



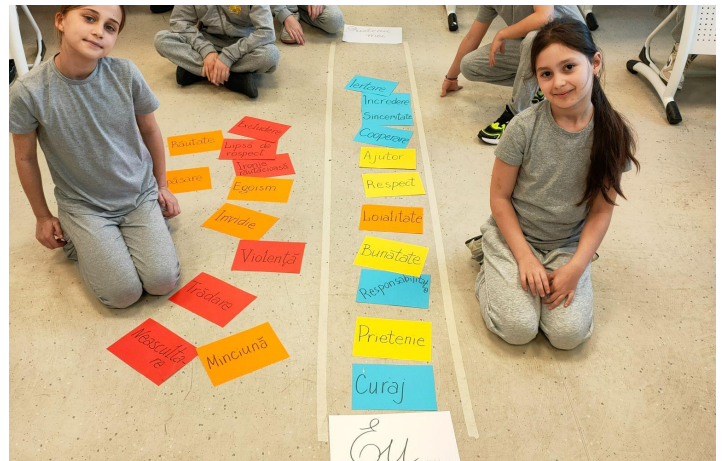
THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ Our spring has come at last with the soft laughter of April suns and shadow of April showers. ”

Byron Caldwell Smith



WHAT'S NEW?

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Director's notes

Dear Parents and Caregivers,

Thank you as always for your ongoing support of Heritage. We deeply appreciate how supportive our community has been this term. Thank you.

This week we announced a remarkable milestone in the development of our prestigious institution. Heritage has become the first facility in the Republic of Moldova to be licensed to offer the Duke of Edinburgh's International Award. This was a daunting task undertaken by several leaders and teachers and we are proud to have come through so successfully. We will now be able to open up to the first cohort ever in Moldova for the Bronze Award.



This award is designed to significantly develop our students' sense of responsibility, compassion, skill, and resilience. In addition to so much character building it is an invaluable addition to any student's resume when applying to universities. We are excited to welcome our first cohort and invite you to learn more about this amazing opportunity.

We are also excited to soon be announcing a return to offering a Summer Camp for our students. We know many students want activities in the summer that are safe, fun, and explore even more learning. We will be offering this in the Summer and hope that many of our students will join us to combat the "summer slump" in their learning.

Finally, I would like to again encourage you to speak with your children about our redefined values of Respect, Courage, Responsibility, Excellence, and Wisdom. How do these values manifest in our daily lives? What can we do to embody these values everyday? How do the actions exemplifying these values contribute to a better community and society? Questions like this will encourage meaningful conversations and thoughtful reflection.

Thank you all again and we are looking forward to another amazing week at Heritage.

Casey M. Barnes,
Heritage Director

The Heritage 10 Golden Rules

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

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

Action for Happiness Calendar

Active April 2026

MONDAY



TUESDAY



WEDNESDAY

1 Commit to being more active this month, starting today

THURSDAY

2 Spend as much time as possible outdoors today

FRIDAY

3 Listen to your body and be grateful for what it can do

SATURDAY

4 Eat healthy and natural food today and drink lots of water

SUNDAY

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

1st - 8th April 2026	Easter Food Drive
6th-10th April 2026	Science Week
9th April 2026	Balloon Car Race
10th April 2026	Heritage Science Exhibition
22nd April 2026	Earth Day
23rd April 2026	World Book Day / Shakespeare Day

[See the 2025-2026 Academic Calendar here](#)

Heritage around the world

Heritage Becomes Moldova's First Duke of Edinburgh Award Centre

Heritage International School is proud to be the first and only centre in Moldova offering the prestigious Duke of Edinburgh's International Award. This programme challenges students aged 14–24 to engage in voluntary service, develop physical fitness, gain practical skills, and complete an adventurous journey—building confidence, teamwork, and real-world experience. We thank our dedicated staff for making this milestone possible and invite our community to celebrate the transformative potential of this globally recognized programme.



**Heritage becomes the only
Duke of Edinburgh's
International Award Centre in Moldova**

Proud to deliver



Heritage Teachers in the Spotlight: A Story of Passion and Impact

Ce face un profesor de fizică atunci când elevul lui visează să construiască poduri, orașe sau să devină pilot? Îl transformă în eroul lecțiilor de fizică. 🚀 ... [Vezi mai mult](#)



DIEZ.MD

Vitalie Cucos: „Mai importantă decât fizica este viața însăși, iar când elevii devin eroii lecțiilor pe care le studiază, fizica are sens” - #diez

Read the article at the link below: [link](#)

După 20 de ani în mediul universitar, Victoria Fiodorov a ales să aplice curriculumul Cambridge la Școala Internațională Heritage, aducând în clasă metode care sparg ti... [Vezi mai mult](#)



DIEZ.MD

Victoria Fiodorov: „Într-o lume plină de informații, gândirea critică este cea mai importantă competență” - #diez

Read the article at the link below: [link](#)

Heritage around the world

Languages as Bridges in a Divided World

In a world shaped by artificial intelligence and growing global divisions, learning languages remains essential for fostering empathy and understanding. At the 9th International Conference “Dynamics of Romanic and Germanic Languages: Trends and Innovations,” organized by Moldova State University, Deputy Academic Director Tatiana Popa highlighted that languages continue to bridge cultures, people, and opportunities.



A Journey Around the World: Unity Through Friendship

During our school assembly, we embarked on a symbolic journey around the world, where our wonderful students represented different countries by sharing greetings, traditions, and heartfelt messages, showing that beyond our differences, friendship unites us all; through verses, smiles, and emotion, they conveyed a simple yet powerful message of peace, respect, unity, and love, reminding us that although we are different, together we are stronger, and that friendship between nations begins with us.



April Story Fest

Class 3A took part in April Story Fest 2026 with great enthusiasm!

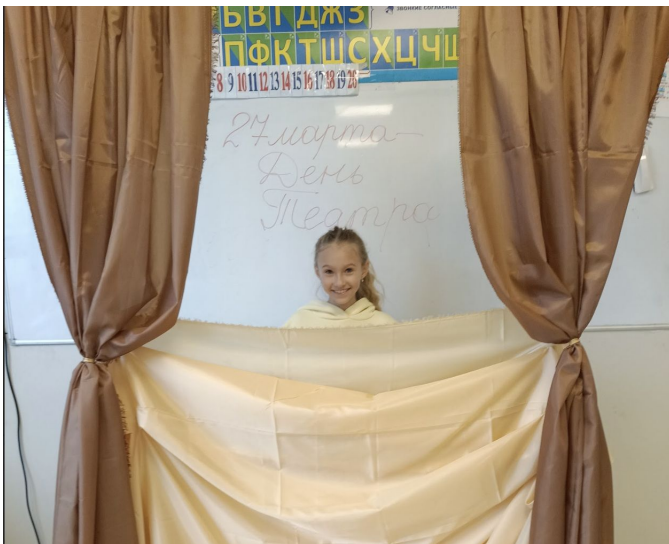
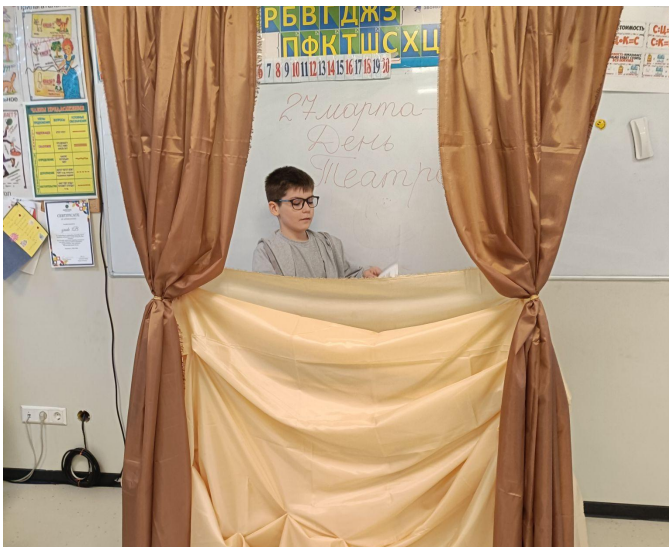
The students performed on stage the play "Făt-Frumos as a Child" and did a wonderful job. The audience's applause filled us with joy!

Congratulations to our young actors!



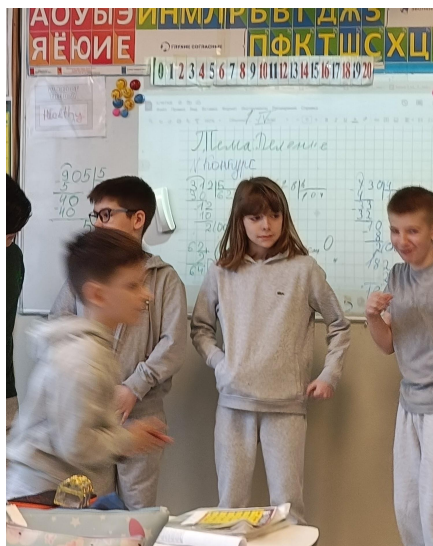
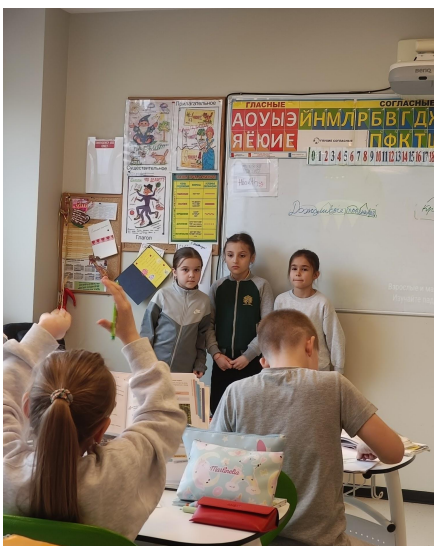
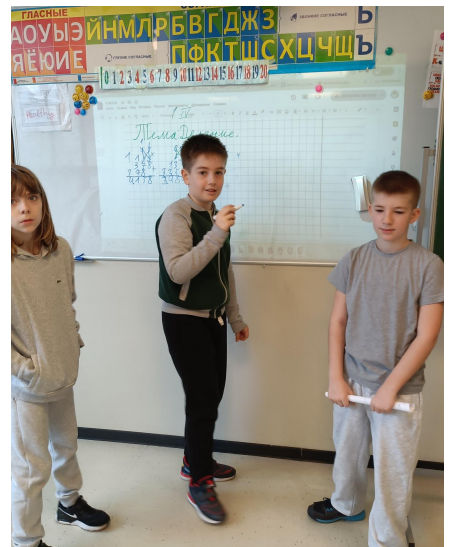
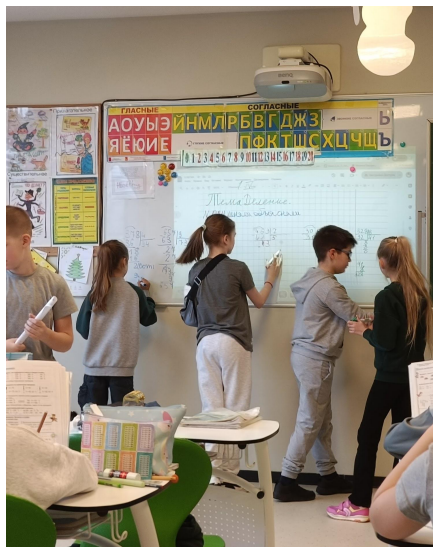
Theater Day Sparks Creativity in 3B

On March 27, Theater Day in class 3B became an extraordinary lesson in world knowledge. Students had the unique opportunity to take the stage and share interesting facts, combining learning with performance and creativity.



Students Step Into the Teacher's Shoes

As part of a cherished tradition, on this day students and teachers switch roles: I become a student, and the children take on the role of teachers. It's always an exciting and responsible experience. The students enjoy being in charge, while also realizing how much preparation and learning are required to lead a lesson. It's fascinating to watch the entire class listen attentively and behave thoughtfully when their classmates are the ones teaching.



View all materials at the link:

[link](#)

CHIPS visit to Heritage

6E proudly hosted the Raspberries from CHIPS for a series of fun and engaging activities in the Heritage Library. The students demonstrated outstanding care, consideration, and impressive entertainment skills throughout the event. Our young guests had the time of their lives, and Mrs Aliona was incredibly proud of the maturity and kindness shown by every member of 6E.



IPC activity 2E

During our IPC Unit, students explored the fascinating world of light, learning how it travels and creates shadows. A highlight of the unit was discovering how light and shadows were used to tell time in the past. Students designed and built their own sundials, placing them outside to observe how shadows changed as the Sun moved across the sky. This hands-on experience helped them understand the concept of timekeeping in ancient days while developing their observation and inquiry skills.



Easter Adventure at Petru Costin Gallery

On April 2, we visited the wonderful Petru Costin Gallery, where a special Easter-themed quest took place. Participants made their own Easter candles, made a wish, and decorated Easter candle holders. The experience concluded with everyone enjoying delicious tea and traditional bagels from an antique samovar. It was a delightful and engaging excursion for all!



View all materials at the link:

[link](#)

Spring Equinox Project: Discovering Moldova Together

On March 20, the day of the spring equinox, students created a wonderful project about Moldova. All the materials were prepared as homework, and in class, teams worked together to assemble their projects like puzzles into a complete picture; collaboration was engaging and dynamic, and the presentations were especially meaningful, as each student had a specific role and shared their part within the whole; special attention was given to the ecology of our country, highlighting the importance of protecting the future they will help build, and as seen in the photos and videos, the class worked with enthusiasm, resulting in a vibrant and thoughtful outcome.



View all materials at the link:

[link](#)

News from Primary

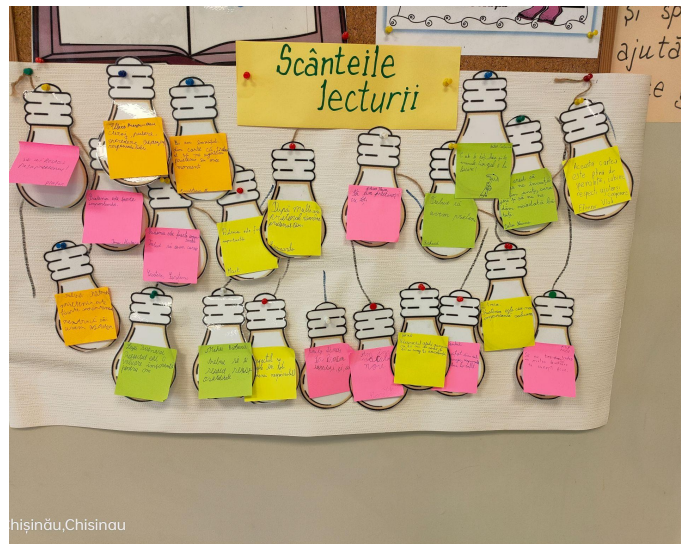
Little Actors, Big Performance!

The 1st grade students delighted their audience with a charming and emotional performance of “The Enormous Turnip,” presented to their classmates from Grade 3A. Through teamwork, expression, and enthusiasm, the young performers brought the story to life and created a memorable experience for everyone. Bravo, little actors!



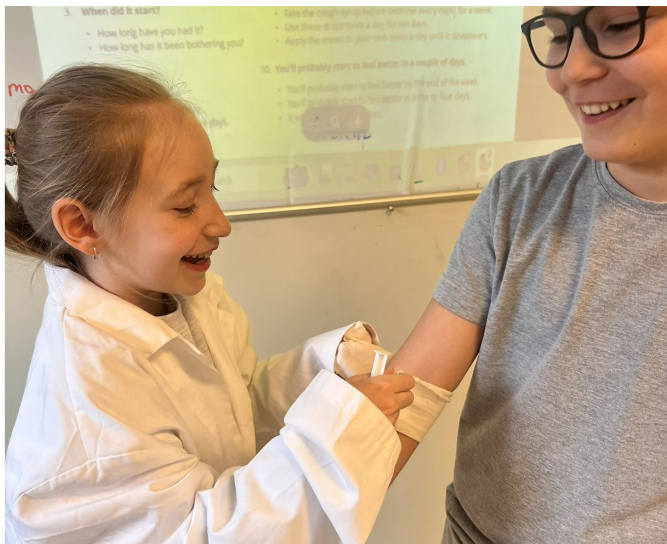
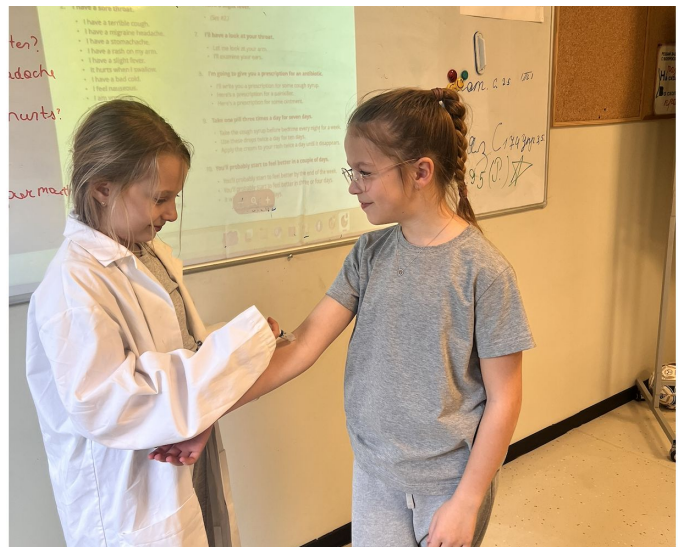
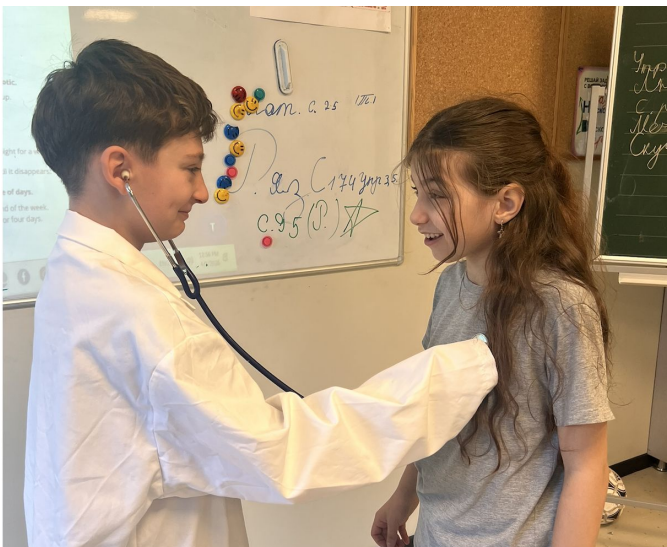
3A “The Flying Classroom”

In Class 3A, the Reader’s Contest took place, inspired by the book “The Flying Classroom” by Erich Kästner. The students engaged in interactive activities and group tasks, showing creativity and teamwork. The “Book Sparks” reflection moment highlighted valuable thoughts about courage, kindness, and friendship. A wonderful experience where reading truly came to life!



3rd Graders Step into the Doctor's Role

3rd grade students learned vocabulary related to doctors and then brought it to life by role-playing real-life medical situations. This interactive activity helped them practice language skills while having fun and building confidence.



News from Secondary

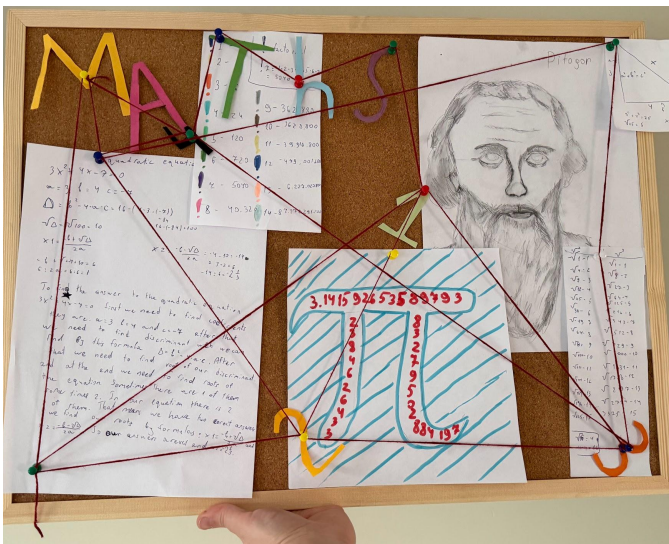
8E1 Explores the Meaning of Wisdom

Class 8E1 held an inspiring assembly focused on the theme of wisdom. Students reflected on its importance in daily life, shared insights, and discussed how making thoughtful decisions shapes character and guides us toward understanding and growth.



Celebrating Creativity and Logic: World Math Day Posters

In celebration of World Math Day on March 25, our students proudly created a series of engaging and imaginative posters that showcase both their creativity and mathematical thinking. Each poster reflects a unique concept explored by the student, highlighting not only artistic expression but also a deeper understanding of mathematical ideas. Through this project, students strengthened their knowledge while discovering new perspectives in mathematics, with every piece telling its own story of learning and exploration. We invite you to explore the posters from classes 6A, 6B, and 8A using the link below.



View all materials at the link:

[link](#)

Heritage Hosts World Scholar's Cup Regional Round

On March 27 and 28, Heritage opened its doors for the sixth time to host the regional round of the international “World Scholar’s Cup” competition. A total of 270 students from across the country competed in four events: team debates, a general knowledge quiz, an essay writing contest, and the main event – the Scholar’s Bowl. Over two exciting days filled with challenges, this year’s theme, “Are We There Yet?”, inspired curiosity and encouraged bold discussions



News from Secondary



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](#)

Key Dates

Checkpoint 2026 exam timetable (Cambridge Primary and Lower Secondary)

Monday 11 May

	Syllabus/Component	Code	Duration
P	Mathematics (Primary)	0096/01	45m
P	Mathematics (Primary)	0096/02	45m

Tuesday 12 May

	Syllabus/Component	Code	Duration
LS	English (Lower Secondary)	0861/01	1h 10m
LS	English (Lower Secondary)	0861/02	1h 10m

	Syllabus/Component	Code	Duration
LS	English as a Second Language (Lower Secondary)	0876/01	45m
LS	English as a Second Language (Lower Secondary)	0876/02	35m
LS	English as a Second Language (Lower Secondary)	0876/03	40m

Wednesday 13 May

	Syllabus/Component	Code	Duration
P	English as a Second Language (Primary)	0057/01	35m
P	English as a Second Language (Primary)	0057/02	25m
P	English as a Second Language (Primary)	0057/03	35m

	Syllabus/Component	Code	Duration
P	English (Primary)	0058/01	1h
P	English (Primary)	0058/02	1h

Tuesday 19 May

	Syllabus/Component	Code	Duration
LS	Mathematics (Lower Secondary)	0862/01	1h
LS	Mathematics (Lower Secondary)	0862/02	1h

Wednesday 20 May

	Syllabus/Component	Code	Duration
P	Science (Primary)	0097/01	35m
P	Science (Primary)	0097/02	35m

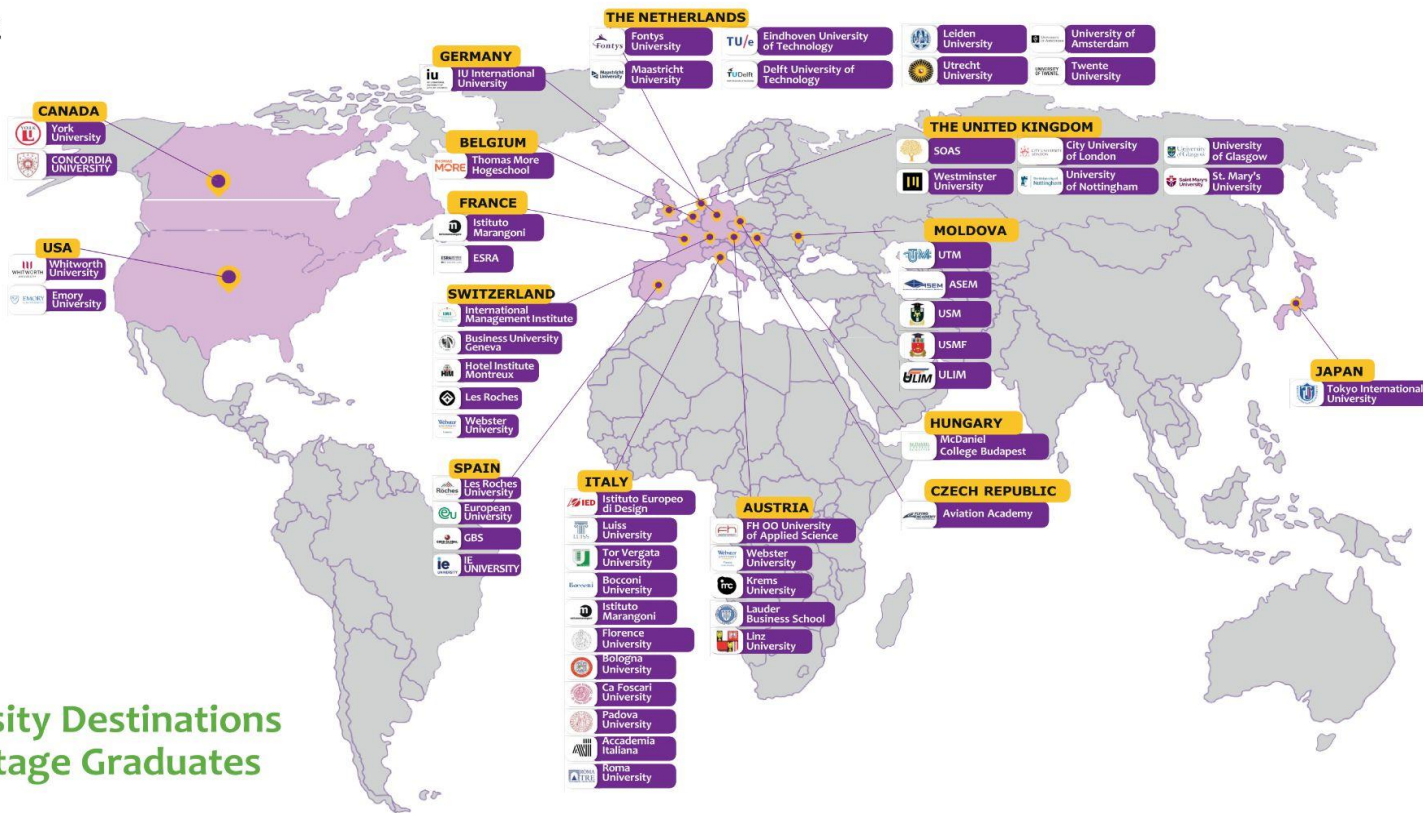
Thursday 21 May

	Syllabus/Component	Code	Duration
LS	Science (Lower Secondary)	0893/01	45m
LS	Science (Lower Secondary)	0893/02	45m

[Cambridge Exam Timetable May-June 2026](#)

Student Leadership

University Destinations



University Destinations of Heritage Graduates

Student Leadership

Heritage Globe newspaper - autumn /winter edition

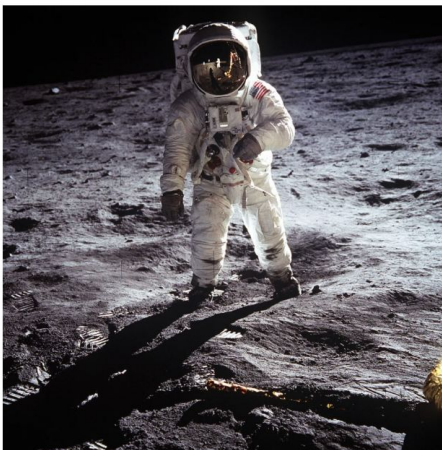
We are pleased to share the latest edition of Heritage Glob, now available to read online. Access it here: [Heritage Globe](#)



Heritage Globe

Welcome to the Heritage Globe Autumn-Winter Edition of the academic year 2025-2026.

Heritage Globe Articles



Space exploration: A waste of money or humanity's future?

by Oryna Danyliuk



Can art be immoral, and what does that mean for the audience?

by Iana Zorilo



Zaha Hadid: Dared To Dream Beyond The Ordinary

by Anonymous

[Read More](#)

Student Leadership

National Physics Competition for Girls

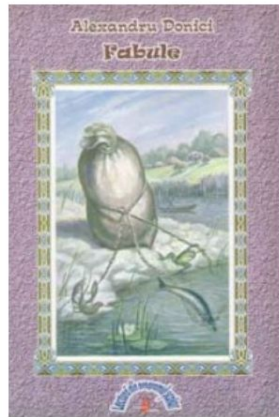
Congratulations to 6th grade student (Class A), Stefania Gobjila, who participated in the National Physics Competition for Girls held at the Technical University of Moldova on March 6–7, 2026, and was awarded 3rd Place – Bronze Medal.

We also congratulate Cristina Berzan, 8th grade (Class A), who took part in the same competition and received an Honorable Mention.

Well done to both students, and we wish them continued success in the future!

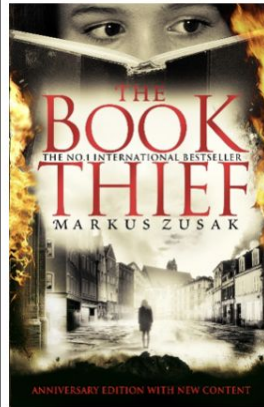


EMINESCU LIBRARY BOOKS RECOMMENDS



**ALEXANDRU
DONICI
Fabule**

Faburile lui A. Donici reprezintă o operă clasică a literaturii române, concentrându-se pe critica moravurilor sociale prin intermediul alegoriei animale, influențate puternic de Krîlov și La Fontaine. Temele includ lăcomia, mândria și viclenia, folosind un

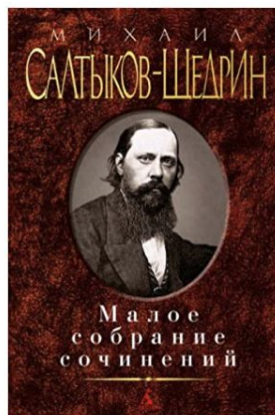


**MARCUS ZUSAK
The book thief**

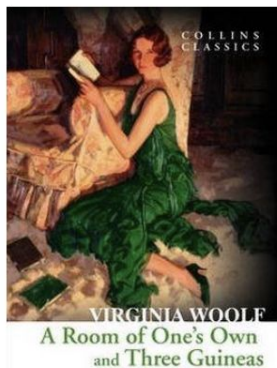
At her brother's grave, Liesel's life is forever changed when she picks up a single object, abandoned in the snow. It's The Gravedigger's Handbook, and it's her first act of book stealing. Thus begins Liesel's love affair with books, and soon she's stealing from Nazi book burnings... wherever

**МИХАИЛ
САЛТЫКОВ
ЩЕДРИН
Малое собрание
сочинений**

Писатель глубоко чувствует скорбь своего времени и при этом пробуждает в других смех. Бесправие и произвол правителей, ж и з н е н а я беспросветность, над этим смеется читатель его романов и сказок. Бичуя пороки, обличая ложь и нравственный упадок в эпохи «великих реформ»,



**ANDREEA RUSSO
Fata cu vise alb negru**
Mia este o pianistă remarcabilă. Toți îi prevăd un viitor frumos până în ziua în care dispare fără nicio urmă, în drum spre casă. Timp de 24 de ani nimeni nu o poate găsi. Ce s-a întâmplat?
O viață blocată între vis și realitate, un mister pierdut în timp, un detectiv ce taie răsufarea și ne obligă să ne întrebăm cine sunt cu adevărat oamenii din jurul nostru..



**VIRGINIA WOOLF
A Room of One's Own
and Three Guineas**
This volume combines two inspirational, witty, and urbane essays from one of literature's preeminent voices; collectively they constitute a brilliant and lucid attack on sexual inequality. The essay is seen as a feminist text and is notable for its argument in favor of women writers within a



**АНТОН ЧЕХОВ
Рассказы и повести**
Писатель- короткого рассказа и глубоких психологических повестей. Собранные произведения лаконично описывают обыденную жизнь, обнажая социальные пороки, духовную пустоту или тоску. Характерны тонкий юмор, переходящий в сатиру и драматизм

For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



Introducing our safeguarding team

What is the role of a safeguarding team?

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

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

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

MEET the Safeguarding Team

Keeping you safe is our No. 1 priority!

We are here to help!

LARISA MİRZA
DSL 1
Head of Pastoral Care & Student Wellbeing

INGA CHIOSA
DSL 2
Academic Director

ADRIANA BUJAG
DEPUTY DSL
Head of Primary

TATIANA POPA
DEPUTY DSL
Head of Secondary

DORINA CALINOVSCAIA
DEPUTY DSL
Head of Lyceum

IF YOU ARE WORRIED, SPEAK TO A TRUSTED ADULT!

New QR Code—"Make the Good Visible" (Report Positive Actions)

Dear students and parents,

Every day, wonderful things happen in our school. We're launching a new QR code to make it easy to share and celebrate those positive moments.

What it's for:

Use the QR code to report kind, caring, or inspiring actions you see—from simple acts of kindness to examples of respect, teamwork, or helpfulness.

This form is not for incident reporting; it's a way to notice and celebrate what's going well. Safeguarding includes promoting belonging, kindness, and respect.

How to use it:

*Scan the QR code (found around school and in communications) or follow this link:
<https://forms.gle/a32gzdHMXRUSqPX76>*

Complete the short form with details of what you saw and who was involved.

Submissions will be reviewed and used to recognize positive behavior across our community.

Why it matters:

Celebrating positive actions helps build a safer, more supportive school where everyone feels valued.

Your contributions help staff identify and reinforce the behaviors that make our school better every day.

Thank you for helping us "Make the Good Visible." Please encourage students to share the positives they see

Make the Good Visible – Positive Action Report

Every day sparkles with WONDERFUL moments.
Let's CELEBRATE what makes us strong!



SPOT THE GOOD

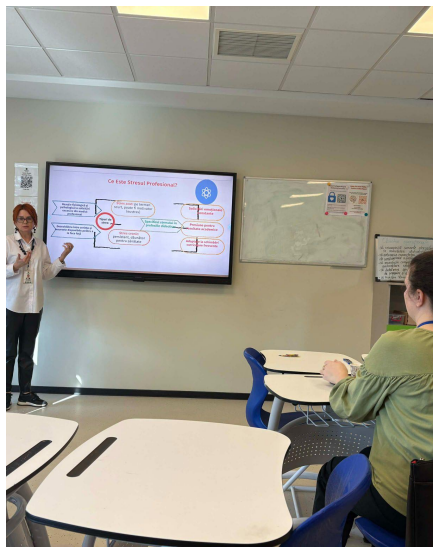
Scan and share:

Let's make the good visible!

**Reports can shine a light on what's working—
Let's CELEBRATE it!**

Teacher Wellbeing: Preventing Stress and Burnout in the Educational Environment

Today, our Head of Pastoral Care and Student Wellbeing led a practical training session on simple wellbeing practices and their impact on classroom culture. Staff explored how to recognize risk factors, practiced stress-prevention strategies, and used the Wellbeing Cube technique—clear, usable approaches that promote calm and resilience. We were reminded that teaching is a transfer of energy: a calm teacher builds trust, an encouraging teacher fosters courage, and a balanced teacher nurtures lifelong learners. These small steps will quietly shape daily routines and help create a kinder, more supportive school community.





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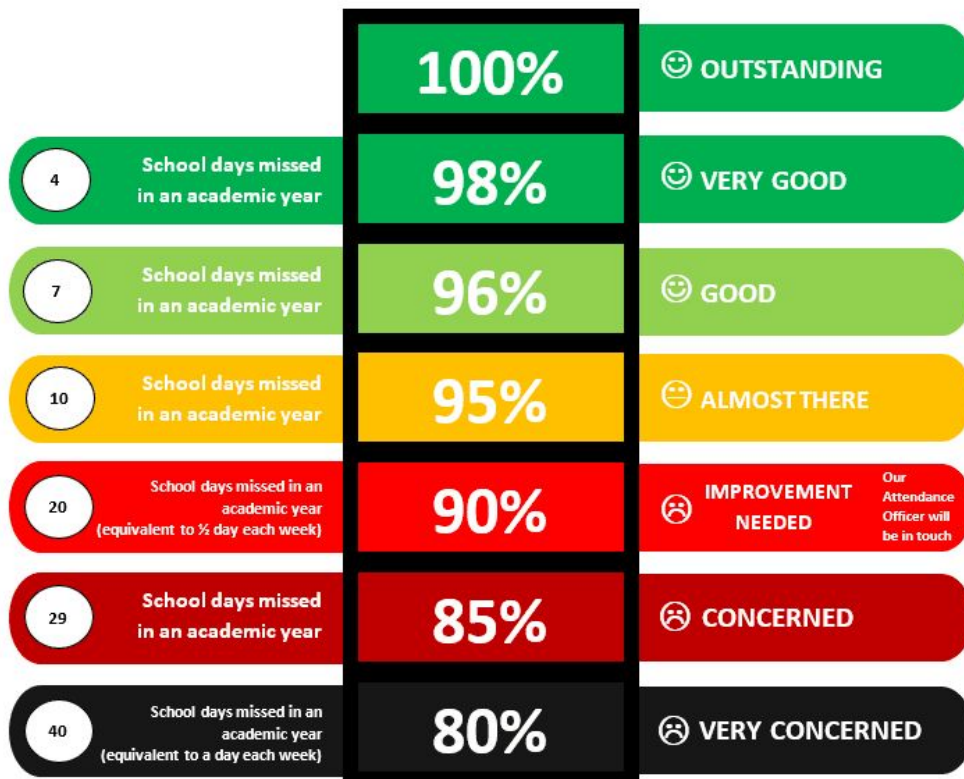
www.gcsepod.com

School Information

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

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

Attendance Ladder



Attend Today, Achieve Tomorrow!

Attendance Matters!

Students with good attendance...

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

Students at all levels experience less stress with good attendance!

MAIN CONTACTS

Social Media:

[facebook](#)

[instagram](#)

[twitter](#)

[linkedIn](#)

Contact us:

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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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