HERITAGE
International School

February 14, 2025

THE INTERNATIONAL HERITAGE HERALD

THOUGHT FOR THE WEEK

"February is the perfect time to plant the seeds of gratitude and watch them bloom throughout the year."

Sarah Ban Breathnach

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Director's notes

What could be the most challenging and at the same time the most rewarding job? Definitely teaching: your students' growth and achievements in and out of the classroom make you feel proud of them and feel fulfilled, so you are always involved in professional development to modernize the ways we teach new generations and shape strong personalities. I have been honoured to be part of the Heritage Leadership team since 2017 and it has been a great experience of leading the team of highly qualified and dedicated teachers. We are in the middle of February and every Heritage week is so dynamic, filled with a variety of activities and moments we create. We have passed the halfway point of the academic year and each of the Middle and Senior Leaders work together coordinating efforts to improve outcomes for all students and assure a positive learning environment. It is a shared responsibility and our Heads of Primary, Secondary and Lyceum, regardless of the differences between their specific roles, effectively provide guidance and support to staff, students and the school community as a whole.

This year February tends to be the coldest months and it can be a dark time, but our February has already brought so many reasons to celebrate: well organised Online Safety week activities providing our students with extremely important knowledge, the growing success of our new basketball team and young chess players, great experience shared by our MUN delegation and traditional Read Aloud Day and Grigore Vieru's anniversary celebration. Students are eager to get involved in Literature Week activities and teachers are already planning field trips and outdoor activities for the forthcoming weeks, our exam classes get ready for May/June series and our AS/A Level students work on their university admission.

We thank our parents community for their trust and support, and we are glad to hear that the students are happy to come to school and it is really appreciated when we learn that the possibility of joining Heritage was one of the reasons to move to Moldova. At the same time, we would like to remind that it would be important to register the second or the third child in advance, the number of places is limited and most of Grade 1 places for the next academic year have been booked (sometimes 1-2 years in advance), moreover, there are waiting lists for newcomers.

February also brought the wonderful news that Mrs. Cristina Ungureanu, our Maths teacher is a proud mother of a baby boy. Congratulations from all of your colleagues and students! Our February was a nice occasion to be thankful for our family, friends and colleagues, and send them a Valentine message to let them know that they matter, on Thursday and Friday we could see a lot of students leaving school carefully carrying the cards they made for the family members, colouring the cold grey day with those red and pink hearts.

We have 2 weeks before Spring vacation, I am confident that the forthcoming weeks will be a wonderful bridge to spring, another 2 weeks full of unique learning and personal experience

The Future starts here.

Inga Chiosa
Acting Director.

COBIS Conference for Bursars, Business Managers and HR Staff"

Tatiana Arnăutu, Chief Operating Officer and Marina Bilivskaia, Chief Finance Officer at Heritage, attended the "COBIS Conference for Bursars, Business Managers and HR Staff" held on January 29-30 in London, UK!

Ms. Bilivskaia spoke within the "Planning for unexpected" panel, while other speakers addressed topics related to recruitment, the use of artificial intelligence, opportunities, risks, student safeguarding and more.

The event consists of sessions, panels and round tables focused on the training of staff working in the financial and human resources departments of international schools.Such meetings are a very good way to exchange experience between international schools from all over the world.

Kingsford Community School welcomes school leaders from Moldova

As part of our ongoing commitment to enriching our pupils' learning through global collaboration, Kingsford Community School was delighted to welcome school leaders from one of our partner schools, Heritage International School in Moldova, on Thursday 30th January 2025. We had the pleasure of hosting Miss Tatiana Arnautu, Chief Operating Officer, and Miss Marina Bilivskaya, Chief Financial Officer for a day of school tours and valuable exchange of best educational practices.

View all materials at the link: ***link***

Heritage team took part in COBIS schools PLISMUN conference

Heritage MUN club team led by Ms. Emily Morgan and Ms. Kayla Draheim took part in the annual Model United Nations conference hosted by Park Lane International School in the wonderful city of Prague. The conference was open to the students aged 13 - 18, targeted at both Model UN debutants and seasoned debating veterans from around Europe and the world.

The conference was student-led, with a passionate team of high-school MUN enthusiasts paving the way for several days of quality debate to ensure that all attendees develop skills and experience that will last a lifetime. The successful participation required hard work within 3 month before the conference and inspires Secondary student to take part in extra school activities broadening the spectrum of knowledge and becoming well-rounded global citizens

COBIS schools PLISMUN conference

Articles/Stories of Interest:

1

Debunking Cybersecurity Myths: A Fresh Start for 2025

link

2

"What is the Online Safety Act and how can you keep children safe online?

link

3

Self-care for Students: The Benefits of Gratitude

link

4

How Using Social Media Affects Teenagers

link

5

Teaching Kids About Giving Back

link

6

The Magic of Flowers: Why Flowers Make Us Happy

link

7

Why it's so important that children get outside in the winter months

link

8

Concert in the Dark,the Organ Hall, February 23

link

9

Celebrating Dragobete, Moldova's day of love

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.*

2E English project- The Robotics of Tomorrow

During the Computers and Robots Unit in English, the 2E students were tasked to build a robot and explain its functionality. The students acquired new vocabulary words such as sensors, lidar, radar, microphone, camera, wheels, data and program. They were able to explain how each of these control systems help the robot adapt and interact with its environment.

2B – Group Project on Knowledge of the World

The project involves a group of students or participants working together to research, study, and present findings about various facets of the world.

A Week of Ocean Exploration with Our Aquatic Friends

This week, our preschoolers embarked on an exciting journey through the world of marine life, discovering and learning many fascinating facts about the lifestyle of various sea creatures. Through verbal games, interactive physical activities, educational tasks, and math exercises, the children explored the ocean, all while engaging with their aquatic friends. It was a fun-filled week of learning and play, fostering curiosity about the underwater world!

View all materials at the link: *link*

Valentine's Day in 1E

Valentine's Day in 1E was filled with love, laughter, and lots of fun! The children enjoyed rotating through exciting stations like Cupid's Arrow, Valentine's Dice, Bingo, and Valentine's Design. It was a wonderful opportunity for them to practice patience, take turns, and work together—because isn't that what love is all about?

Grigore Vieru 90th anniversary

We are honored to celebrate the 90th anniversary of our national poet, Grigore Vieru, through a remarkable collaboration between educators from Cambridge and the National Pathway—Valentina Carmazan (4A), Lilia Diordiasenco (4B), and Larisa Mîrza (6E)—alongside esteemed Romanian teachers Nastas Svetlana and Marcela Nichifor.

On February 14, students paid tribute to Vieru's legacy by sharing moving biographical insights, reciting his most beloved verses, and reflecting on his profound words. Their creativity came to life through beautifully illustrated poetry posters, while the soul-stirring melodies of the flute, inspired by Vieru's work, added a musical element to the celebration.

This event showcases literature's enduring power in education and the beauty of cross-cultural collaboration. In a constantly changing world, poetry continues to shape young minds, fostering empathy, imagination, and a deeper connection to language. What do you think is poetry's greatest gift to the next generation?

View all materials at the link: *link*

Grigore Vieru 90th anniversary- Video

3B Explores Natural Zones and Celebrates World Read Aloud Day

Post office Field Trip 1E

The children of 1E had a wonderful opportunity to visit the Central Post Office! They got the chance to enhance their knowledge on how to write postcards, explore fascinating stamp collections, and discover more about the postal system. This hands-on experience helped them understand the importance of communication and history in a fun and engaging way. What a great way to connect learning with the real world!

World Read Aloud Day (4B)

4B held a wonderful event dedicated to World Read Aloud Day. We invited parents who shared stories about their favorite childhood books. It was fascinating to learn what our moms and dads used to read when they were little. One of the most memorable moments was the presentation by my student, Semion Sanalatii, who introduced a book written by his great-grandfather, the writer Vitaly Parfenov, titled "Мишка - Мореход". At the end of the lesson, we shared our impressions and came to the conclusion that books remain an important part of our lives, bringing generations together.This event showed us how valuable reading is and the role books play in the lives of people from different generations. We realized that books not only help us learn new things but also allow us to feel connected to the past and our family's history. Reading aloud helps preserve traditions, share emotions, and inspire each other to make new discoveries.

View all materials at the link: ***link***

Exploring the Habitats

Primary kids exploring ecosystems and habitats. Team work makes the dream work!

Amazing Paper Chain Challenge

Students from 2A had a STEM challenge: Who can make the longest paper chain from a single piece of paper? Sounds to easy! Or does it? Since it's Valentine Day, students were given a sheet of red paper. For 15 minutes, they worked. And at the end, measuring and comparing who created the longest chain! Give it a try!

2B: Integrating Mathematics and the Arts

2B explores the fascinating intersection of mathematics and the arts. Discover how mathematical principles influence artistic expression and the creative process.

View all materials at the link: ***link***

1st to 3rd Graders Learn Safety and Responsibility at INSP

After visiting the National Public Safety Inspectorate (INSP), students from classes 1A, 1B, 2A, and 3A gained valuable insights into safety, traffic rules, and civic responsibility. They learned the basic rules for pedestrians, cyclists, and passengers, as well as the importance of respecting traffic signs and signals. The students discovered how police officers work to prevent accidents and the technologies used for traffic monitoring, such as radars and surveillance cameras. They also had the chance to interact with officers, see the equipment and vehicles used during missions, and learn about the patrol horses. This experience helped them understand the importance of responsibility in society and will encourage them to be more aware and engaged in following safety rules!

View all materials at the link: ***link***

Math Tournament in 2B. Three teams – three prize-winning places. All fair and square!

6E Students Explore Buoyancy with Floating Boat Experiment

In an exciting hands-on experiment, students from 6E were tasked with building their own boats and testing their buoyancy by adding marbles inside. The experiment allowed students to explore the principles of buoyancy and how the weight and design of an object affect its ability to float. It was a fun and educational way to learn about science while engaging in creativity and problem-solving!

Safer Internet Day

Mrs Cristina Jovmir explained clearly to primary students about online safety rules.

Week 22 Gymnasium & Lyceum Assembly - Online Safety Week

Please read it together with your homeroom teacher!

If you experience any problem, regarding online safety (phishing, scamming, cyberbullying, etc - please contact:

6th Graders Create Educational "Treasure Chests" with Stories

The 6th-grade students from class A have completed studying the theme 'Popular and Cult Tales.' At the end, they created interesting educational products: treasure chests with stories.

View all materials at the link: ***link***

Students Honored with Diplomas for Recital Celebrating 175 Years Since Eminescu's Birth

The students who participated in the recital dedicated to the 175th anniversary of M. Eminescu's birth have received their diplomas. Congratulations to all the participants for their outstanding performances!

Exploring the Parts of a Circle: A Creative Project by 6th Graders

Miss Galina Cristian's 6th-grade Cambridge Maths class recently embarked on a hands-on project to explore the parts of a circle. From radius and diameter to sectors and arcs, the students creatively represented these mathematical elements through vibrant designs and innovative ideas. Using themes like lollipops, pizzas, and more, they brought the circle to life, making their learning process both engaging and educational. This fun approach not only deepened their understanding of geometry but also made math a truly enjoyable experience!

Learning to Measure Angles in Mathematics

This lesson focuses on understanding and measuring angles, an essential concept in geometry. Students will learn how to use a protractor to measure angles in degrees, recognize different types of angles (acute, right, obtuse, and straight), and explore real-life applications of angles.

access

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

Leadership and brand making as a key to professional success with Goran Yordanov, the Regional Director of Central Europe and Nordics Glion and Les Roches, Switzerland.

Teamwork = Dreamwork

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News from Secondary

Mark Hatton, the Regional Director of Webster University is coming to Heritage International School to present the benefits of studying on an American Curriculum: Webster University / Webster Geneva Campus.

He speaks about the programmes available at Webster University's European campuses in Switzerland, Austria and the Netherlands. He will share the advantages of American educational system as well as how to get the links with the industry.

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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

Cambridge Mock Exams & Checkpoints

Exam Timetable of Cambridge International Primary Checkpoint : 6E

Tests Series: May 2025

Date	Session	Start Time	Cambridge Primary (Y6E)	Duration
7 April (Monday)	AM	9:00 AM	Cambridge Primary English (1958) Paper 1: Written test (non-fiction)	60 minutes
	PM	12:00 PM	Cambridge Primary English (1958) Paper 2: Written test (fiction)	60 minutes
9 April (Wednesday)	AM	9:00 AM	Cambridge Primary Maths (1996) Paper 1: Written test (Non-calculator)	45 minutes
	PM	12:00 PM	Cambridge Primary Maths (1996) Paper 2: Written test (with calculator)	45 minutes
11 April (Friday)	AM	9:00 AM	Cambridge Primary Science (1997) Paper 1	35 minutes
	PM	12:00 PM	Cambridge Primary Science (1997) Paper 2	35 minutes

Exam Timetable
Cambridge International Lower Secondary Checkpoint - 9E

Tests Series: May 2025

Date	Session	Start Time	Cambridge Lower Secondary (9E)	Duration
7 April (Monday)	AM	9:00 AM	Cambridge Lower Secondary English (0861) Paper 1: Written test (non-fiction)	1 hour and 10 minutes
	PM	12:00 PM	Cambridge Lower Secondary English (0861) Paper 2: Written test (fiction)	1 hour and 10 minutes
9 April (Wednesday)	AM	9:00 AM	Cambridge Lower Secondary Mathematics (0862) Paper 1: Written test (Non-calculator)	60 minutes
	PM	12:00 PM	Cambridge Lower Secondary Mathematics (0862) Paper 2: Written test (with calculator)	60 minutes
11 April (Thursday)	AM	9:00 AM	Cambridge Lower Secondary Science (0893) Paper 1	45 minutes
	PM	12:00 PM	Cambridge Lower Secondary Science (0893) Paper 2	45 minutes

Cambridge Mock Exams & Checkpoints

Exam Timetable
Cambridge International Lower Secondary Checkpoint - 8A and 8B

Tests Series: May 2025

Date	Session	Start Time	Cambridge Primary (8A/B)	Duration
7 April (Monday)	AM	9:00 AM	Cambridge Lower Secondary English as a Second Language (0876) Paper 1: Reading and Usage	45 minutes
	PM	12:00 PM	Cambridge Lower Secondary English as a Second Language (0876) Paper 3: Writing	40 minutes
8 April (Tuesday)	AM	9:00 AM	Cambridge Lower Secondary English as a Second Language (0876) Paper 2: Listening	approx. 35 minutes
9 April (Wednesday)	AM	9:00 AM	Cambridge Lower Secondary Mathematics (0862) Paper 1: Written test (Non-calculator)	60 minutes
	PM	12:00 PM	Cambridge Lower Secondary Mathematics (0862) Paper 2: Written test (with calculator)	60 minutes
11 April (Friday)	AM	9:00 AM	Cambridge Lower Secondary Science (0893) Paper 1	45 minutes
	PM	12:00 PM	Cambridge Lower Secondary Science (0893) Paper 2	45 minutes

For further information about Cambridge International Programmes and Qualifications, please visit the website

link

Safer Internet Day 2025

To mark Safer Internet Day 2025, Heritage students participated in a series of educational activities related to online safety, held at the National Library of the Republic of Moldova!

The event entitled "Relationships in the online world – between trust, challenges and real dangers" aimed to promote a safer and friendlier virtual space through collaboration between institutions, experts and communities.

Our young people, together with Tatiana Popa, Head of Secondary and Deputy Academic Director at Heritage, explored, through interactive discussions, how online relationships are built, what are the associated risks and the importance of protecting personal data.

Our Primary classes also had an engaging session with our guest Cristina Jovmir, Online Safety Expert. This kind of actions contribute to the correct information of the students, so that they are able to identify the right solutions to avoid dangers. We thank our partners from the Pro-European Center of BNRM and Information Technology and Cybersecurity Service for the collaboration!

View all materials at the link: ***link***

Goals Project 2025

Students in secondary classes are part of the Goals Project 2025!

This year, they are exploring SDG 5 - Gender Equality. The students created posters with ideas to promote gender equality in the community, and they are looking forward to meet peers from other countries in this important project soon.

The had debates about stereotypes and had to agree or disagree, as well as to bring arguments to support their positions.

University Destinations 2024

Heritage Globe

Back copies of the International Heritage Herald can be found on our website.

Link here: https://www.heritage.md/en/school/heritage-herald

Winners of the recital competition

The winners of the poem recital dedicated to 175th anniversary of the birth of poet Mihai Eminescu were awarded with certificates!

Congratulations to all winners!

View all materials at the link: ***link***

Victory in the Championship Match: Our Team Defeats LTPS Gloria 63-56 Congratulations!

Football Championship Excitement: Students Cheer for Their Favorite Teams

This week, the highly anticipated football championship took place, with students showing up in full support to cheer for their favorite teams. The atmosphere was electric as the school community came together to enjoy the excitement of the competition and demonstrate school spirit. It was a great way to bring everyone together and celebrate the passion for sports!

Our young Chess Champions

Congratulations to Heritage student Ungureanu Adelia - 3rd place at the Chisinau Chess championship (girls under the age of 8).The competition was held at the Chisinau Chess School from January 31 - February 4, 2025. Adelia has qualified for the final round of the Moldovan Truck Championship between juniors and juniors scheduled for March 2025.

Great result for Mykhailo Krepak - 2nd place at the Chisinau Classical Chess Championship (boys under the age of 10). The competition was held at the Chess School in Chisinau on February 5-9, 2025. In addition to the silver medal, Mykhailo won the first sports category in chess. Congratulations!

STEM Club Experiment: Controlling LEDs with a Potentiometer

In a recent STEM club activity led by Iaroslav Rudenco, students conducted an engaging hands-on experiment where they used a potentiometer to control the number of LEDs that light up. By adjusting the potentiometer, students learned how resistance affects the flow of electricity—when resistance decreases, more LEDs light up, and when it increases, fewer LEDs turn on. This experiment demonstrated how electrical components interact to control circuits, offering valuable insight into real-world applications of electrical engineering.

Craft - January 2025

In January 2025, the students engaged in a creative and hands-on craft project that sparked their imagination and showcased their artistic skills. From intricate paper designs to unique DIY creations, each piece reflected the students' creativity and dedication. The craft activity not only allowed them to explore new techniques but also fostered teamwork and self-expression. The results were a colorful and inspiring display of talent, marking a wonderful start to the year.

View all materials at the link: *link*

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep appraised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.

#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: https://nationalcollege.com/guides/top-tips-for-safety-on-social-media

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BOOKS RECOMMENDATION

BROTHERS GRIMM
Grimms Fairy Tales

Collected by the German Brothers Grimm, these folk tales have captured the imaginations of children and adults alike since they were first published in 1812. The best-known stories such as The Golden Goose, Hansel and Gretel, The Frog Prince and Snow White and Rose Red remain as popular today as when they were first told.

GRIGORE VIERU
Limpede ca lacrima

O selecţie de poezii antume din opera poetului Grigore Vieru, având ca subiecte patria, mama, dragostea şi dorul, adevărul, destinul Basarabiei şi al omului de creaţie, lupta pentru limba română. Poetul a păstrat sistematic prospeţimea senzorială a copilăriei, pasiunea şi nobleţea.

ИВАН КРЫЛОВ
Басни Крылова

В эту книгу вошло 35 самых известных басен, которые рекомендовали читать в школе. Эта книга от других публикаций басен приятно отличается от красивых иллюстраций, которые помогут детям лучше понять, что нового для них написано.

CHARLOTTE BRONTE
Jane Eyre

Bronte's infamous Gothic novel tells the story of orphan Jane, a child of unfortunate circumstances. Raised and treated badly by her aunt and cousins and eventually sent away to a cruel boarding school, it is not until Jane becomes a governess at Thornfield that she finds happiness.

АЛЕКСАНДР ПУШКИН
Малое собрание сочинений

Весь XIX век прошел под знаком А. С. Пушкина. Но и сегодня, в XXI веке, уже тысячекратно повторенные школьными учебниками и хрестоматиями гениальные пушкинские строки не обесценились: они дарят радость, вселяют надежду и утешение. Произведения, объединенные в настоящем издании, отражают разные грани творческого дарования Пушкина.

ERIC EMMANUEL SCHMITT
Jurnalul unei iubiri pierdute

Tulburatoarele pagini ale confesiunii fiului, cei doi ani în care parcurge drumul de la deznădejde la conştientizarea datoriei de a fi fericit – singura cale de a-si omagia mama. Doi ani în care deapănă amintiri de-o viaţă, trăieşte şi înregistrează curajos sentimente contradictorii, momente-cheie si clipe de cumpănă.

Emotional Intelligence

*Emotional intelligence **(EI)** is an important part of a child's growth because it helps them make friends, deal with their feelings, and feel comfortable in social situations. As a parent, your help is very important in learning this important skill. Here are some useful ways to help your child grow emotionally:*

*1. **Let Your Child Feel Safe Enough to Express Their Feelings by Making It Easy For Them To Do So**. Help children identify their feelings by using language like "**You seem upset**" or "**Are you feeling excited**?"*
*2. **Be an emotional role model**: Show your child how to handle their feelings healthily by doing things like taking deep breaths when you're feeling stressed or talking about your feelings in a thoughtful way. Use good examples from your day to show how you deal with problems.*
*3. **Cultivate empathy**: Tell your child to think about how other people might feel in different conditions. Ask questions such as, "How do you think your friend felt when that happened?" Help your child find healthy ways to deal with challenges or failures by solving them together. Come up with ideas and talk about what will happen if you make different decisions.*
*5. **Notice and Celebrate Emotional Growth**: When your child shows kindness, self-control, or good conversation, let them know you noticed.*
Self-esteem and progress are boosted by praise.
*6. **Offer Books and Activities on Emotional Intelligence:** Reading tales about emotions and relationships may spark interesting conversations.*
Practicing emotional skills via role-playing situations is another option for young people.

At The National College, our #WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SNAPCHAT

SNAP STREAK 97 DAYS

AGE RESTRICTION 13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up, if they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

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.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: https://nationalcollege.com/guides/snapchat-2021

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10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.

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School Improvement Priorities Headlines 2024-25

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 in our values 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
2024-2025

HERITAGE

Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2024-25

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

Academic Quality & Standards

A raising standards agenda in all schools especially linked to Cambridge & National Qualifications.

Effective use of data informing Teaching & Learning as well as outcomes.

A developed Home/School partnership supporting learning & the Learner.

Systems & Strategies that raise attainment & achievement both in qualifications & personal intellectual development.

Professional Quality & Standards

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

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

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

To have an organisation that wants ideas and individuals.

An effective quality assurance system.

Organisational Quality & Standards

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

Our communities working with us for all students

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

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

We continue to develop systems, policies, structure, mindset, as an international organisation serving our communities well

Providing Certainty in Uncertain Times

We want our students to maximise their potential with us and go onto university, careers & future life. A focus on skills as well as knowledge.

To continue to develop holistic student support services that support & celebrate fully young people.

To continue to provide unique, compelling and engaging learning opportunities and moments inside and outside of the classroom.

To not fear the future but want to lead and change it, connecting the local to the national to the global.

A Values led Education for all

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

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

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

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

Shaping our Future; H@10

Our education is about substance not gimmicks

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

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

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

H@10 is an established, sustainable, outstanding beacon international school in Europe

School Improvement Priorities Headlines 2024-25:

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.

Uniform Reminder

Students are kindly asked to wear the Heritage uniforms, and in case they didn't find sizes for their respective colours, to wear white tops and black bottoms, as instructed by our Head of Pastoral at the beginning of the year.The school uniforms variations are as follows:

Read more details in the [School Uniform Policy]

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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.

There are many respiratory and gastrointestinal illnesses that are easily transmitted in a school environment. Staying home when sick can significantly reduce outbreaks and decrease disruptions to learning that occur when large numbers of students and staff at a school become ill.

Students should STAY home if he or she *has a temperature higher than 37 degrees or symptoms of illness*

Chisinau Round 2025

HOSTED BY HERITAGE INTERNATIONAL SCHOOL

March 29-30, 2025

WSC Competition Info

Heritage students/teams will be added to the school registration roster based on confirmation from parents (contact your homeroom teacher)

WE WILL GIVE YOU ALPACAS.

MARCH 29-30 *at* HERITAGE INTERNATIONAL SCHOOL

THE 2025 WORLD SCHOLAR'S CUP is uniting 50,000 students in 60+ countries and Ohio.

For you, the journey begins here in Chisinau.

Your team will write creative papers, debate obscure topics, answer inexplicable questions, and meet friends who understand you because no one understands them.

Join us for the alpacas.

Join us to qualify for the Global Rounds and for the Tournament of Champions at Yale.

Join us because someone told you it looks good on a university application.

But, mainly, join us because we only pretend to be a competition: we're really a community in which we can all be awkward together in 50,000 different ways.

There are also medals, trophies, and certificates. But the alpacas matter more.

WORLD SCHOLAR'S CUP
TOURNAMENT OF CHAMPIONS

MATURITY AGE DIVISIONS
Junior: 10-13. Senior: 14-old.

FOUR EVENTS
Debate. Writing. Challenge. Bowl.

COME AS A SCHOOL
Or, sign up on your own.

HOW TO PREPARE
Form a team, learn the theme, and ask ChatGPT "how do I feed an alpaca?"

SIGN UP AT **WWW.SCHOLARSCUP.ORG**

Action for Happiness Calendar

Key Dates

17th - 21st February 2025	Literature week
17th - 21st February 2025	Festival of Tales
21st February 2025	Readers Cup
21st February 2025	UN International Mother Language Day
28th February 2025	Movie Night Primary School
26-27 February 2025	Teacher-Parents Conferences

See the Academic Calendar here

Parent-Teacher Conference
February 26-27, 2025
15.00-17.00

What do you do on your commute to school?
METRO
to-go bar!
Eat breakfast and drink coffee.
Appreciate the silence.
Read.
Ain't no mountain hiiigh enough
Listen to music (and maybe sing!)
blah blah blah
Call a friend or family member.
• Email L's parents
• Make copies for science
• Schedule sub
Make a mental to-do list.
Scroll through social media.
Today on the pod...
Listen to a podcast.
People watch.

MAIN CONTACTS

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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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