



HERITAGE
International School



THE INTERNATIONAL HERITAGE HERALD

September 29, 2023



THOUGHT FOR THE WEEK

"Autumn is a second spring when every leaf is a flower." Albert Camus

DIRECTOR'S WEEKLY NOTES

The View from Dacia Boulevard:

September is always the best month in education, especially from everyone settling down into a new academic year, establishing routines and making the most of the energy bounce from the summer. We are very fortunate this September, as we mark four full weeks back, to still be enjoying summer sunshine but the colours and atmosphere of early autumn. The mood on campus, amongst the schools, is a very positive one and despite nearly 700 students and over 130 members of staff, the Heritage school community has adjusted well to starting its 7th year. We celebrated the official opening of our new Lyceum this week and how proud we are of the 1st A Level cohort starting their new universities around the World and in Moldova. We also celebrated in the sunshine the academic success of the IGCSE class of 2023, along with their families, the outstanding results and personal achievements of these remarkable young people. The development of student leadership is one of the key features of Heritage and the election of Sabina Turcan as Student President coincides with her incredible achievement of also being appointed president of the Global School Alliance, Student Councils, from schools across the World.



I want to thank all parents and families for your engagement these past few weeks, especially over the daily issues of school life from school uniform to homework, to clubs, to revision and everything else in between. We spent a day one Saturday this month, showing our new international teachers 'Old Orhei' and as we walked and talked up that beautiful jewel in the landscape of Moldova new colleagues spoke about how impressed they were with the students of Heritage and the community. This is something we don't take for granted and it takes time to build a culture of understanding, cohesion, respect and trust in any school community. I have looked back a lot this September, to my four full years in Moldova and it is hard to imagine all the challenges we have been through and still continued to establish our international school and make it in the mission of the Founders to prepare the students for the challenges of the future. I know speaking to all our students, but especially our new ones, each morning and at the end of the day, how they have settled well into school already and are very much part of the Heritage school community. I want to also thank our colleagues at Zimbru FC for the very kind invitation to watch the football (I cannot call it soccer) last Sunday, extended to all our school community. I know many took the opportunity to see Zimbru FC play.

I will be back in the UK at the start of October as I have been asked to be one of the keynote speakers at an international education conference in London. The organisers want to hear about the Heritage school story and share it with their global participants. As ever, we are a team at Heritage and the Leadership Team will continue to manage daily operations and I will be working online remotely. There are plenty of things to celebrate in this second issue of the IHH for the new academic year and please enjoy looking at the good stories from this month.

Thanks for your continued support of me and Heritage.

Rob Ford
CEO & Director

HERITAGE IN THE WIDER WORLD

Leading, teaching and learning

Towards a Professional Learning Community

By Rob Ford

'There is no power for change greater than a community discovering what it cares about.' Margaret J Wheatley

In the summer, we did what many families do with time on their hands: we decided to tackle what was stored at the back of the garage. As we moved things into the cold light of day for the first time in a long time, a big wooden sign appeared that said 'South Glos' & Ridings International Learning Centre'. The near Proutian moment took me back to a time in my career in the early millennium when a real community of professionals and ideas came together across sectors in the English local authority of South Gloucestershire, bringing all kinds of teachers together in the centre I helped to establish as a then local authority lead practitioner for international learning.

The energy and achievement from this time has always stayed with me in my career and is one of the reasons I moved from England to Wales at the time

of the Coalition government in the UK, when professional learning communities and communities of ideas in schools and between schools were being squeezed out with a new political agenda that seemed to be less about collaboration, teacher autonomy, trust and the development of professional capital. As academic deputy head at Crookhewell High School in Powys, one of my roles was to develop the Welsh Government's policy for schools using the work of Professor Alma Harris and Dr Michelle Jones (2010) on developing

professional learning communities, for teachers and teaching assistants, and this was coordinated within the clusters of schools across Powys and the wider South West Wales region. This was a very innovative approach that helped develop individual skills, share ideas and give voice to teachers in the classroom, in lots of different classrooms and across the curriculum.

My headship took me back to England and a school community right on the border of Wales at Chepstow, at Wyedean School. I was fortunate to work with a very strong, motivated and skilled teaching cohort who were already well versed in weekly shared teaching and learning briefings that came from

I was fortunate to inherit a very strong, motivated and skilled teaching cohort who were already well versed in weekly shared teaching and learning briefings that came from below and not from the top



below and not from the top. They were also practising an approach to lesson observations in 'Lesson Study' (Smith, 2016) that really did see the development of ideas in the community of staff, students and parents, and Wyedean was a school where teaching and learning remained at the heart of the school's mission and vision.

It also helped move the school on from a difficult legacy from the previous leadership team and, coupled with an outward-facing approach, had a powerful impact on systems and school improvement. It gave back trust and autonomy to teachers, which in turn saw greater buy-in from everyone and an arena where ideas and innovation flourished in the community, what all great school communities anywhere in the world should be about.

In his book 'The Principal', education writer Michael Fullan made the simple but also powerful case to all school leaders not only for the development of professional capital but also how to go about it. 'In our work in whole-system change, my colleagues and I have shown time and again that if you give people skills (invest in capacity building), most of them will become more accountable.' (Fullan, 2023).

Before my move to Moldavia in 2019 I had already worked with schools, teachers and communities in Eastern Europe and the former USSR sphere of influence. Part of the legacy here is that very highly trained, intelligent, committed educators are still working largely in systems based on the near omnipotence and arbitrary rule of the principal, who is in turn stuck in a self-serving bureaucracy that doesn't work for children 30 years ago, let alone now for the 2020s.

Heritage International School was founded as something to be completely different from any school in this legacy system, with a mission to educate and prepare young people for the challenges of the future. That school leaders are there to enable, and the culture of servant leadership, is key here. Part of this innovation is the belief in skills and competencies, and trusting the autonomy of teachers within a community of ideas and professionals to develop the high-performing, high-achieving school in a successful and sustainable model.

This was realised less than a year into my tenure, when the completely new model of online and hybrid learning



that was being operated in the Heritage schools reached the ears of the then minister, who was then succeeded rapidly on the school and a community of ideas supported the national education community, prompted by the extraordinary challenge of Covid in Moldavia (Ford, 2022).

This wider national community has continued to collaborate, share ideas and find answers together, as Moldavia faced the further challenges of the Russian invasion of neighbour Ukraine, energy outages and rising costs in a country that doesn't have the wealth or development of countries such as the UK. The model I was a part of as a leader in my previous schools, I have brought with me to continue to develop teachers and teaching assistants professionally and the skills and ideas have benefited all at a national and international level.

Starting in 2022, Heritage introduced nationally the 'TeachMeet' arena from the UK as a forum for professionals to bring ideas to share and collaborate. This has been extremely successful, especially as we face the relatively new challenge of AI/ChatGPT in learning. We have also worked across sectors, especially with colleagues in higher education (Ford, 2023). Through our networks including

COBIS, Global Schools Alliance, Climate Action Schools (Page, 2022) and the Yarkov Foundation/Global School Leaders, academic leaders and teachers have led online webinars and spoken at conferences on a range of topics that we have been prioritising at Heritage, from sustainability to leadership development to academic learning opportunities. Looking ahead to 2024, and the potential challenges for schools, as we anticipate the rest of the decade, the hope in our schools – to prepare students with skills and knowledge for the future – rests fundamentally in our systems and ability to allow our communities to be professional learning communities and communities of ideas. This is not a tick-box idea for a manager in a school but a deeper, transformative culture that will not only keep teachers in the profession but will also keep them interested as a key lever of influence on outcomes, ideas and successful change.

Rob Ford is CEO and Director of Heritage International School in Chisinau, Moldova, a long-time British Council School Ambassador, and previously Principal of Wyedean School, Gloucestershire, UK.
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Janet Royall
 @LabourRoyall

Warmest congratulations to the students and the school



Janet Royall
 @PrincipalSomOx

Congratulations on the official opening of this beautiful new 6th form centre which will provide wonderful educational opportunities and broaden horizons.

Heritage International School-Moldov... · 4d

Well done the Class of 2023, our 1st ever graduating class of A Level students, starting universities in Moldova & around the World this autumn. We are really proud of the trail you have blazed here for future generations of students internationally & from #Moldova #Proud #Future



Heritage International School-Moldov... · 17h

One more sleep until official opening...
 #HeritageLyceum #Heritage6thFormCentre
 #ALevels @Heritage_Lyceum @CambridgeInt
 @COBISorg #Moldova 🇲🇩





International schools call for exam and curriculum shake-up

HEADLINES

UK Education



Competitive pay 'crucial' for teacher supply, warns OECD

England's secondary school teachers saw pay fall by 3% in real terms between 2015 and 2022, report finds.

[Read more here](#)



'We are watching the decimation of the teaching workforce'

Those working in other countries are baffled by the UK's inability to improve teacher recruitment and retention, writes Rob Ford, Director of Heritage International Schools Moldova, COBIS Member.

[Read more here](#)



📍 Și tinerii din Republica Moldova pot beneficia de această șansă unică! Înscrierile pentru Chevening sunt deschise până pe 7 noiembrie: chevening.org/apply

#SeeThingsDifferently



facebook

Log In

UK in Moldova - British Embassy Chisinau

Am fost bucuroși să vedem atât de mulți elevi interesați de educația și cultura britanică la Heritage International School.

Șeful adjunct al ambasadei, Edward Inglett, le-a povestit tinerilor despre viața de diplomat, perspectiva europeană a Republicii Moldova și despre importanța educației. Iulia Tvigun, absolventă a programului de burse Chevening, a vorbit despre experiența sa și despre oportunitățile de studii pe care le oferă Regatul Unit. Elevii au fost implicați activ în discuții.

Educația este motorul pentru dezvoltarea societăților moderne, iar cultura britanică mereu a încurajat diversitatea viziunilor și opiniilor. Rețeaua de peste 55.000 de absolvenți a Chevening include 20 de lideri de guverne din întreaga lume.

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LIVE CONFERENCE | EAST LONDON

Rob Ford, CEO & Director of Heritage International Schools, Moldova
Global School Alliance: The Power of Partnerships



Tuesday 3rd October / 4pm
East London, England

Visit globalschoolalliance.com/events to register your attendance





ARTICLES/STORIES OF INTEREST

- *Sleep, a cornerstone of wellbeing - Five ways to Improve Sleep Hygiene;*
<https://www.cobis.org.uk/our-network/blog/blog-demo-page/~board/blogs/post/sleep-a-cornerstone-of-wellbeing-five-ways-to-improve-sleep-hygiene>
- *Bringing sustainability into our core priorities for a successful learning experience - ISC Research;*
<https://iscresearch.com/sustainability-in-core-priorities/>
- *ChildAid. 50 YEARS OF CHANGING REAL LIVES;* <http://www.childaidee.org.uk/50-years-of-changing-lives/>
- *UNDP Moldova Stories;* <https://www.undp.org/moldova/stories>
- *Can Teachers and Parents Get Better at Talking to One Another?;*
<https://www.newyorker.com/news/annals-of-education/can-teachers-and-parents-get-better-at-talking-to-one-another>
- *How NASA Captured a Piece of the Solar System's Past From an Ancient Asteroid;*
<https://time.com/6316104/osiris-rex-returns-asteroid-sample-to-earth-nasa/>
- *How do we raise trillions of dollars to fight the climate crisis? The answer is staring us in the face. Gordon Brown;* <https://www.theguardian.com/commentisfree/2023/sep/25/we-need-trillions-of-dollars-to-fight-the-climate-crisis-this-is-my-plan-to-raise-it>
- *International School Magazine Autumn 2023 "Towards a professional learning community" by Rob Ford, pp28-30;* https://issuu.com/williamclarence/docs/is_summer_23

NEWS FROM PRIMARY

IPC Exit Point 'Our Amazing Brain' in 1-B





Playing the musical instruments in Grade 1 Music lesson to create good mood, develop active listening, encourage cooperation and the sense of rhythm



The students in class 1 A created attractive original books and presented the books to their peers. It is very important to be a skilled author is important, but being a good listener is a must for any student.





Grade 2 students had a wonderful trip to Amir ice cream factory



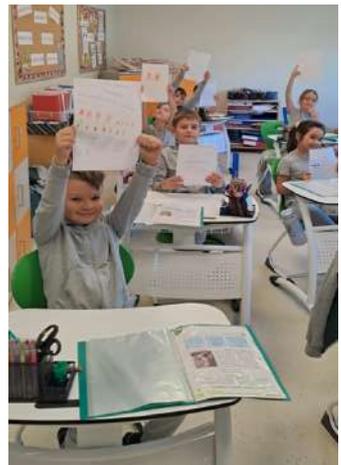
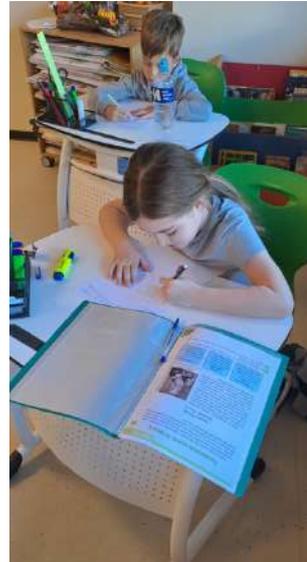


Group work activity in Romanian language: building together the House of Books.





Active listening to music in 3 A Music lesson, the students created their own music video after Antonio Vivaldi's "Autumn". The musicogram is a graphic record of music, replacing the musical score that a person who does not study music in detail does not understand. The system of organisation is simpler, consisting of easily identifiable signs, natural phenomena, geometric figures, colours, representations of the human body, elements of a season, etc



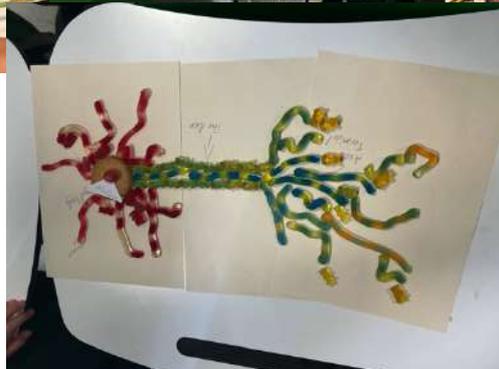


5E have dived deep into their Healthy Diet project this week. They all demonstrated admirable collaboration and impeccable commitment in their work. Well done, 5E!





What an engaging activity took place at IPC this week! During the activity, our young participants were tasked with constructing an edible neuron using gummy candies, and the response was overwhelmingly positive. The children not only thoroughly enjoyed themselves but also gained valuable insights into the structure and function of neurons in a fun and interactive manner. The images captured the enthusiasm and creativity displayed by the participants during this educational endeavor. We believe that such hands-on experiences contribute significantly to our students' overall learning and development.



NEW FROM GYMNASIUM

Gymnasium Assembly

Week 4 Gymnasium & Lyceum Assembly
Thursday 28th September, 2023
“7E Presents...”



This is open for students aged 11-17 and see Mrs. Tatiana Popa for further details.



Did you know? There are 24 official languages in Europe but adding in regional and minority languages, the total number spoken across the continent is over 200.

On 26 September, European Day of Languages, we celebrate the range and diversity of languages spoken throughout Europe by celebrating the languages spoken in your school. Learning a language not only allows you to talk with people from other countries in their own language, it's also an introduction to different cultures, different ideas and opens up a world of opportunities.

European Day of Languages is jointly organised by the Council of Europe and the European Commission and celebrated each year on 26 September.

The aim is to:

- raise awareness of the wide variety of languages in Europe
- promote cultural heritage & linguistic diversity
- encourage people of all ages to learn languages
- promote translation, interpretation, other



5 B students immersed themselves in the primitive history world and created totems of "their tribe". They presented their totems and talked about their choice in front of the class, the children talked about the power of their totem animal. Totem is an object (such as an animal or plant) serving as the emblem of a family or clan and often as a reminder of its ancestry. Ancient people attributed to totems - animals or natural phenomena - supernatural possibilities that made people tremble and fear. So gradually different peoples developed their own cults of magical animals, images of which were honored as sacred, and their wearing, according to beliefs, gave people various superpowers.



We educate responsible citizens. 6A students learn and perform the State Anthem of the Republic of Moldova, following the interpretation and listening requirements.



Congratulations to the IGCSE graduating Class of 2023, the future belongs to those who believe in the beauty of their dreams!









The European Day of Languages was celebrated at Heritage International School on Wednesday, September 26th. Not only students, but also teachers had the opportunity to practice various European languages, such as English, French, German, Portuguese, Spanish and Italian. The participants chose cards with words from the appointed boxes, repeated and translated them. Moreover, they had to answer questions about the culture of European countries. As a reward they got motivational stickers. We hope we motivated everyone to learn foreign languages and expand their linguistic skills.



NEWS FROM LYCEUM



Recommended Cambridge International A Level subjects for the most popular careers

Heritage Lyceum is the only one in Moldova providing the Cambridge curriculum and globally recognized AS and A Level qualifications.

Heritage Lyceum learners become:

-  **confident**
-  **responsible**
-  **reflective**
-  **innovative**
-  **engaged**



Within the Cambridge International AS & A Level Program

Heritage Lyceum is the only one in Moldova providing the Cambridge curriculum and globally recognized AS and A Level qualifications.



The new wing of Heritage International School was officially opened by our founders, Mrs. Natalia Cecetova and Mr. Sinan Bora. More than 90 lyceum students will continue their studies here, who upon graduation will take the “A Level” exams and obtain the globally recognized Cambridge qualifications, giving them access to more than 1,400 universities in 195 countries. The high school stage, which includes the “Cambridge International AS & A Level” curriculum, was introduced in 2020, and until now, lyceum students were learning in the main school building.







Are you curious about what our expanded school looks like with the new Lyceum building?
Watch this video to take a virtual journey into the Heritage world!

<https://www.facebook.com/heritage.moldova/videos/1678295272636445>



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.

GLOBAL EDUCATION

A fantastic first lecture took place on Tuesday, 19th September in our Heritage library, as we had as first speakers the DHM at the British Embassy Chisinau, Mr. Edward Inglett, but also a returning Chevening scholar – Ms. Iulia Tvigun.

Edward spoke about his missions in Afghanistan, Kenya or Switzerland, but also about what the features of a good diplomat are. He gave us details about his time in London and how he participated in making policies in the FDCO. He spoke with pride and admiration about the high-quality pool of Chevening candidates he had the chance to interview here in Moldova, and how young people could go into the world for experience and studies, but to always come back to serve their country.

Ms. Iulia Tvigun gave lots of details about the application process for the Chevening scholarship, but also about how she studied for her master's degree in London and what an amazing experience that was. Our students had many questions about studies in the UK, about diplomacy and the future of certain professions. All in all, a very interesting start to a new series of outstanding talks.



For the eTwinning&Global Projects Club, the students opened the gift from LEGO Education and did challenge No.1 about a local bird species.

Heritage became one of the 25 schools in the world selected to be a LEGO Build the Change Showcase School.

Congratulations!



We launched the Climate Action Project 2023 at Heritage on Monday, September 25th! We wish good luck to all classes embarking on the sustainability journey, which starts in autumn and continues not only till November, but also throughout the entire year. Our school will do research, work collaboratively and find solutions to environmental issues, locally and globally. They have already started their research and their findings are impactful!



STUDENT LEADERSHIP

On Tuesday, September 26th, the first Primary Student Council meeting was held in the Eminescu library. The students voted for their leaders.

As a result, we express our congratulations to the students elected:

Alica Sauleac - President

Iona Innes - Vice president

Calin Gurau - Vice President

Antonia Wieers - Secretary

We wish you all lots of luck and many interesting activities!



On Thursday, September 28th, our primary SC representatives took part in the Global School Alliance Primary Student Council meeting, where schools presented the activities, they do to start the new school year.

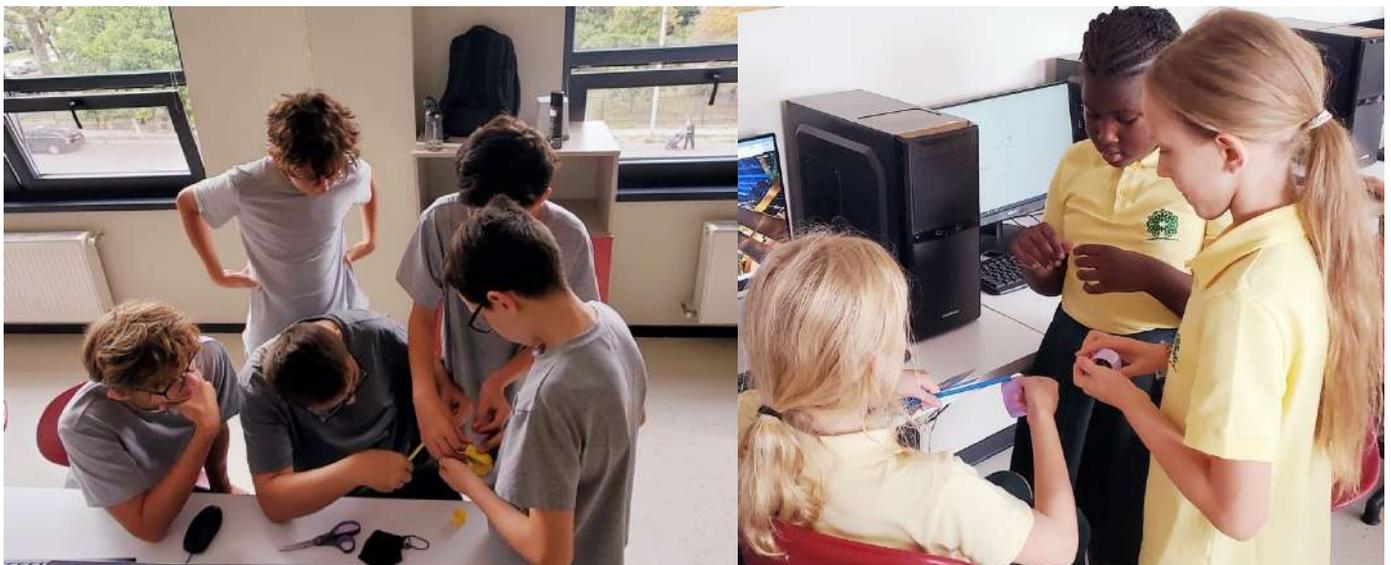
Our students were praised for excellent English and exceptional presentation.

We are proud of them!

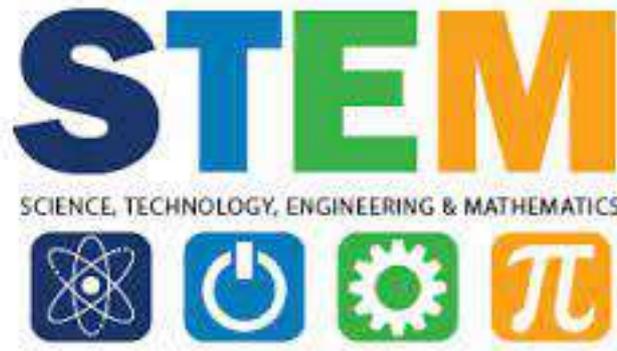


SPORTS, CLUBS and ACTIVITIES

STEM club has kicked off with some captivating experiments, involving creating a paper aeroplane and



testing what makes it fly higher and faster as well as pouring water from a cup to another through a string. Extraordinary enthusiasm, young STEMers!



*Congratulations to our IGCSE 2 student Mark Negruta!
Mark showed the fifth result in the Word Karting Championship 2023 in Germany competing among the seniors. Based on his achievements, Mark fulfilled the standard of "MASTER OF SPORTS" , the Moldovan team got the second place. We are proud of you, Mark!*



What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

In UK and Europe, most of the world (2)

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently as the UK's Online Safety Bill proposes to end such encryption on private messaging. WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

...MSG ME...

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the father's child, requesting a money transfer. But it soon became fraudulent. It's a scam where fraudulent trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to request the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly - whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

VIEW ONCE CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-view them later to use as evidence of misconduct. People used to be able to screenshot this disappearing content - but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safety on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location - potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need - and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'locked chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Jane Worrall is a research safety consultant, educator and speaker who has worked with organisations including local authority police for adults, the local authority in schools, parents and carers and researchers for the Australian government carrying out research on the wellbeing behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



National Online Safety

#WakeUpWednesday

Source: <https://blog.whatsapp.com/en-gb/en-gb/1> | <https://blog.whatsapp.com/en-gb/en-gb/2> | <https://blog.whatsapp.com/en-gb/en-gb/3> | <https://www.whatsapp.com/privacy> | <https://blog.whatsapp.com/lock-lock-what-if-you-lose-your-whatsapp-account>



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NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

What Parents & Carers Need to Know about LIVE STREAMING

Live streaming involves broadcasting and watching videos online in real time, often on social media or via platforms like YouTube and Twitch. Viewers can interact through comments, chats and reactions during the broadcast, such instant engagement makes this an exciting way to share experiences, learn from others and build digital communities. Despite the many positives, live streaming also creates a potential platform for unsuitable content and poses some risks to children. It's essential to keep privacy and safety in mind and comply with each site or app's age restrictions.

AGE RESTRICTIONS
13+
16+
18+

WHAT ARE THE RISKS?

LACK OF AGE VERIFICATION

Despite their age restrictions, some platforms don't require proof of age or sign up - meaning that anyone can register for an account (and potentially pretend to be older or younger than they actually are). In many cases, this means that young live streamers can never be totally certain exactly who they are broadcasting to and who is engaging with their live stream.

DISCLOSING PERSONAL INFO

A characteristic of live streaming is the ability for videos to be instantly shared worldwide. Without the correct privacy settings enabled, a child could inadvertently reveal personal information or their location, making them vulnerable to online predators or identity theft. It's wise to regularly check the privacy settings (and what data is being shared) on any apps your child has signed up for.

ANYTHING COULD HAPPEN

As the video streams are live, children might encounter (or inadvertently share) inappropriate content. Most live-streaming apps have rules to prevent this and monitor their services, also providing report buttons where content can be flagged for review. It may not be dealt with instantly, however, meaning that your child could be further exposed to harmful content during a live stream.

UNAUTHORISED RECORDINGS

Each live streaming platform stores completed videos for different periods (Twitch saves broadcasts for 60 days, for example, while Facebook and YouTube remove them only on the creator's request). Deleting a video, though, doesn't always stop it from being stored. In some cases, streams have been secretly recorded (or screenshots taken) by certain viewers and redistributed on other sites.

ROGUE CONTENT CREATORS

Children can also watch other people's live streams, which could potentially contain anything at any time (such as nudity, drug use or profanity). Most apps claim to monitor live streams and will stop any that don't adhere to their guidelines - but with millions of streams per day, it's complicated to regulate them all, so children could be exposed to inappropriate content without parents knowing.

DANGER OF GROOMING

There are increasingly reports of children being coaxed into becoming "suggested acts" by streamers on some live-streaming apps. Due to the lack of verification required for certain apps, almost anyone can sign up to these services (including anonymously or under a fake identity). It's vital, therefore, to ensure the correct safety measures are in place before your child begins live streaming.

Advice for Parents & Carers

PUT PRIVACY FIRST

Through the streaming app's settings, switch your child's account to 'private', so only their friends and followers can see their broadcasts. You could also turn off the live chat, shielding your child from any upsetting comments - although viewers' feedback is often seen as an integral part of the fun. Identify any nearby items (such as school uniforms or visible landmarks) that could give away your child's location.

MANAGE MULTISTREAMING

Some apps and sites let users stream their content through multiple social media platforms at once. A broadcast on Steamfront, for example, can be shared on YouTube, Twitch, X and Facebook if the accounts are linked. The privacy settings can differ on each of these, so we'd suggest any streaming via one platform at a time to maintain greater control over who's watching your child's videos.

GET INVOLVED YOURSELF

Research suggests a significant number of streams show a child on their own, often in a supposed safe space like their bedroom. If your child wants to live stream, ask if you could be present because you're interested in how it works. You could even set up your own account to gain a more detailed knowledge of what your child talks about in their live streams - and who they're broadcasting to.

TALK ABOUT LIVE STREAMING

Try to start with positives before discussing potential risks. You could ask which live streaming apps your child likes and how they use them. Do they just watch streams or create their own? Explain why it's unwise to reveal personal information while streaming (even to friends). If you feel your child's too young for live streams, explain your reasoning to them and perhaps agree to review this decision in the future.

CONSIDER THEIR ONLINE REPUTATION

As the broadcasts are live, it often causes the misconception among young people that whatever happens in their video simply 'vanishes' once the stream ends. However, videos can stay online indefinitely or be recorded by other users. It's important that your child understands what they do and say in a live stream could potentially damage their online reputation and, quite possibly, be seen by prospective future employers, colleges or universities.

Meet Our Expert

Michael Smith is Head of Digital Learning at Teamwork's Birmingham, Leicestershire, Nottingham & Lincolnshire All-UK Avenue, Birmingham, B20 2JZ. He has a BSc in Digital Transformation and Cyber Security from Coventry University. He is also a member of the National Cyber Crime Centre and a guest lecturer at Coventry College, Coventry, on the programme of technology services for students.



National Online Safety

#WakeUpWednesday

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under fives as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mostly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2006 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulations around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels of the heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Ran by the Cambridgeshire and Peterborough Healthy Schools Service, commissioned by Cambridgeshire County Council and Peterborough City Council, Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, preventative approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.ash.org.uk/news/2023/07/11/young-vapers-increase>



www.thenationalcollege.co.uk



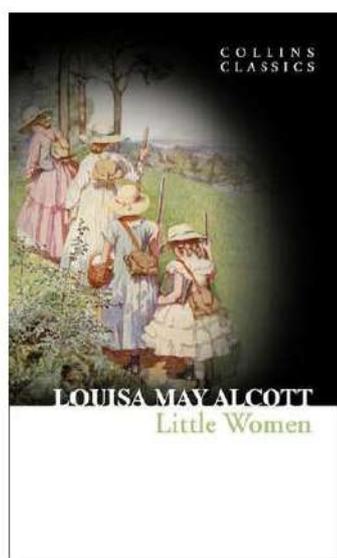
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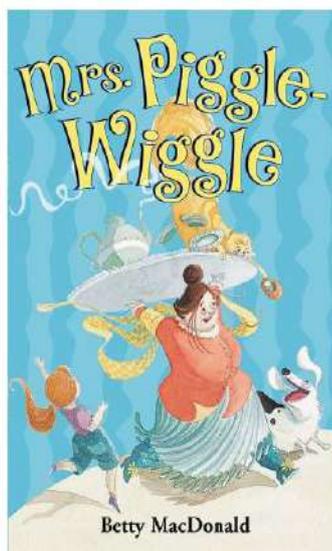
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NEWS FROM EMINESCU LIBRARY



LITTLE WOMEN by Louisa May Alcott

An endearing tale of hardship, love and sisterhood during the American Civil War, Little Women tells the story of the March family. Newly impoverished, Meg, Jo, Beth and Amy undertake their journey through life together, bound to each other and their beloved mother Marmee by fierce loyalty. Good and bad times come and go as they struggle with the trials of growing up, getting along, and exploring life outside the comforting walls of home, each discovering her own distinct personality along the way.



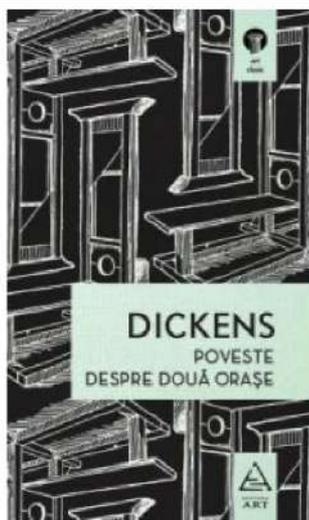
Mrs. Piggle-Wiggle by Betty MacDonald

Perfect for fans of Mary Poppins and Nanny McPhee, this classic series is all about learning and problem-solving. Young readers will enjoy giggling along.

Meet Mrs. Piggle-Wiggle! She lives in an upside-down house with a kitchen that is always full of freshly baked cookies. She was even married to a pirate once! Best of all, she knows everything there is to know about children.

POVESTE DESPRE DOUĂ ORAȘE CHARLES DIKENS

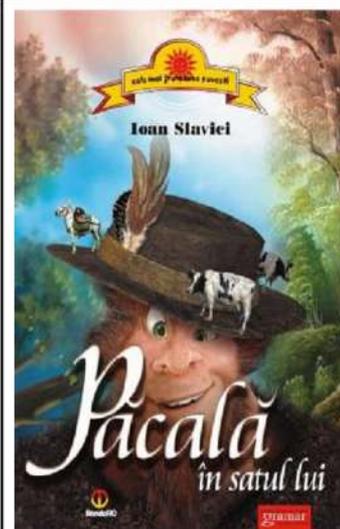
Povestea lui Charles Dickens este un roman istoric. Povestea se petrece în anii premergători Revoluției Franceze și se încheie cu Domnia terorii iacobine. Ea relatează povestea lui Charles Darnay și a lui Sydney Carton, doi bărbați care au personalități complet diferite. Carton este un avocat englez cinic, în timp ce Darnay este un aristocrat francez romantic. Cu toate acestea, ambii sunt îndrăgostiți de Lucie Manette, aceeași femeie. Romanul lui Dickens cucerește prin dovezile de curaj ale eroilor săi, martori ai acelor timpuri.



Păcală în satul lui Ioan Slavici

Trei povestiri foarte frumoase reunite sub semnătura lui Slavici.

O lectură necesară pentru toții copiii.



Приключения жёлтого чемоданчика Софья Прокófьева

В книгу вошли повести-сказки: "Приключения жёлтого чемоданчика" и "Приключения жёлтого чемоданчика-2, или Волшебная пилюля". Чтобы вылечить мальчика Петю от трусости, его мама обратилась к известному Детскому Доктору, в чемоданчике которого можно было найти лекарства от любых недугов: конфеты для храбрости, порошок смеха, микстура антиболтина и много чего еще. Однако чемоданчик пропал...



Капитанская Дочка Пушкин Александр

Действие этого исторического романа разворачивается в далёкой оренбургской крепости во время восстания Емельяна Пугачёва, куда для службы приезжает молодой помещик Пётр Гринёв. Это довольно своеобразное произведение о простой жизни крестьян, о любви, о долге человеческом. В сборник произведений А.С.Пушкина входят также "Дубровский", "Цыганы" и "Тиховая дама".

SCHOOL INFORMATION

The Heritage 10 Golden Rules

<https://docs.google.com/document/d/19a84QG84nwA-RrbVDPwo9rDDn0SH1QfSAz6aq4F9JIo/edit>



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 KNOWLEDGE AND UNDERSTANDING, ACHIEVE OUR BEST AND POTENTIAL, BE A CONTRIBUTING AND VALUED MEMBER OF OUR COMMUNITY, AND GET THE MOST OUT OF OUR SCHOOL OPPORTUNITIES.

School Improvement Priorities Headlines 2023-24:

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuOK3znedxCuifXHRk9oQtq6dNbFaY/edit?usp=sharing>

Vision and Aims:

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

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

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

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

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

Heritage International School

School Improvement Plan

2023-2024



Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2023-24

Key framing Questions for all staff

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

1 Leadership, Organisation & Governance

2 Quality of Teaching, Learning, Assessment and curriculum

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

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

Preparing students for the future; skills, qualifications & wellbeing

A Professional Learning Community

Wider Community Partnership & Engagement

Towards a sustainable, global & digital future

Systems and Strategies for Success

Compelling & Inclusive Learning for All

Qualifications & Skills through holistic, challenging & rigorous education

A World Class School that is outward facing

Supporting & sharing innovation with our education communities

Developing future leaders & global citizens linked to careers/Higher Ed

To link the wider curriculum to the formal, daily classroom for holistic education

Our ethos and values as an international school permeate everything we do in our school culture

To recruit and retain the best people and to invest in skills and leadership for the future

To have a clear focus on CPD & Appraisal that develops all staff in our schools

To have an organisation that wants ideas and individuals.

An effective quality assurance system.

We are a school people want to align with & be part of our community

Our communities working with us for all students

To continue to find ways to engage and bring all our communities together

Recognising that there is no "typical Heritage student" in our communities, remaining responsive to all Heritage families

To ensure any partnership is reciprocal & benefits our education model, ethos & values

Our education is about substance not gimmicks

We continue to develop as a unique, innovative international school in Moldova

We build on our legacy but we look outward and forward for our education, not backwards.

We embrace these aspects as part of our mission to prepare for the future

To continue to meet and adapt to the anticipated challenges of the 2020s with success

Our organisation is held against the highest standards of a World Class school delivering international education

Our duty of care is for a safe, happy and caring environment for all students

Our organisation operates effectively and efficiently based on structure, systems and policies

Diversity, equality, kindness, respect, global citizenship, trust, honour, leadership, social responsibility, are the hallmark of our education

Our teachers, staff and community uphold these values and we live them daily in our school culture

To continue our success in bringing the World into classrooms daily for all.

A focus on celebrating key moments in education & school life

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

FREE REGISTRATION

SHORT VIDEO CONTEST

OWLINS (Aged 9-11) **OWLETS** (Aged 12-14) **OWLYS** (Aged 15-18)

Theme:
A Letter to My Future Self
Small Acts, Big Impact: How I Make a Difference

Prize Alert: WIN FREE ENTRY!

1st Place to **Owlypia Locals**
2nd to 5th Places to **Owlypia Online**

Guidelines:

- Craft a video, up to 90 seconds, inspired by the theme
- Prioritize originality; authentic content always stands out
- Participate solo or collaborate with friends
- Submit your masterpiece via the provided registration form
- Your video can be animated, entertaining, educational, or anything in between

Submission Deadline:
9 Oct 2023
17:00 (GMT+0)

Making a difference starts with me!

www.owlypia.org/video-contest

Are you a high school student in Illinois? Do you speak Greek, Hebrew, Italian, Polish, Swedish, or Ukrainian?

IF SO, PARTICIPATE IN THE ANNUAL ILLINOIS HIGH SCHOOL TRANSLATION COMPETITION!

HOW DOES IT WORK?

TRANSLATE A SHORT TEXT INTO ENGLISH FROM GREEK, HEBREW, ITALIAN, POLISH, SWEDISH, OR UKRAINIAN.

WORK ON YOUR OWN TIME AND SEND IN YOUR TRANSLATION TO EUCENTER@ILLINOIS.EDU BY [SUNDAY, OCT. 15](#).

WINNERS WILL RECEIVE A PRIZE AND A CERTIFICATE AT AN AWARD CEREMONY IN CHICAGO.

CONTACT EUCENTER@ILLINOIS.EDU WITH ANY QUESTIONS!

UPCOMING EVENTS



Poetry Competition

Theme: *A Future to Be Proud Of*
Submission Deadline: 2 November 2023

Collins



Art Competition

Theme: *A Future to Be Proud Of*
Submission Deadline: 13 November 2023

ARTS UNIVERSITY BOURNEMOUTH



Virtual Debate Competition

1-3 December 2023
For students aged 16+ in Y11-13

DEBATE MATE









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







JOIN
FOLK DANCE
CLUB

WEDNESDAY | 16.000
 Room 019

Register on Monday to join, see you there

1st-7th October 2023

3rd-75th October 2023

5th October 2023

7th-22nd October 2023

10th-14th October 2023

14th of October 2023

Banned Books Week

COBIS Higher Education Week

UN World Teachers' Day

EU Code Week

World AI (Artificial Intelligence) Week

Chisinau City Day - Public holiday

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

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Catering services: meals@heritage.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

Absences: school.absences@heritage.md

Governors: governorsclerk@heritage.md

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