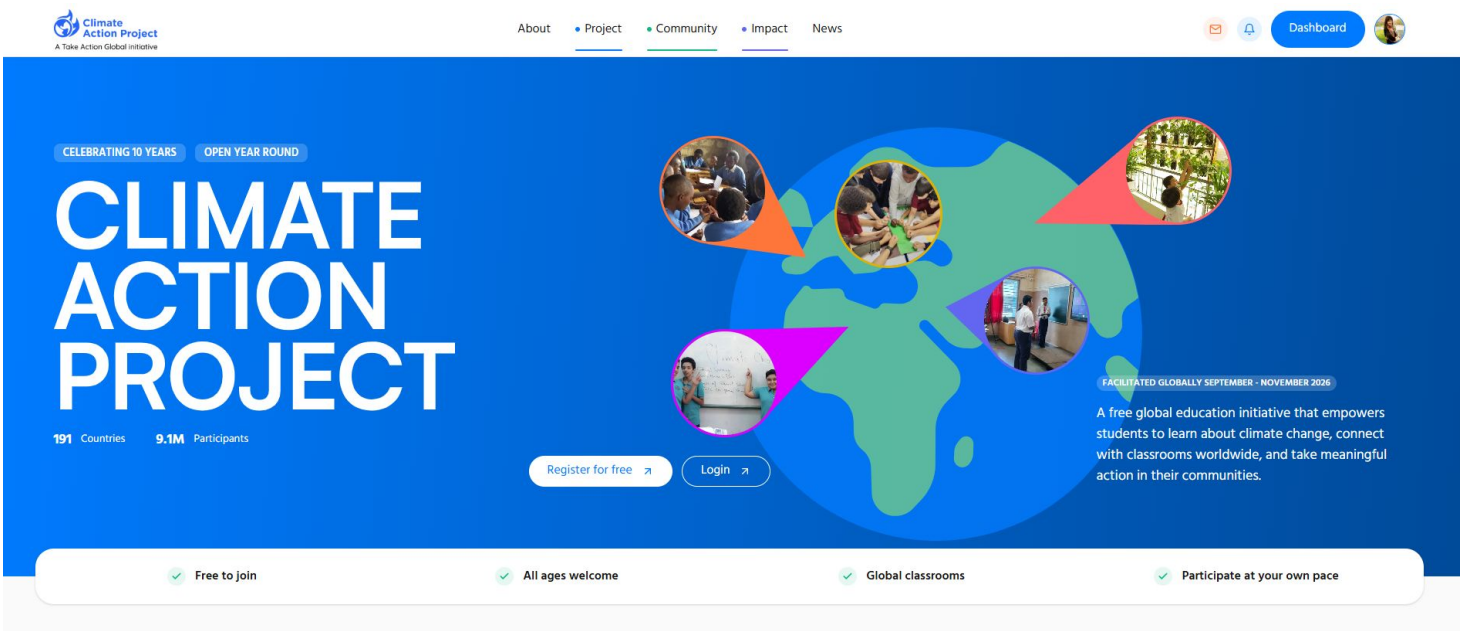
- *Cambridge Primary is taught in more than 2300 schools in over 120 countries. There are over 96,000 entries for Cambridge Primary Checkpoint each year.*
- *Cambridge Lower Secondary is taught in more than 3800 schools in nearly 140 countries. Every year we receive over 110,000 entries for Cambridge 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

Climate Action Project

Heritage students will participate in the Climate Action Project this year as well! This is a 6-week global movement uniting students from thousands of classrooms to take action for the planet, in small steps, in their respective communities, schools and classrooms.
See more details here: https://www.climateactionproject.org/



Celebrating Teacher's Day at Heritage

Monday morning began with joy and gratitude as our Student Council greeted teachers with a festive welcome. Their thoughtful gestures set the tone for a day filled with appreciation and celebration.

We are equally proud of all the students who stepped into their teachers' shoes, taking ownership of lessons to mark this special occasion. Their creativity, confidence, and sense of responsibility shone through, reminding us that learning is truly a shared journey.





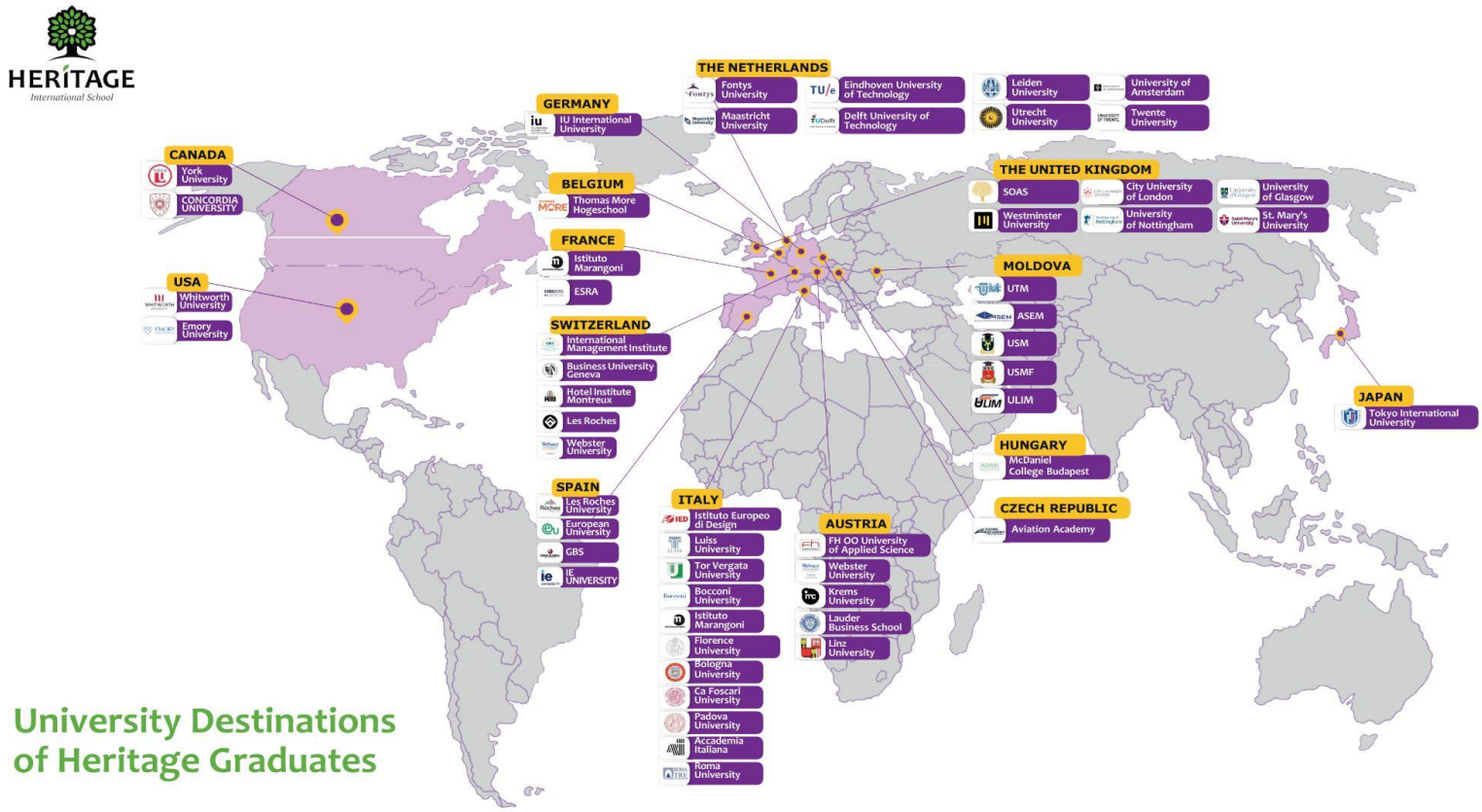




View all materials at the link: Link

Student Leadership

University Destinations



University Destinations of Heritage Graduates

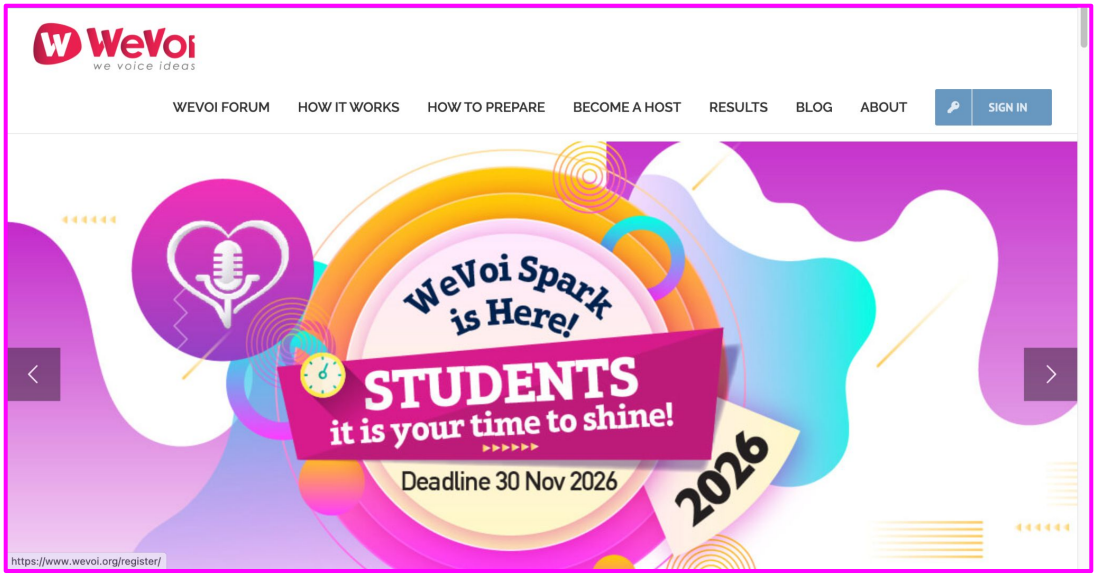
Secondary Student Council

Last Friday, our library was the stage for the first extraordinary meeting of the new Heritage Secondary Student Council!
Members listened to inspiring candidate speeches and cast their votes to elect this year's leadership team.
A huge thank you to everyone for your enthusiasm—wishing our newly elected leaders success as they bring their action plans to life.





Student Leadership

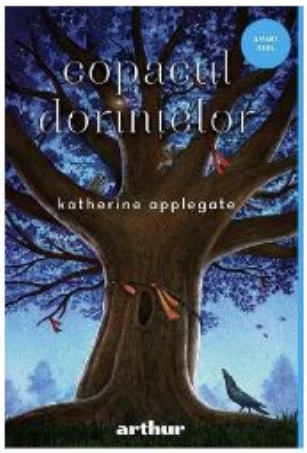






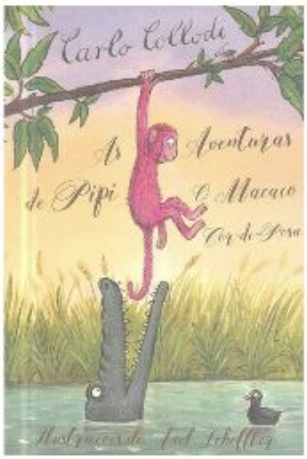
EMINESCU LIBRARY BOOKS RECOMMENDS

"The book remains the finest chisel that sculpts your mind"



KATHERINE APPLEGATE
Copacul dorințelor

Lumea din cartier îl numește „copacul dorințelor". Vin la el oameni din tot orașul și îl împodobesc cu bucăți de hârtie, etichete cu șiret, fâșii de panză și fire de lână. Fiecare dintre aceste ofrande reprezintă un vis, o dorință, o năzuință. Agățate, aruncate la întamplare sau legate cu fundiță, toate sunt speranțe pentru ceva mai bun.

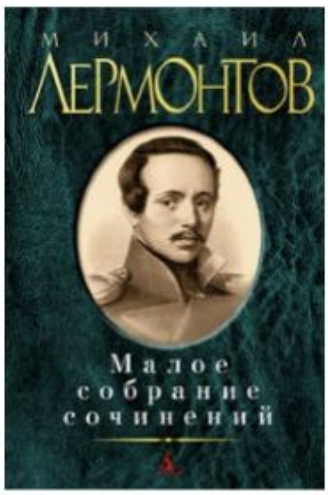


CARLO COLLODI
The adventures of pipi the pink monk

Pippi is not like his four brothers or the other young monkeys who live in the Hullabaloo Forest: he has bright pink fur, a mischievous character, and a rebellious streak that gets him into all sorts of trouble. In this story, we see him lose his tail to an old crocodile, fall into the hands of flying bandits, and become the king of a tribe of monkeys.

МИХАИЛ ЛЕРМОНТОВ
Мало собрание сочинений

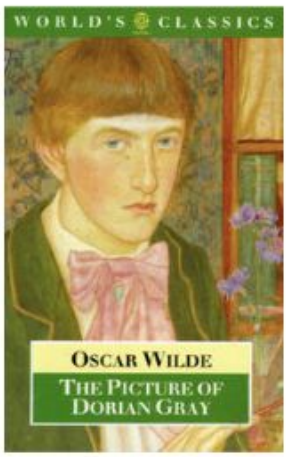
В данное собрание наряду со стихотворениями 1828–1841 вошли лермонтовские шедевры русской романтической поэмы, а также «Маскарад», вершина драматургии Лермонтова, и «Герой нашего времени», ставший новой страницей в истории классической прозы отечества



GEORGE COȘBUC
Balade și idile.
Fire de tort

Opera este consacrată iubirii rurale. Supusă acestor determinări ce decid cursul vieții sub toate aspectele, iubirea descifrată de poet în sufletele tinerilor ce populează lumea Baladelor și idilelor, a Firelor de tort se distinge printr-o intensitate și o prospețime particulare. Poetul revelează dragostea țărănească în toate fazele sale.





OSCAR WILDE
The picture of Dorian Gray

A handsome young man, Dorian Gray, poses for a portrait. In the garden of the artist's house, he enters into conversation with Lord Wotton, who convinces him that only beauty is worth pursuing. Gray wishes that his portrait, and not himself, should age and show the effects of time. His wish is granted, and his wild and hedonistic pursuits horribly disfigure the portrait.



ШКОЛЬНЫЕ ПРИКОЛЫ
Сборник рассказов

Сборник написан как авторами советской поры, так и современными, но ситуации, в которые попадают герои этих рассказов, знакомы и понятны сегодняшним школярам. Ответы на многие вопросы как я рисовал, считал, уборку делал и прочее вы узнаете в сборнике.

Gymnastics Club

Together with Ms Galina Prohorov, at Gymnastics Club children are training in artistic, rhythmic, or tumbling gymnastics.






What Parents & Educators Need to Know about
LOOKSMAXXING
WHAT ARE THE RISKS?
Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.
TARGETING MALE INSECURITIES
Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.
BODY IMAGE ISSUES
This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.
DUBIOUS ADVICE
Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.
MENTAL HEALTH PROBLEMS
As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.
EXTREME REMEDIES
Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.
A PATHWAY TO EXTREMES
Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.
Advice for Parents & Educators
WATCH FOR CHANGES
Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.
CHECK THE SOCIAL MEDIA
Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.
LISTEN FOR THE LINGO
Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "foid" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).
TALK TO YOUR CHILDREN
Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.
Meet Our Expert
Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.
#WakeUpWednesday®
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.*

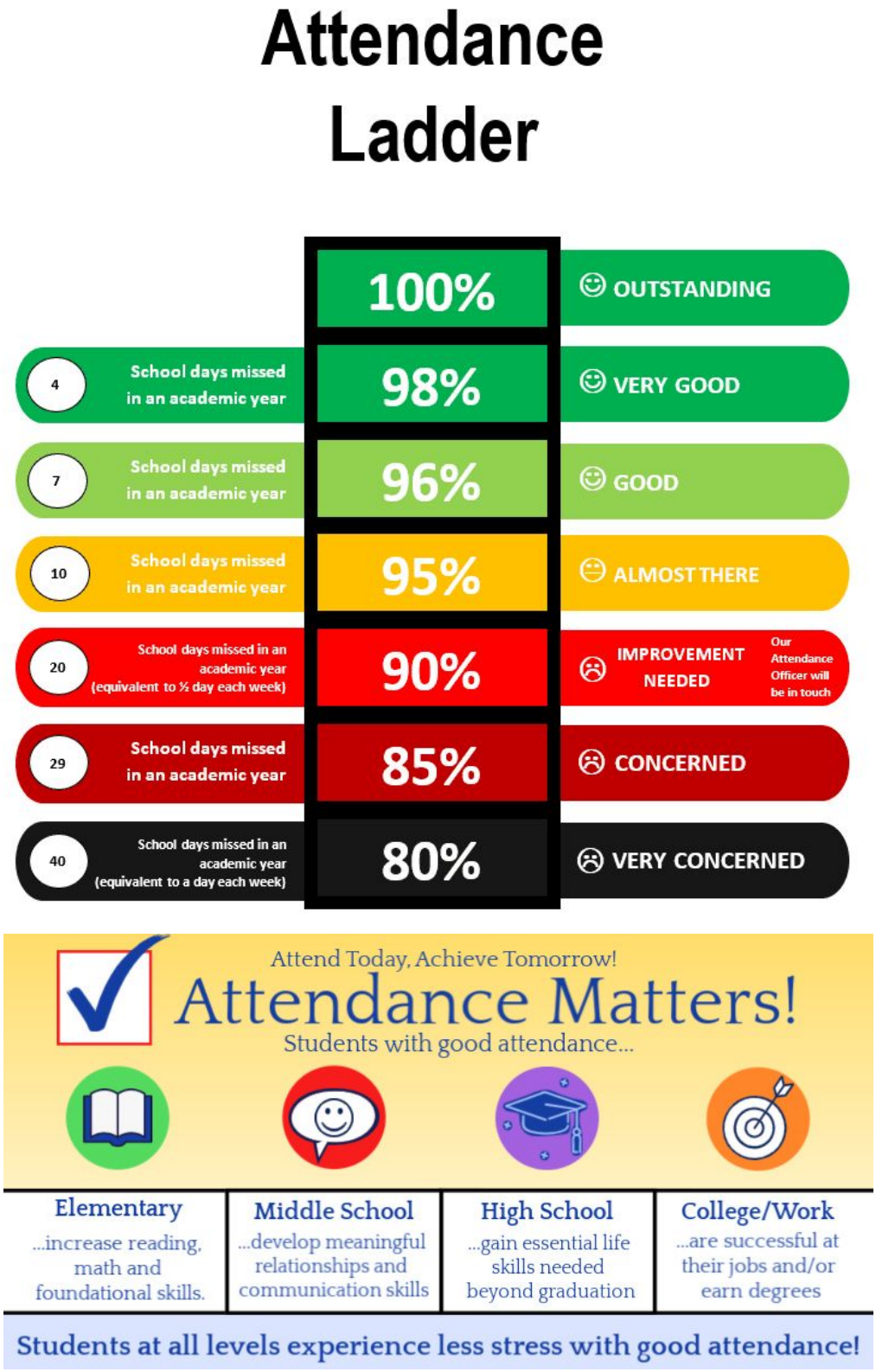
Our team is dedicated to the holistic health of our community and is prepared to provide support as needed.



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

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