

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK



Intelligence plus character – that is the goal of true education.



Martin Luther King Jr.



WHAT'S NEW?

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Director's notes

Dear Heritage Community,

Welcome back to the 2026–2027 school year! It is with great joy and renewed energy that we greet students, families, and staff as we embark on another year of learning, growth, and shared achievement at Heritage.

Our school thrives because of you—our vibrant, committed community. Your engagement, trust, and partnership are the foundation of everything we accomplish together. Whether through volunteering, attending events, supporting your children at home, or offering thoughtful feedback, you make Heritage a place where every student can flourish.

This year, we are especially grateful for your wholehearted support of our new phone policy. Implementing this change required understanding, patience, and a shared commitment to creating a focused, healthy learning environment. Thanks to your cooperation, we have already seen positive effects: students are more present in class, more engaged in conversations, and more connected to one another during breaks. Your support demonstrates our community's dedication to the wellbeing and success of every child.

As we move forward, I invite you to stay closely connected with us. Attend our parent events, communicate openly with teachers, and continue to champion the values that define Heritage: respect, courage, responsibility, excellence, and wisdom.

Together, we will make this year our strongest yet. Thank you for being such an important part of our school.



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

Self-Care September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time
7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one
14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories
21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans
	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Key Dates

14th September 2026	Clubs Start
23rd September	IGCSE Graduation and AS Level Parent Orientation
28th September 2026	Dog Shelter Support Drive

[See the 2026-2027 Academic Calendar here](#)



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.

COURAGE

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

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.

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 Adventures Break Camp

Explore • Learn • Make Friends • Have Fun

All learning will be in English and include
Science, Crafts, Camp Games, and Sports
Activities.

We emphasise a balance of learning, creativity,
movement, and fun.

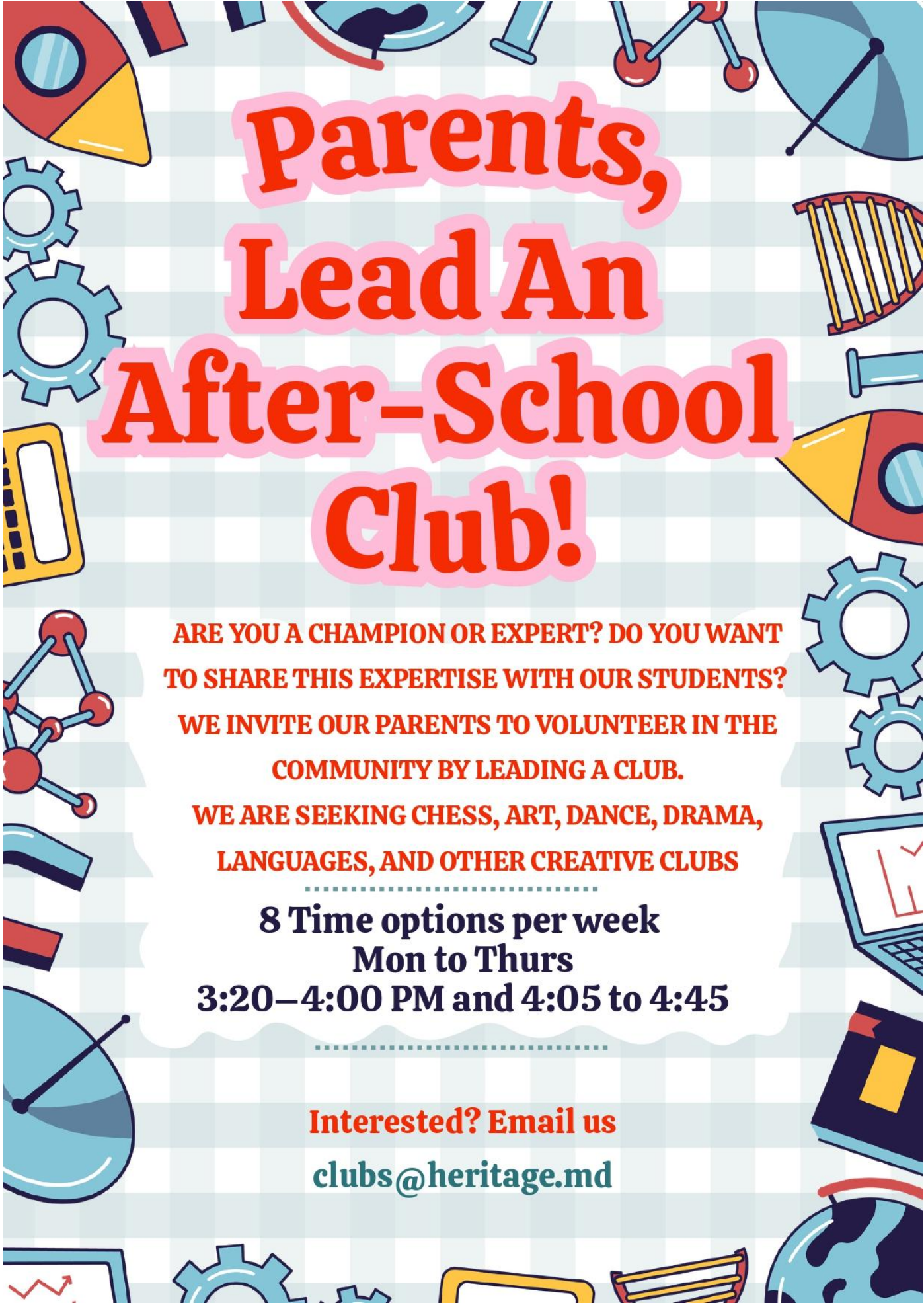
Mon to Fri 8:30 to 17:00

3 meals per day

5 Different Daily Themes

Register and pay before 5pm Tuesday to get
Early Bird Price of just 4000 MDL

[Register Here](#)



Parents, Lead An After-School Club!

**ARE YOU A CHAMPION OR EXPERT? DO YOU WANT
TO SHARE THIS EXPERTISE WITH OUR STUDENTS?
WE INVITE OUR PARENTS TO VOLUNTEER IN THE
COMMUNITY BY LEADING A CLUB.**

**WE ARE SEEKING CHESS, ART, DANCE, DRAMA,
LANGUAGES, AND OTHER CREATIVE CLUBS**

**8 Time options per week
Mon to Thurs
3:20–4:00 PM and 4:05 to 4:45**

**Interested? Email us
clubs@heritage.md**

Heritage around the world

Transatlantic Educators Dialogue (TED) programme

Galina Cristian, Mathematics Teacher at Heritage, has successfully completed the Transatlantic Educators Dialogue (TED) programme, organised by the University of Illinois. TED is a space for dialogue between educators from the United States and Europe, where they exchange experiences and explore international perspectives on education – from teaching methods and technology to global collaboration and supporting students' diverse learning needs.



ISN Training Forum

Our Head of Secondary, Tatiana Popa, participated in the ISN Training forum "International Schools in 2030 – The Challenges We Need to Address Today".

In this live event, alongside experienced school leaders Rob Ford and John Rolfe MBE, Tatiana Popa discusses the key challenges international schools will face in the future and how they can best prepare today.

Watch the recording here: [Link](#)

ISN TRAINING FORUM

International Schools in 2030 – The Challenges We Need to Address Today

With senior leaders and experts, Rob Ford, Tatiana Popa and John Rolfe

Recording and event learning pack now available



News from Primary

Primary Assemblies

The children prepared thematic materials illustrating the meaning of generosity, empathy, and mutual support in everyday life—both at school and at home. A special highlight was the creation of the "Garden of Values," a decorative display where each student attached a colored paper leaf bearing a cherished word: Love, Tolerance, Truth, or Collaboration.



News from Primary

Successful start for our youngest students!



News from Primary

Music Lesson in 5E

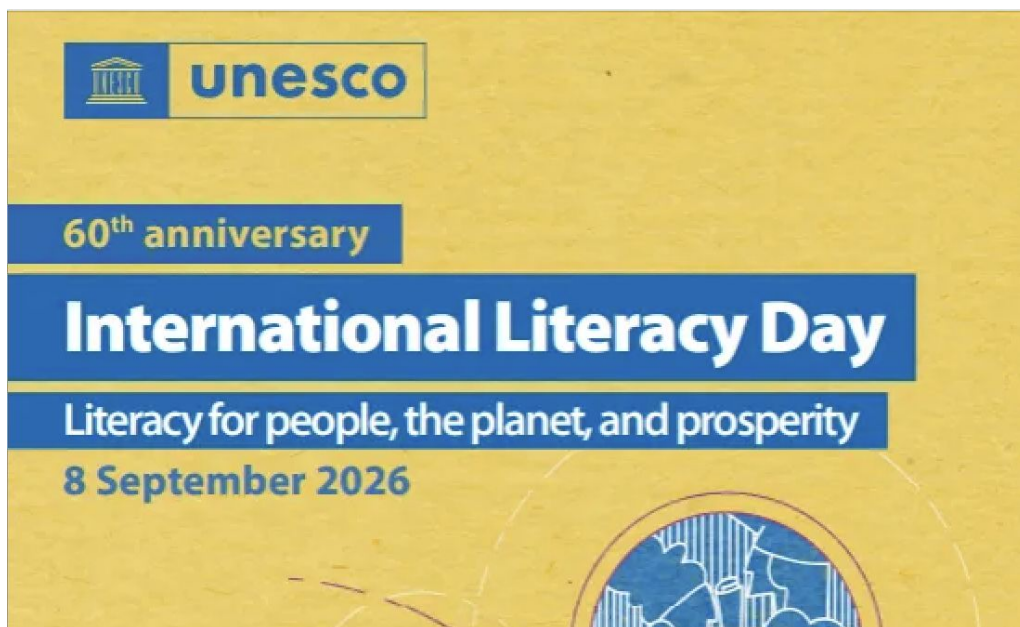
Together with Mr Sean O'Connor, our students learned about several traditional instruments from the Russian, Irish, and Moldovan musical traditions.

It was a great opportunity to practice playing on different types of instruments whilst building the skill of playing on time with the rhythm.



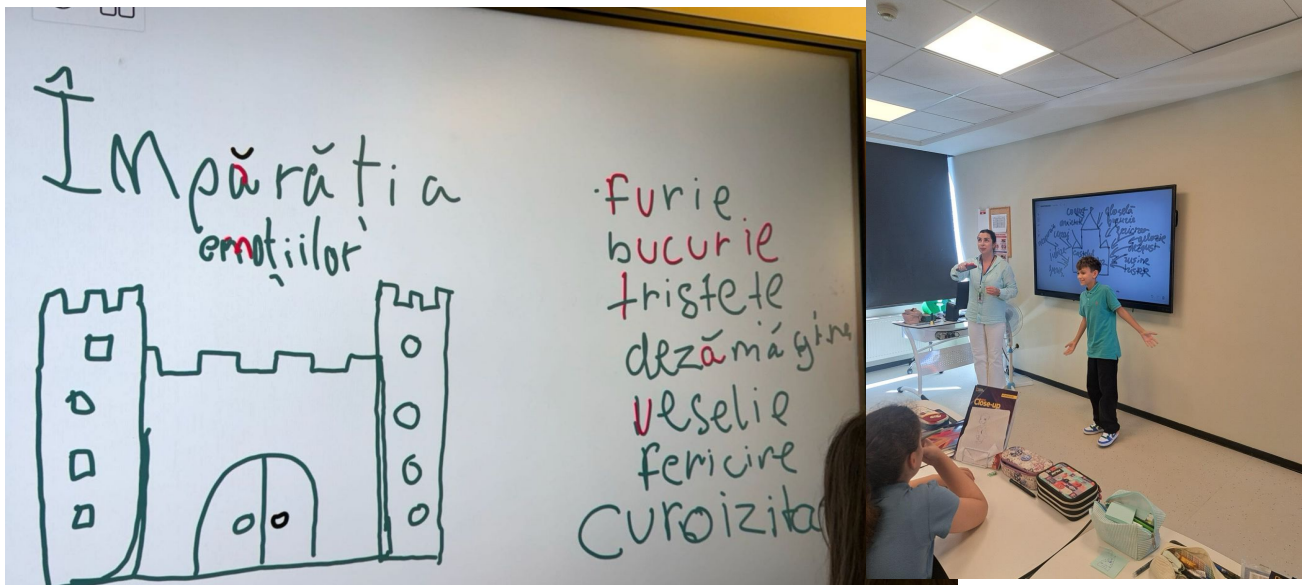
World Literacy Day

On Literacy Day, during their Romanian language and literature lesson, students from class 9A learned to analyze real-life messages and distinguish facts from opinions, thereby developing their critical thinking skills.



Psychology Lesson in 5A and 6A

The school Counselor, Miss Veronica, had a session with 5A and 6A about emotions:



Secondary Assembly

This week's Secondary assembly meeting was about Heritage school values for a stronger community. Congratulations to Ms Azra Noureen and her class 9E1 for preparing a great presentation for all lower secondary classes!



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/>

The screenshot shows the homepage of the Climate Action Project website. The header includes the logo, navigation links (About, Project, Community, Impact, News), and a dashboard button. The main banner features the title 'CLIMATE ACTION PROJECT' with statistics '191 Countries' and '9.1M Participants'. It also includes a globe graphic with circular images of students, a 'FACILITATED GLOBALLY SEPTEMBER - NOVEMBER 2026' banner, and a description of the initiative. At the bottom, there are four key features: 'Free to join', 'All ages welcome', 'Global classrooms', and 'Participate at your own pace'.

Climate Action Project
A Take Action Global Initiative

About • Project • Community • Impact News

Dashboard

CELEBRATING 10 YEARS OPEN YEAR ROUND

CLIMATE ACTION PROJECT

191 Countries 9.1M Participants

Register for free Login

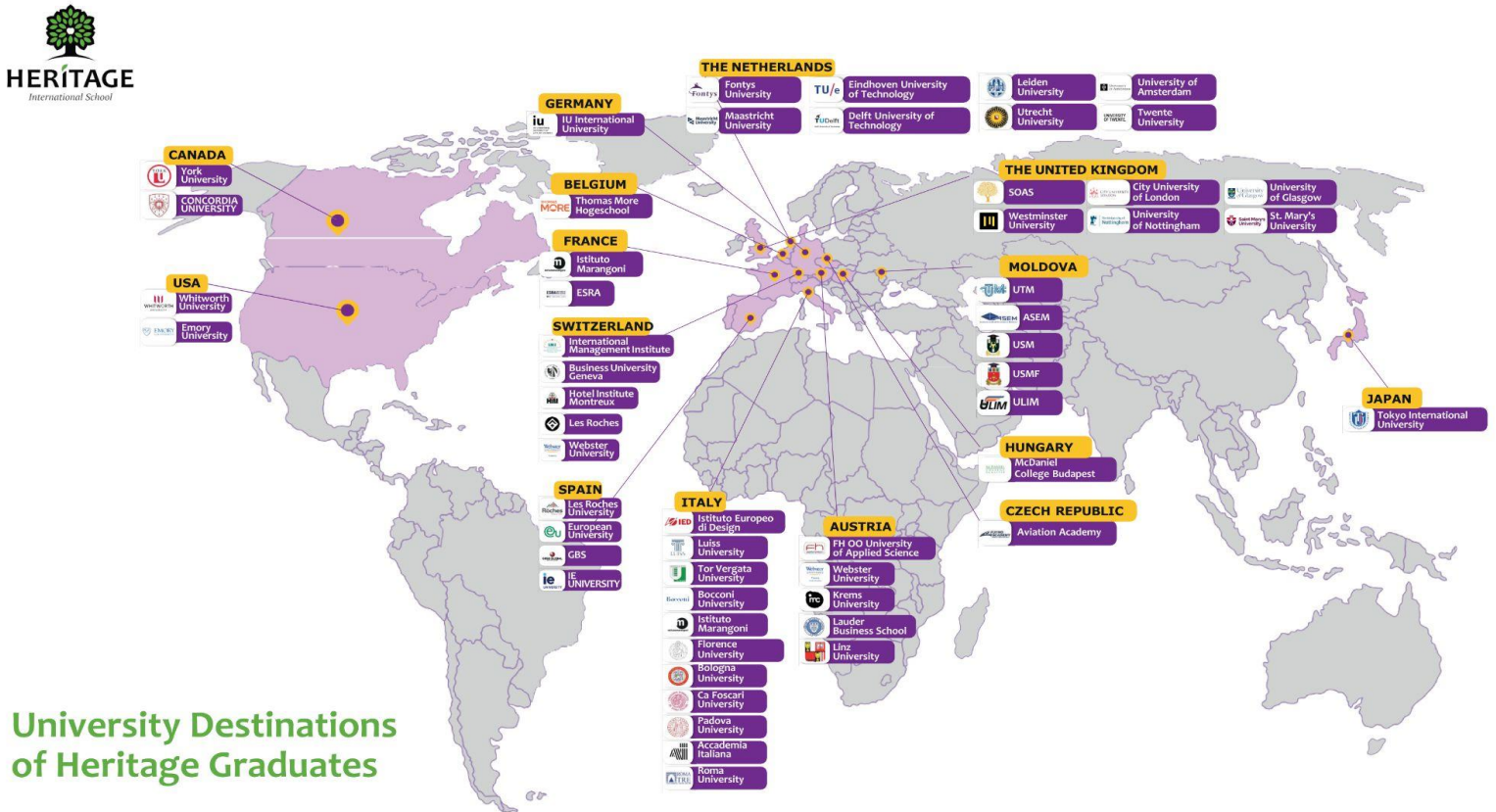
FACILITATED GLOBALLY SEPTEMBER - NOVEMBER 2026

A free global education initiative that empowers students to learn about climate change, connect with classrooms worldwide, and take meaningful action in their communities.

✓ Free to join ✓ All ages welcome ✓ Global classrooms ✓ Participate at your own pace

Student Leadership

University Destinations



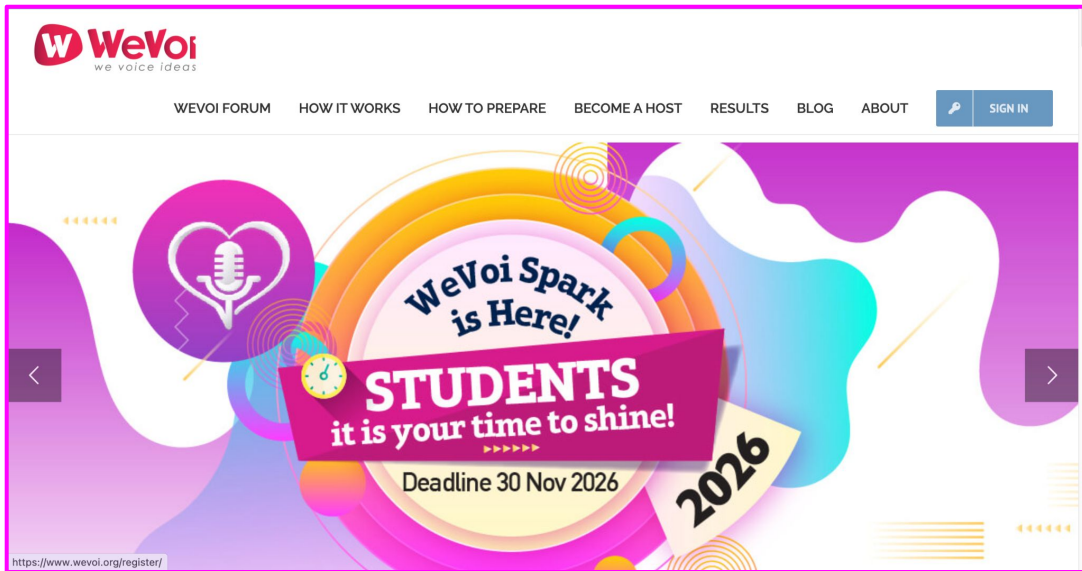
Student Leadership

Student-led Clubs

Some of our students at Heritage will be leading clubs this year! Among these, Sign Language, chess and robotics seem to be the most popular ones offered, but also our older students mentor younger students in Maths and Science. Congratulations for such initiatives!



Student Leadership

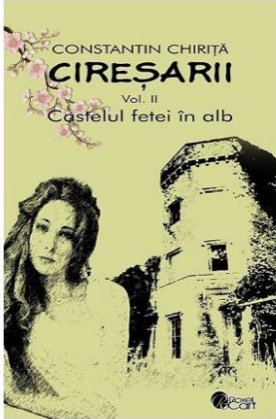
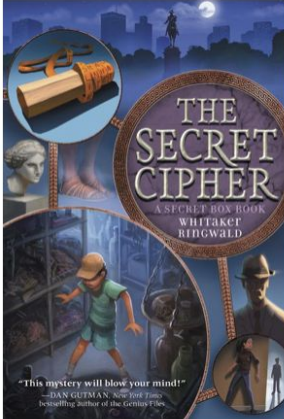
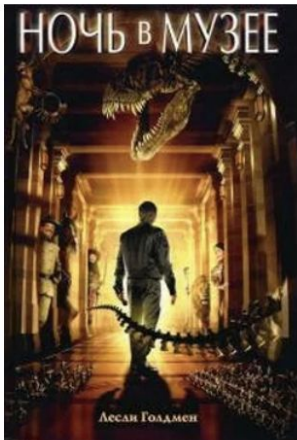
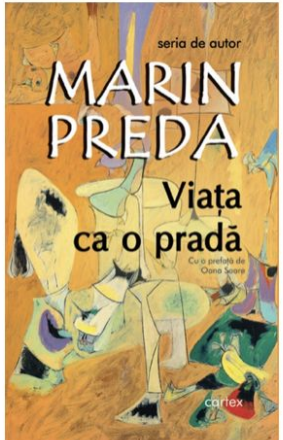
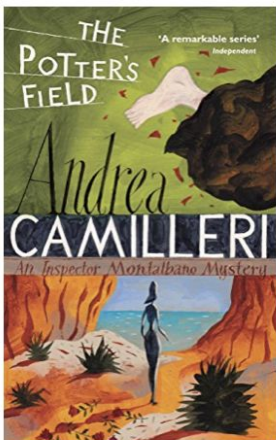


Clubs and extracurricular activities

Club Fair

On Monday, September 7th, Heritage International School hosted its first ever Club Fair. The teachers and students presented their Clubs and helped parents choose the best options for their children.



EMINESCU LIBRARY BOOKS RECOMMENDS <i>"Those who read are motivated by their passion to discover"</i>			
	CONSTANTIN CHIRIȚĂ Cireșarii. Castelul fetei în alb O carte hipnotică. Un timp pur, dinainte de capitalism și în afara comunismului. O acțiune aproape atemporală. Personaje asemenea. Un roman care se citește sub tensiunea fiecărui dialog, a fiecărei aventuri, a enigmelor și a unor acțiuni a căror		WHITAKER RINGWALD The secret cipher A wild adventure filled with family rivalry, magic, quests, and laugh-out-loud humor, perfect for fans of Dan Gutman, Wendy Mass, and Trenton Lee Stewart. Jax Malone and her cousin, Ethan Hoche, never expected that one of Jax's birthday presents would contain a dangerous magical object from a mythical past: an
ЛЕСЛИ ГОЛДМЕН Ночь в музее Мог ли предположить Лэрри, устроившийся ночным сторожем в нью-йоркский Музей естественной истории, каким невероятным и удивительным приключением обернется его первое же дежурство? Еще бы, ведь не каждую ночь вам приходится ловить отчаянных грабителей с помощью... оживших экспонатов		MARIN PREDĂ Viața ca o pradă Eroul cărții trece prin întâmplări extrem de dificile, cu o liniște interioară uneori de-a dreptul stupefiantă, aceasta se întâmplă pentru că el este în posesia unei ceritudini: vocația sa literară. <i>Viata ca o prada</i> constituie romanul unei vocații scriitoricești, dar este tot atât de adevărat că este și aventura unei conștiințe, iar aceasta se întreabă și ne întreabă: Cum trăim? De ce trăim	
	ANDREA CAMILLERI An inspector Montalbano Mystery As Vigàta is battered by storms, Inspector Montalbano is called to assist in the discovery of a dismembered body in a clay field. With all the hallmarks of an execution-style murder, it seems clear that this is, once again, the work of the notorious local mafia. But who is the victim? Why was the body cut into thirty pieces? And what is the significance of the Potter's Field?		ТЕРРИ ПРАТЧЕТТ Пастушья корона Самая сильная и уважаемая ведьма умирает, оставив свой край без присмотра, а мир — без защиты. Её преемницей становится Тиффани, талантливая, но юная ведьма Меловых холмов. Именно ей придется разбираться со свергнутой королевой эльфов, её бывшими подданными, которые вот-вот вторгнутся в мир людей, чтобы



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.

MEET the Safeguarding Team

Keeping you safe is our No. 1 priority!

We are here to help!

LARISA MÎRZA
DSL 1
Head of Pastoral Care&Student Wellbeing

INGA CHIOSA
DSL 2
Academic Director

ADRIANA BUJAG
DEPUTY DSL
Head of Primary

TATIANA POPA
DEPUTY DSL
Head of Secondary

DORINA CALINOVSCAIA
DEPUTY DSL
Head of Lyceum

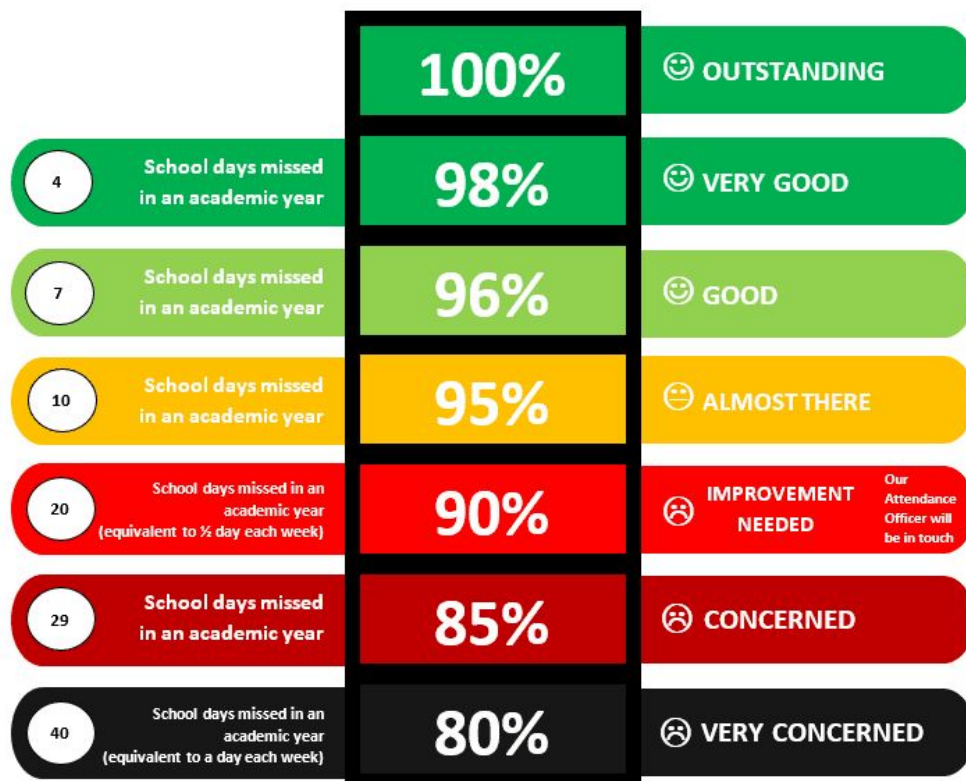
IF YOU ARE WORRIED, SPEAK TO A TRUSTED ADULT!

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.

Attendance Ladder





Attend Today, Achieve Tomorrow!

Attendance Matters!

Students with good attendance...






Elementary	Middle School	High School	College/Work
...increase reading, math and foundational skills.	...develop meaningful relationships and communication skills	...gain essential life skills needed beyond graduation	...are successful at their jobs and/or earn degrees

Students at all levels experience less stress with good attendance!

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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bujag.adriana@heritage.md

Head of Secondary
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National Secondary Coordinator:
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Head of Lyceum:
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