



HERITAGE
International School

April 19, 2024

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

// *You cannot swim for new horizons until you have courage to lose sight of the shore.* //

William Faulkner



WHAT'S NEW?

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The View from Dacia Boulevard, Director's notes

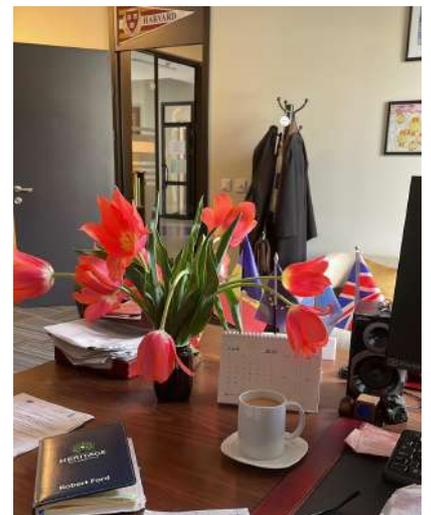


The view from Dacia Boulevard for most of April has mainly been one of wonderful sunshine, a little too warm this week, and then on Wednesday, a touch of 'April showers' and most people passing me on the gate telling me we had "British weather". Oh the stereotypes, especially as I am drinking my tea with milk. One of my favourite things this week has been to see our Primary classes outside planting their flowers from home and making the campus gardens and grounds look like the quintessential Spring picture. There is a lot to be said for outdoor learning and we are fortunate to have very good spaces at Heritage for classes to learn and play outside. This was a comment echoed by many of our potential families at our Open House last weekend. My thanks to all staff and students who supported the event and in my 5 years here the Open House we held on Saturday was probably the best. Certainly the most attended. I would add here to all our existing families that we have sent out a form asking if you intend to stay next academic year and please reply if you haven't. We know we have a number of families we need to talk to about next academic year and contracts to the next stage but in general, we are basically at capacity and if families are not staying then we have waiting lists we can offer the places to these potential new Heritage families.

We continue to receive many visitors to the campus and it was wonderful to have Debbie and Jane of AREAL/FOMS animal shelter last week as a Founders' Lecture and to be in Moldova for the 1st time since Oct 2019. They have passed on their deepest appreciation to the Heritage community for the constant support of the animal shelter through the regular donations and raising awareness. Next week, we will be marking English Language Day on the 23rd April and we are very honoured to welcome back again H.E. Fern Horine, the UK Ambassador to Moldova. Ambassador Horine will be hearing some of the recitals from students as we mark Shakespeare's birthday, which is also the same day. Next week, we are also deeply honoured to have Mr. Colin Bell, CEO of COBIS, arrive in Moldova and visit Heritage. Colin and COBIS have been brilliant in their support of Heritage as an international school and Colin will be meeting with the Minister of Education and colleagues at MEC, to discuss further ways we can support the national education community and the modernisation agenda for education in Moldova. It has been a very strong element of semester 2 working with the national education community and on the weekend, we again welcomed school leaders from across Moldova to see Heritage and talk about school improvement and education fit for the future.

The Summer Exam series is very much underway and there are lots of ways we can support our young people, especially around the pressures of revision and stress. One of the easiest ways is to make sure students turn up daily and on time for class. The new late book is already showing worrying patterns for some students. Talk to your home room teacher, our IGCSE team or our A Level team for Cambridge exams and Mrs. Livia for national exams. These are not the easiest of times but going through their exams and coming out on the other side with their qualifications, ready for the next stage, is very much a normal part of life and it really does allow them to sail away further on their own paths as they mature into young adults. Watching primary students plant and play this week reminds me only too well that they will grow up fast. If only we could stop time occasionally. At least we finally have a break coming up at the start of May. Have a great weekend and thank you for your support of me and Heritage.

Rob Ford,
CEO & Director



Tes Awards for International Schools 2024
Shortlisted

Principal/Headteacher of the Year



Heritage in the Wider World



3 likes

friendsofmoldavianstrays Last Wednesday Jane and I (FOMS UK) met with up our dear friends Robert Ford and Tatiana Popa from the wonderful Heritage International School in Chisinau. We had been invited to give a talk to some of the students about our little organisation and the Areal Moldavian Stray Dog Rescue Shelter we help in Moldova. As always we were given the warmest of welcomes and the students were polite, attentive, and interested in our work and we had a good Q&A session afterwards! The school held a non school uniform day in return for students bringing in some goodies for our rescued dogs and cats 🐶🐱💕 We would like to thank the Student Council, staff and students who made us feel so welcome, for their ongoing support and friendship, and we very much appreciate the time and effort everyone has made with a magnificent collection of food donations, we are so very grateful 🙏 and look forward to seeing you all again very soon.



Let's plant for our future together 🌱
#SchoolsConnect #ConnectedByLearning

🌱 Folkestone St Marys CEP @MarysCep · 1h
@MarysCep we have been planting seeds like our partner @HeritagePrimary in Moldova. Part of our work for #SDG 13. We recycled egg boxes made from plastic waste in the sea to plant our seeds, like a mini propagator @Schools_British @GSchoolAlliance @EcoSchools @fethyletaief



Heritage in the Wider World

Activitatea este organizată în cadrul subproiectului „Valorificarea parteneriatului consolidat școala-universitate „Cluster educațional”, finanțat de Banca Mondială.



👁️ Rolul profesorilor și dezvoltarea motivației pentru formarea profesională în domeniul educației au fost subiectele abordate astăzi, 16 aprilie, în cadrul training-ului susținut de formatorul național, Tatiana Popa la Universitatea de Stat din Moldova.

😊 Lecția a fost organizată pentru studenții USM, în special pentru tinerii din cadrul Facultății de Istorie și Filosofie, Facultății de Litere și Facultății de Psihologie, Științe ale Educației, Sociologie și Asistență Socială a USM, care au avut oportunitatea de-a adresa întrebări și de-a participa activ la dezbaterile privind dezvoltarea motivației pentru formarea profesională în domeniul educației și realizarea carierei didactice.

📖 De asemenea, studenții au fost informați despre reformele în sistemul educațional, rolul inteligenței artificiale în procesul educațional și alte aspecte ce vizează acest domeniu, astfel motivând viitorii absolvenți să activeze în domeniul învățământului și al educației.

cebook

Log



Universitatea de Stat din Moldova

about an hour ago · 🌐

[Timeline photos](#)

It was our pleasure to welcome school leaders from across #Moldova 🇲🇩 on Saturday to see Heritage & discuss our school model as part of our collaboration with the national education community for the "Model Schools for the Future" agenda.

Educational partnerships working for all



Heritage in the Wider World

EU in the Republic of Moldova 🇲🇩 · 33r
30 young people from Moldova immerse themselves in the day-to-day operations of the EU's vital institutions during a 3-day EU event in the Parliament of the Republic of Moldova.

We are very proud to see two of our student leaders, Loredana and Teodor, from Heritage at this event and thank you to @EUinMoldova for the constant support of young people in #Moldova 🇲🇩 to develop the vital skills in the next generation of future leaders from our young people.



News

HOME / NEWS



ANDREI RUSSU, THE TEACHER WHO GUIDES THE HERITAGE TEAM TO VICTORY IN SPORTS

[More information here](#)

Heritage in the Wider World



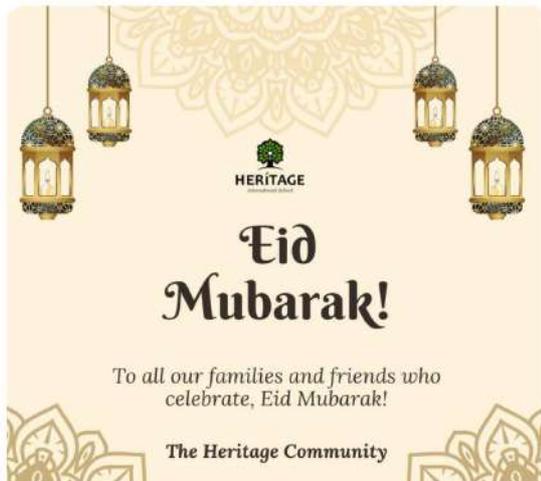
Tatiana Popa #Moldova
@Tatianapopab

spoke to @MathewBhavna's students today about #SDG16 Peace & Conflict in my school & region, as part of their #PYP exhibition. TheGoalsProject never ends! #gloaled #TakeActionEdu



Eid is a time to be thankful for the blessings in our lives. May this day bring you joy, happiness, peace and prosperity. Eid Mubarak!

#Eid2024 #EidMubarak



Heritage International School Primary
@HeritagePrimary

An extraordinary mime show was watched by @HeritagePrimary students. Actor George Cholpan presented an interactive show that brought smiles and good cheer to the end of the week. #Wellbeing @HIS_Moldova



@OlgaIsac

The Transatlantic Educator's Dialogue (TED Program) has been a transformative experience for us, teachers all over the US and Europe. It is a one of a kind course! I can't express my gratitude for this opportunity! @HIS_Moldova @Tatianapopab @SGHistoryTeach @UofIllinois



CERTIFICATE OF COMPLETION

This certificate is awarded to

OLGA ISAC

for participation in the European Union Center's 2024 Transatlantic Educators Dialogue (TED) Program

10 sessions of 90 minutes each, between January 14, 2024 and March 17, 2024

Awarded March 26, 2024

T.E.D.

J. Brett Oldham

Dr. J. Brett Oldham
Moderator
Transatlantic Educators Dialogue (TED) Program

A. Brian Enns

Dr. A. Brian Enns
Acting Director
European Union Center
University of Illinois-Champaign

Articles/Stories of Interest:

1

Child Aid. OUR CHILDREN'S HEARTS PROGRAMME IN SOUTH EAST UKRAINE, HAS BEEN GIVING DIRECT SUPPORT TO DESPERATELY VULNERABLE CHILDREN AND FAMILIES SINCE 2008

[link](#)

2

5 Tips for Parents to Help Their Child Prep for Exams;

[link](#)

3

9 ways parents can support their child's education at home;

[link](#)

4

Talking to children about scary world events;

[link](#)

5

Top Spring recipes;

[link](#)

6

Gardening tips for spring;

[link](#)

7

JournoBirds, write, blog and record lots of stories of life in Moldova and Chisinau;

[link](#)

8

Very interesting blog about life, sites, quirks in Chisinau;

[link](#)

9

The side of Chisinau not even locals know. While many European capitals proudly show their history, Chisinau stories remain largely unknown;

[link](#)

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.*

1B Maths project



[See more pictures here](#)

News from Primary

5E enjoyed their trip to Franzeluta where they saw the process of making various bakery products. They then visited the green houses at the Botanical Gardens.



Science group project “The forest and its inhabitants” in 2 A



News from Primary

Spring gardening in 2A

Fragrant and brightly coloured, the spring flowers brought fragrance and colour to the schoolyard. The 2nd A students planted the most beautiful spring flowers.



News from Primary

Maths lessons in 2A

In the mathematics lesson, through various interactive games, 2 A students learned about the clock and time measurement.



News from Primary

Chess in Primary school

The chess players from Heritage International School recorded beautiful results at the Republican Chess School competition held in Ungheni on the 6th of April, 2024.

Adelia Ungureanu - 4th place (girls) and Stefan Culeac 8th place.

Congratulations!



News from Primary

Health Day in Primary



Master Class in 3B

The 3B class held a master class dedicated to promoting a healthy lifestyle, where students demonstrated how to engage in sports such as tennis, rhythmic gymnastics, karate, judo, and Brazilian jiu-jitsu. The students not only showcased basic techniques and methods but also offered peers from other classes the chance to try them out themselves. This initiative served as an effective way to encourage a healthy and active lifestyle. The event turned into an engaging and educational experience, inspiring many to express a desire to continue engaging in sports as part of their commitment to a healthier lifestyle.



[See more pictures here](#)

News from Primary

Science Week in 2B



[See more pictures here](#)

School Starter - Project theme „The World of Insects”



[See more pictures here](#)

News from Primary

Peter Rabbit PArty in 2E

E enjoyed a short and sweet Peter Rabbit Fiesta. During class reading, 2E children explored many wonderful tales and illustrations of Beatrix Potter. A celebration party is always a good way to make something even more memorable.



News from Primary

5E enjoyed their gardening experience while planting geraniums.



News from Primary

4B planted the beautiful flowers and learnt more about gardening



News from Primary

Science Fair in 4E

Students learned that when baking soda is mixed with vinegar something new is formed. The mixture quickly foams up with carbon dioxide gas. Sodium bicarbonate and acetic acid react to carbon dioxide water and sodium acetate.



News from Primary

2A students explore the fascinating world of science through experiments within the Science Fair activities



[See more pictures here](#)

1A project on the life cycle of plants presented at Science Exhibition



Science Fair in Primary School



[See more pictures here](#)

1A students enjoyed a sweet field trip to the Nefis factory



News from Primary

Cambridge Maths 3B Lego project "Build the Change challenge"-a great way to discuss environmental problems and create new ideas for plastic processing.



[See more pictures here](#)

Science Week in 3B

Students from class 3B created a 3D hologram for Science Week. This innovative project enabled them to practically explore the principles of light and projection. The hologram was designed to showcase various scientific concepts, including light refraction and reflection.

Students worked together under teacher's guidance, using knowledge from Science lessons to successfully design and create the hologram. The project not only emphasized students' technical skills but also their ability to collaborate as a team. The display during Science Week drew the attention of many students and teachers, sparking interest and discussions about the potential of 3D technology in education.

This initiative not only enriched the educational experience but also inspired other students to engage in scientific projects.



[See more pictures here](#)

1B Field Trip to Botanical Garden

1st B Grade went on an excursion to the Botanical Garden. The children gladly studied the nature of Moldova, explored the area, played and, of course, did a picnic. It was a wonderful time together!



[See more pictures here](#)

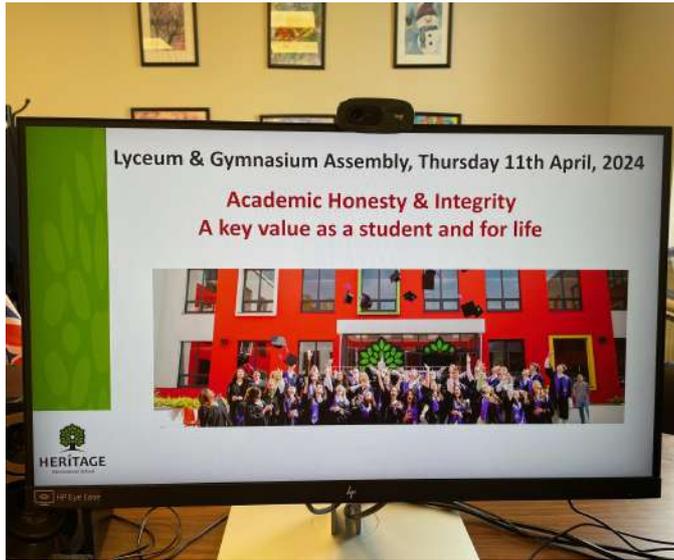
News from Primary

Spelling Bee in Primary School: more than 120 participants from Moldova, Romania, UK and Ukraine.



News from the Secondary

Secondary School Assembly



gcsepod
an access company

Teachers
Bring your community together with one resource that does it all, online or offline, in or out of class. Support you can rely on and content you can trust.

Students
Perfect for learning or revising for your GCSE/IGCSE exams. Even if you don't yet subscribe, we still have plenty of resources to help you.

Parents
Welcome! GCSEPod is the perfect resource your child learns, retains and recall all the they need to achieve their GCSE goals.

Proven to help students achieve more
GCSEPod is proven to help students achieve one grade higher on average than non-users, across 30+ GCSE subjects and all exam boards.
Providing the highest-quality content and assessment, teachers know they can rely on us to reduce their workload and help their students achieve more. That's why we are the number one choice and trusted by over 1,700 subscribing schools.
We provide content for GCSE/IGCSE, Key Stage 3, Maths, Scotland, Northern Ireland, Wales, International and Functional Skills.

access GCSEPod

News from the Secondary

Rainforests project in grade 5

5A and 5B have explored the dense, wet regions of the world-rainforests and looked for ways how they can save them. You don't have to be big to make a big impact!



[See more pictures here](#)

News from the Secondary

Learning Cambridge Maths is cool



[See more pictures here](#)

News from the Secondary

Science Week in Secondary School



[See more pictures here](#)



Support your child on the path to success

Your child's school has invested in the award winning resource, **GCSEPod**, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision throughout their secondary school journey.



The correlation between success and failure was made almost 100% clear with the use of GCSEPod.

Head of MFL at Yateley School

I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive.

Student

My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved the Pods and this style of revising.

Parent



- 30+ GCSE subjects
- 4 KS3 subjects
- Available online and offline
- Audio visual learning
- Builds confidence
- Revision & learning videos
- Knowledge checkers to test understanding

Want to find out how you can support your child with GCSEPod?

Join one of our **free webinars** by visiting:

<https://www.theaccessgroup.com/en-gb/education/resources/gcsepod-teacher-parent-and-student-webinars/>



Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account:

1. Go to GCSEPod.com and click '**LOG IN**'
2. Click '**New to GCSEPod? Get Started**'
3. Enter your child's details and confirm the name of the school they attend
4. Create a username and password



www.gcsepod.com

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](#)

National Exams

National Primary school Exams: 4A/4B

Date	Session	Start Time	National Pathway 4A/4B
15 May	AM	8:30 AM	Romanian (AL)
17 May	AM	8:30 AM	Mathematics
21 May	AM	8:30 AM	Romanian Language Russian Language
23 May	AM	8:30 AM	Cambridge English Exam YLE A2 Flyers

National Secondary school Exams: 9A/9B

Date	Session	Start Time	National Pathway 9A/9B
3 June	AM	8:30 AM	Romanian (AL)
6 June	AM	8:30 AM	Mathematics
10 June	AM	8:30 AM	Romanian Language Russian Language
13 June	AM	8:30 AM	History

Cambridge IGCSE/AS/A Level Exams Timetable

Founders Lecture Nr. 6

We organised a food drive last week, and our team (staff and students) will visit the shelter this Saturday, to deliver the food.

The ladies, Debbie O'Connell and Jane Sumner, the founders of FOMS animal shelter, spoke to our learners about their shelter, but also about the importance of taking care of animals, of spaying them so they don't reproduce uncontrollably, how important it is to offer good food and medical treatment that is needed. They presented the shelter and the history of setting it up, and our learners felt they all wanted to visit, to volunteer there, and to make good in the world.



Coding for climate

Heritage was part of Coding for Climate, as part of Climate Action Schools program - a 3-week global collaboration experience for classrooms. Classrooms were introduced to computer science foundations, they use skills of problem-solving, computational thinking, creativity, and digital literacy to create solutions for our planet.

On Thursday, April 18th, the classrooms met together to celebrate Earth Day. Well done to all the students involved!



Heritage Globe



The image shows a screenshot of the Heritage Globe website. At the top, there is a navigation menu with the following items: Home, Teachers in the Spotlight, Article Corner, Literary Corner, Art Corner, Trivia Quiz, Archive, Staff, and a search icon. Below the navigation menu is a large banner image featuring a young child in a yellow shirt reading a book at a desk. The text "Heritage Globe" is overlaid in green on the image. Below the image is a green banner with the text "Welcome to the Heritage Globe Winter Edition of the year!" and a horizontal line. At the bottom of the green banner, the text "News and Events" is displayed.

Heritage Globe

Home Teachers in the Spotlight Article Corner Literary Corner Art Corner Trivia Quiz Archive Staff

Heritage Globe

Welcome to the Heritage Globe Winter Edition of the year!

News and Events

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



#WakeUpWednesday®

The National College®

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
13+

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 target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat 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.

ONLINE

'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-open 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 safely 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.

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.

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.

CHAT ABOUT PRNACY

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 Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY
OSQ #WakeUp
Wednesday

The National College

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/1077018839582332> | https://faq.whatsapp.com/361005896189245/?helpref=hc_innav | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.auro.com/learn/whatsapp-scams>

What Parents & Educators Need to Know about **ENERGY DRINKS**

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday®

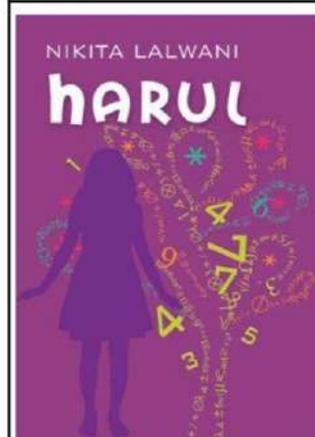
The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

BOOKS RECOMMENDATION

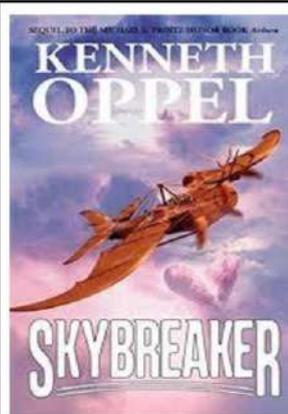
"Reading gives us someplace to go when we have to stay where we are."

Mason Cooley



Lalwani Nikita
HARUL

O poveste despre mari speranțe și năzuințe adânci, dar și despre singurătatea copilăriei.



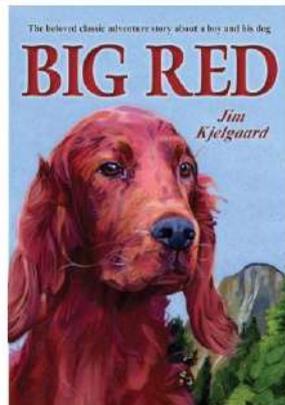
Kenneth Oppel
SKYBREAKER

A legendary ghost ship. An incredible treasure. A death-defying adventure.

Forty years ago, the airship Hyperion vanished with untold riches in its hold. Now, accompanied by heiress Kate de Vries and a mysterious gypsy, Matt Cruse is determined to recover the ship and its treasures.

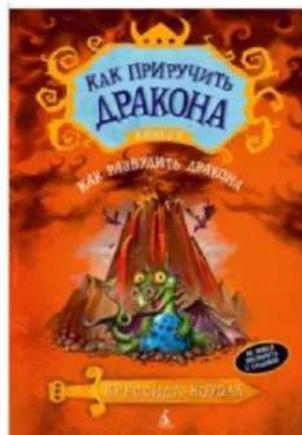
Kjelgaard Jim
BIG RED

Danny Pickett is too poor to own one of Mr. Haggin's champion Irish setters, but that doesn't stop him from losing his heart to a beautiful dog he calls Big Red. The two are drawn to each other from the start and soon become inseparable.



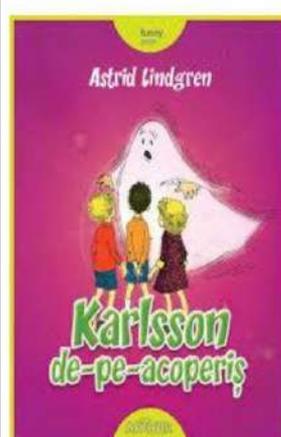
К. Д. Ушинский
РАССКАЗЫ И СКАЗКИ

В этой книге собраны самые известные произведения К. Д. Ушинского для детей. Рассказывает о том, что окружает юного читателя – о животных, птицах, временах года, о самых важных человеческих качествах.



Коуэлл Крессида
Как разбудить дракона

Далеко на западе, на острове зловещего племени Магманьяков, вот-вот пробудится Вулкан. Но не так страшен сам Вулкан, как те, кого он разбудит...



Lindgren Astrid
KARLSSON de pe acoperiș

Frățiorul știe și el bine și rezistă cu mare greutate. Până într-o zi, când pe pervazul ferestrei camerei lui își face apariția un personaj misterios. E Karlsson, un domn mititel, rotofeci și foarte hotărât și care poate zbura. Și așa, într-o casă cu o familie cu totul și cu totul obișnuită, încep să se întâmple lucruri cât se poate de neobișnuite.

Sports. Clubs and Activities

Balloon Car Race



[See more pictures here](#)

Sports. Clubs and Activities

Sports success for the Senior Boys Basketball: congratulations to the team and coach Andrei! Go Heritage!



Creative Writing Club

Elizabeth, 6E Student

HERITAGE

Hello is what I hear from Ms. Cătălina when I walk inside

Excitement is what I see when the day begins

Radiant halls where the students thrive

Inspiration is what I get from Mrs. Larisa

Trouble is what we cause

Amazing community we are surrounded by

Genius people, we now become

Enjoy your time at **HERITAGE!**



Sports, Clubs and Activities

Craft Club



School Improvement Priorities Headlines 2023-24

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
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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
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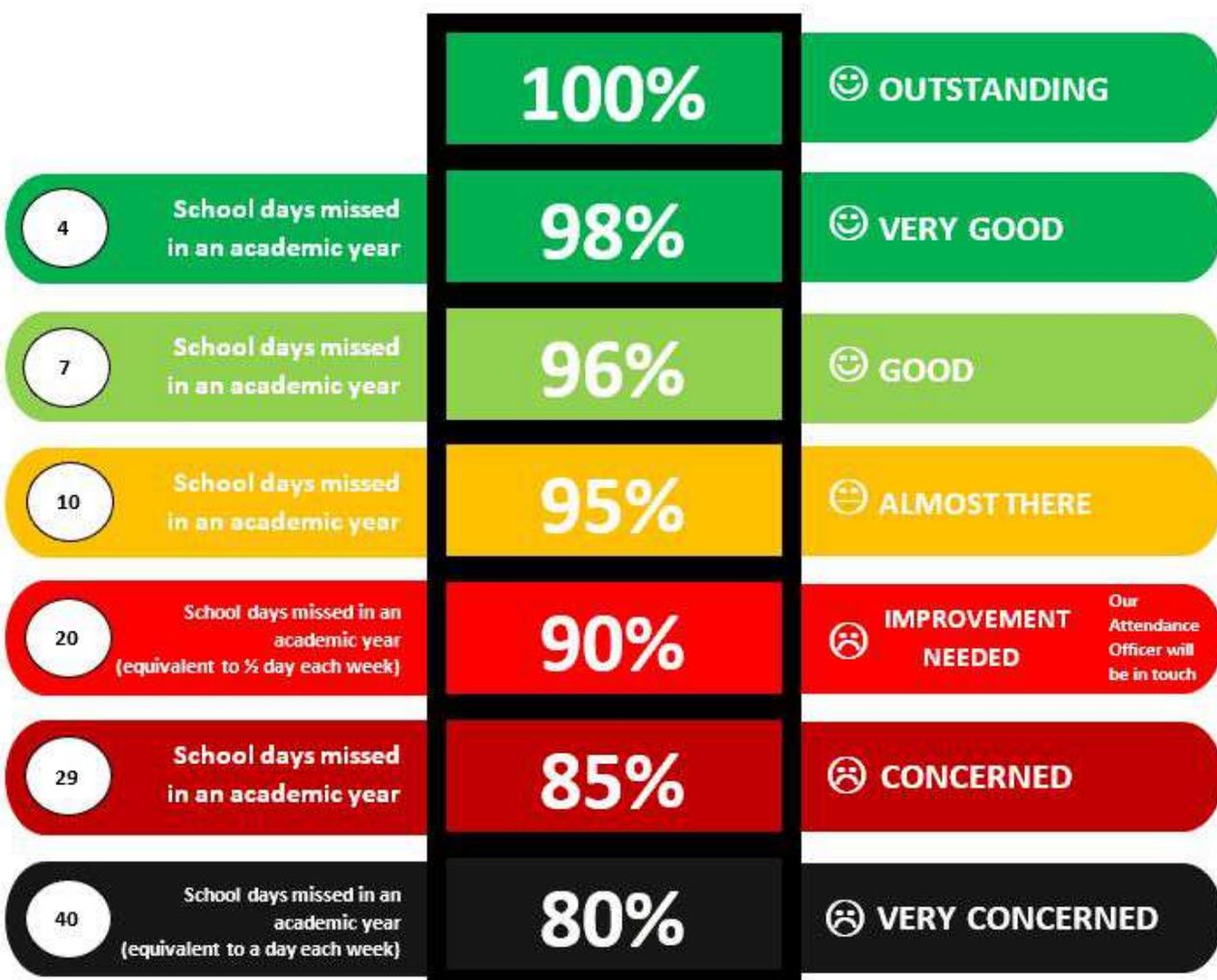
<p>Qualifications & Skills through holistic, challenging & rigorous education</p> <p>A World Class School that is outward facing</p> <p>Supporting & sharing innovation with our education communities</p> <p>Developing future leaders & global citizens linked to careers/Higher Ed</p> <p>To link the wider curriculum to the formal, daily classroom for holistic education</p>	<p>Our ethos and values as an international school permeate everything we do in our school culture</p> <p>To recruit and retain the best people and to invest in skills and leadership for the future</p> <p>To have a clear focus on CPD & Appraisal that develops all staff in our schools</p> <p>To have an organisation that wants ideas and individuals.</p> <p>An effective quality assurance system.</p>	<p>We are a school people want to align with & be part of our community</p> <p>Our communities working with us for all students</p> <p>To continue to find ways to engage and bring all our communities together</p> <p>Recognising that there is no "typical Heritage student" in our communities, remaining responsive to all Heritage families</p> <p>To ensure any partnership is reciprocal & benefits our education model, ethos & values</p>	<p>Our education is about substance not gimmicks</p> <p>We continue to develop as a unique, innovative international school in Moldova</p> <p>We build on our legacy but we look outward and forward for our education, not backwards.</p> <p>We embrace these aspects as part of our mission to prepare for the future</p>	<p>To continue to meet and adapt to the anticipated challenges of the 2020s with success</p> <p>Our organisation is held against the highest standards of a World Class school delivering international education</p> <p>Our duty of care is for a safe, happy and caring environment for all students</p> <p>Our organisation operates effectively and efficiently based on structure, systems and policies</p>	<p>Diversity, equality, kindness, respect, global citizenship, trust, honour, leadership, social responsibility, are the hallmark of our education</p> <p>Our teachers, staff and community uphold these values and we live them daily in our school culture</p> <p>To continue our success in bringing the World into classrooms daily for all.</p> <p>A focus on celebrating key moments in education & school life</p>
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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



School Information

Parking at school

We respectfully request parents to use the designated parking lot on the left side of the school (opposite UTM) to park your vehicles. Parking in front of a school, especially during peak hours, creates traffic jams and affects public transport.



May activities:

May will be an eventful month , please check the schedule changes for May:

1st of May - public holiday (day off)

2nd-3rd of May (days before Easter vacation) - school day will end at 15:00

4th-13th of May - **Easter vacation**

18th of May - Sports Day (Saturday, 8.30-12.00, more detailed information will be sent in advance via email)

27th-30th of May - (days before summer vacation, school day will end at 15:00)

30th of May - International Day

31st of May - the last school day, class activities with homeroom teachers, school day will end at 12:00



Dress code reminder from the Head of Pastoral Care and Student Support Service

This is a good time to remind of our school's dress code policy as we move into spring and summer clothes. We respectfully ask that male students wear plain black fitted shorts (gym/sport shorts are not suitable) or trousers with short sleeve uniform T-shirts. This outfit is comfortable in increasing temperatures and maintains school learning environment and respect for others.

In the same way, we request that our female students wear skirts that follow our policies about uniformity. While we respect everyone's personal style, it's important to remember that our uniform policy is based on comfort and modesty, not on the latest fashion trends. In an effort to maintain the high standards that we hold dear, we respectfully request that skirts be of a reasonable length, avoiding miniskirts.

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Casual Uniform

Mandatory on every day

Girls :

- ▣ Polo shirt with short sleeves
- ▣ Polo shirt with long sleeves
- ▣ Skirt with pleats
- ▣ Cardigan
- ▣ Vest
- ▣ Jeans trousers



21

Casual Uniform

Mandatory on every day

Boys :

- ▣ Polo shirt with short sleeves
- ▣ Polo shirt with long sleeves
- ▣ Cardigan
- ▣ Vest
- ▣ Jeans trousers



[See more pictures here](#)

School Information

Lost and Found Reminder

We'd also like to stress how important it is to put your child's name on every piece of clothing. Numerous unidentified uniform components have accumulated in our lost and found section as the academic year draws to a close. Clear labeling helps us quickly and easily return lost items to their owners.

We tremendously appreciate your cooperation in adhering to these guidelines and ensuring that uniform items are appropriately labeled. We can keep the school a good place for everyone to learn and feel encouraged if we all work together.



CHIPS SUMMER CAMP for young learners

ENGLISH IMMERSION SUMMER CAMP to energize your child with a strong interest in learning and exploration. In addition to the program, you can take extra comfort in knowing that CHIPS will also provide:

- Excellent teacher-to-child ratios: **1 teacher for every 6 children** for the 3-4 years older, and 1 teacher for every 7-8 children for the 4-7 years older.
- English Immersion Program. Language Absorption
- **Thematic Weekly Program**
- **Fun and Interactive Field Trips**
- Nutritious meals prepared by our professional in-house chef.

We'll be operating:

- from **June 17 - August 16**;
- **Nine weeks**;
- *Five-days-per-week Monday through Friday*;
- from **08:00 to 15:00**
- *After School Program available*

Our staff will work tirelessly to provide the safest and highest quality camp experience possible.

We kindly ask that you to sign-in for the ENGLISH SUMMER CAMP 2024 by completing the **Enrollment Form for Summer Camp**, here: <https://form.jotform.com/220722528752354>

This is a popular program which fills up quickly. Please note that space is limited and offered on a first come, first serve basis.

Additional to the enrollment form, please submit the following:

1. Birth Certificate
2. ID of one of the parents
3. Physician Statement (attached)

Costs:

The cost of ENGLISH SUMMER CAMP will be **1497 Euro, or 189 Euro** by week.

Payment may be made by bank transfer (bank details attached), credit card and/or cash.

An advance payment is needed to confirm the presence in the Program by the middle of May.

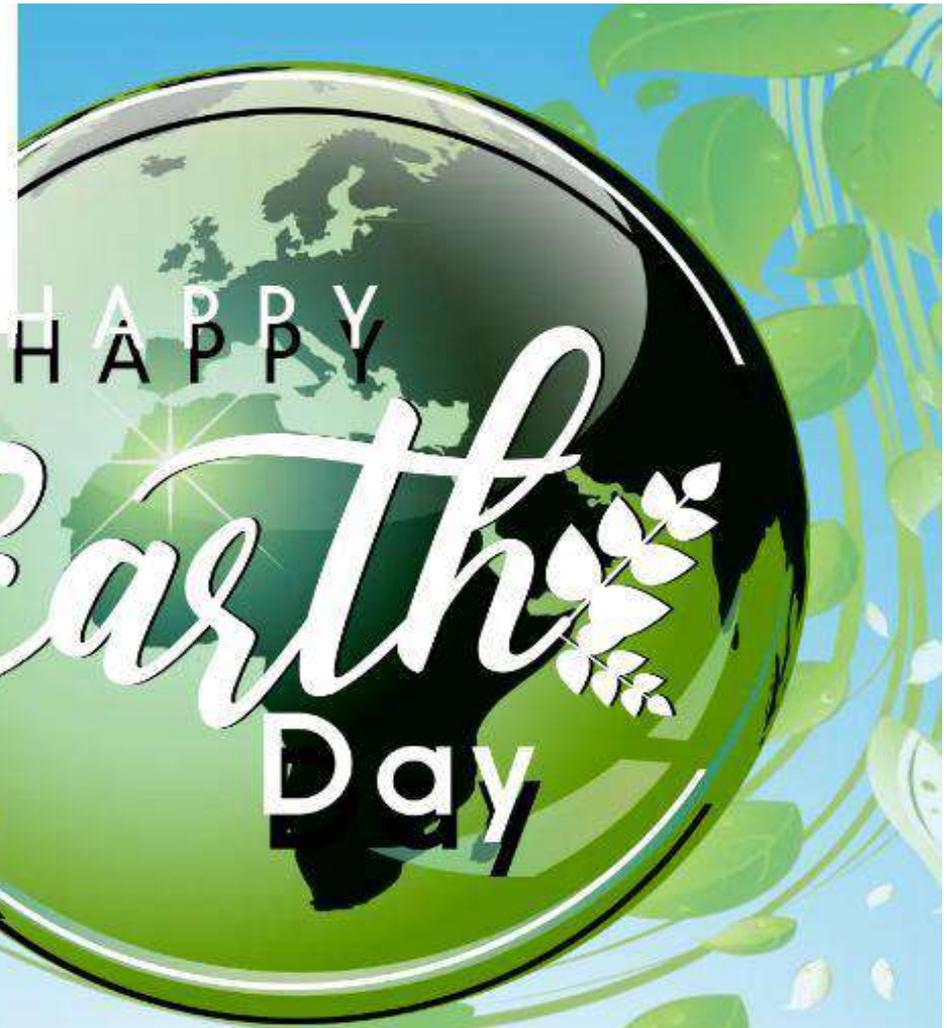




April 15-22, 2024

ECO POSTER CONTEST
BE COOL, BE GREEN

**Make a poster on any environmental
topic and urge your friends to make
eco-friendly choices**



BE COOL, BE GREEN

APRIL 22, 2024

**YOU CAN MAKE A
DIFFERENCE**



FLOWER PHOTO CONTEST

APRIL 7 - APRIL 22

Participants: Heritage students
Maximum 5 photos

Send photos taken in spring 2024 to
rodica.pruteanu@heritage.md



HERITAGE
International School

Action for Happiness Calendar

Active April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening
8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS Happier · Kinder · Together

Key Dates

22nd April 2024	Earth Day	15th May 2024	International Family Day
23rd April 2024	World Book Day/Shakespeare Day	17th May 2024	eTwinning Day 2024
23rd April 2024	UN English Language Day	13th-18th May 2024	Heritage Sport Week/Heritage Chess Championship
3 May 2024	A Level Mindset Day	18th May 2024	Heritage Sports Day
4-13 May 2024	Easter Break	20th-24th May 2024	Outdoor Classroom Week
13th-20th May 2024	World Mental Health Week	27th May 2024	Heritage Founders' Day

[See the Academic Calendar here](#)

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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Catering services:

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Admission:

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Exam officer:

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Pastoral Care:

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National Secondary Coordinator:

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Head of Lyceum:

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Absences:

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Governors:

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English language courses for children and adults:

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