



HERITAGE
International School

January 18, 2025

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

For last year's words belong to last year's language. And next year's words await another voice.

TS Eliot



WHAT'S NEW?

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The View from Dacia Boulevard, Director's notes

Happy New Year and a warm welcome back to school, in a cold winter in January, to 2025 and the new semester 2. I hope everyone had a good break and certainly judging by photos on social media I have seen Heritage children enjoying winter wonderlands across Europe, sunny beaches further afield, winning downhill slalom races and having gifts under amazingly decorated trees in their homes. We need these precious moments of our lives even more so in the 2020s. My dog Dylan, pictured here, also enjoyed the cold snap in the UK last week and it has been good for my wellbeing to be able to walk with him daily. And get more exercise after the season's lovely consumption of food. An annual new year resolution for me.



The start of 2025 saw Heritage get awarded again the UK's National Online Safety school accreditation. My thanks to Mrs. Tatiana Popa and the team involved here. This is a very much an operational semester in terms of exam classes working hard to get through their courses and prepare for summer exams. We are seeing the global university offers come through for our Grade 12s and it was good to see Grade 8 and 9 families attend the special information sessions about IGCSEs for 2025-6. Our IGCSE2 will be getting their provisional offers for places and A Level courses soon and following the mocks, all students know what they have to do to improve to get where they want to go. We need the home-school partnership to continue to get stronger, even with the difficult conversations sometimes needed, to support all students fully.

We celebrated the anniversary of the birth of the brilliant poet, Mihai Eminescu, on the 15th January, with readings and events in school. As education continues to be challenged and adapt to changes in this decade, especially from the digitalisation of society with game changers like ChatGTP, or learning, it is important we continue to evolve here. We are also involved in two very important educational webinars at the end of January through Heritage governor, John Rolfe and the Global School Alliance, where John is the school's manager. We met with our colleagues from the Financial Times to plan a very timely and important webinar for schools on media literacy. Our staff and students will be leading here, sharing our examples and ideas on this important topic and key skills needed in learning in the 2020s. On the 27th January, we commemorate the 80th anniversary of the liberation of Auschwitz for Holocaust Memorial Day in a special GSA webinar, the Kedem Centre in Moldova and the Holocaust Education Day trust in the UK. My thanks to Mrs. Dorina for sharing her father's story as a survivor of the Holocaust in Moldova to this global audience.

It was also a pleasure to welcome again to Heritage again, Mrs. Daniela DiPierro, Charges d'Affaires, at the US Embassy in Chisinau, for an inspirational talk in our Founders' Lecture to students here and online in other schools in Moldova, about women in diplomacy, as well as having hope for the future. Thank you also to everyone who donated to support our dear friends at AREAL/FOMS with the winter food drive to help with the care needed towards the dogs and cats they look after so diligently. It is always appreciated and one of our proudest values and most impactful one, is our social responsibility as a community. We know we have a long winter to get through, we are all only too aware of the energy crisis affecting the country but as I spotted written on a student's bag this week on the gate, we just need courage and hope. Two great words for a new year and the narrative we definitely want for 2025.

Thank you to everyone for the kind messages of support and appreciation following the announcement this week that I have taken the decision to step down at the end of the month, from the position of Director. In my last "View from Dacia Boulevard, Director's Notes", on the 31st January, I will write further as I have a lot of people to thank, not least the incredible team here and community, as well as 6 incredible years to celebrate, contributing and leading a wonderful school community.

The Future starts here.

Rob Ford
CEO & Director.



Heritage in the Wider World



John Rolfe MBE
@yorkshirejohn

Fantastic tribute to an inspirational global leader and brilliant educator!... many thanks from @GSchoolAlliance to the great Rob Ford and all at the exceptional @HIS_Moldova!... very proud to work with you and learn from your support and commitment to global communication...



Heritage International School-Moldova, Eur...
@HIS_Moldova

New Year, new global learning opportunity as we met with @ft4s @GSchoolAlliance to discuss & plan our brilliant webinar on the 24th January around disinformation, media literacy, AI & fake news.

Look out for details to join us & we will be sharing our approach from #Moldova 🇷🇪



Global School Alliance
@GSchoolAlliance

In a digital era, navigating reliable sources has become both crucial and challenging for schools worldwide.

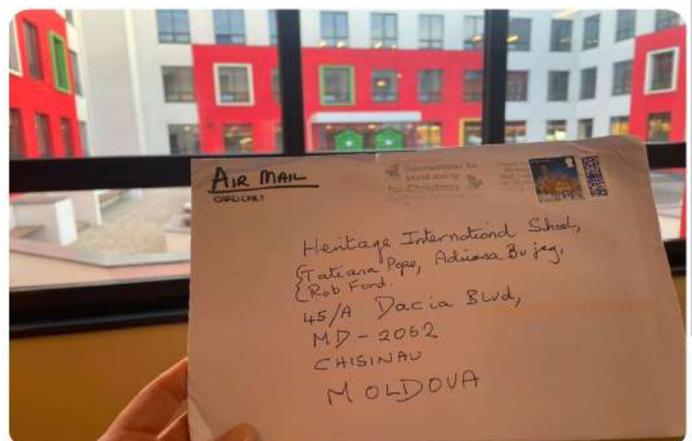
That's why we're delighted to announce our partnership with @ft4s! Join us on Friday 24th January as we look at ways to prepare and equip our pupils.

Register at: [globalschoolalliance.com/virtual-confer....](https://globalschoolalliance.com/virtual-confer...)



HIS_Global_Education
@his_global

A great start of semester 2, as we received a parcel with New Year cards from @MarysCep students & @ColetteCotton ! A wonderful partnership paved by eTwinning, continued still. Many thanks to 🇬🇧!! 🎄🎉🌍🥰
@eTwinningEurope @GSchoolAlliance @Schools_British #globalcollaboration



Heritage in the Wider World

ISN The International Schools Network
11,500 followers
4h · Edited · 🌐

🗨️ A new edition of thought leadership articles and discussions from the ISN community! 📌

🔪 1) WATCH: ISN Live; From Cheating to Learning; How AI is Redefining Assessment.
In this event, expert practitioners and senior leaders, **Mandy DePriest**, **Pascal Vallet**, **Tim Lovatt**, **Mary-Jane Newton** and **Dr Dheeraj Mehrotra** explore how artificial intelligence is transforming student assessment, the challenges and opportunities.

👁️ Watch here: 📌 <https://bit.ly/ISNLive-AI>

🔪 2) Navigating Leadership: **Rob Ford**'s Transformative Path in Education.
Rob Ford reflects on his journey from a teacher in the UK to the CEO of Heritage International School in Moldova

Read the full article here: 📌 <https://bit.ly/40pUnRd>

🔪 3) Changing Lanes: A Chemistry Teacher's Shift From IGCSE to MYP
Chemistry teacher **Ciara Gillespie**, offers her experiences of how transitioning from IGCSE to MYP provides a unique freedom to bring creativity, relevance, and vision into the classroom.

Read the full article here: 📌 <https://bit.ly/3WlqaAm>

🔪 4) The Sandwich of Success
In this article, **Tim Lovatt** explores how we can stretch our learning edges with a consideration of the skills and assessment models needed for students to thrive.

ISN Round-up

Mandy DePriest
Pascal Vallet
Tim Lovatt
Mary-Jane Newton
Dr Dheeraj Mehrotra
Rob Ford
Benjamin Freud
Bridget Raju

Global School Alliance ✓
@GSchoolAlliance

We have partnered with [@HMD_UK](#), [@holocaustnorth](#), [@RWBAHolocaust](#) and [@HIS_Moldova](#) to commemorate the 80th anniversary of Holocaust Memorial Day. 🕯️

Join us on Monday 27th January at 4pm as we bring together a wide range of speakers and resources to highlight the ongoing impact of the commemoration: globalschoolalliance.com/events/holocau...

Global School Alliance

Holocaust Memorial Day 80th Anniversary Event

Monday 27th January 2025
4pm UK time

HOLOCAUST CENTRE NORTH
 HOLOCAUST MEMORIAL DAY TRUST

👤 Holocaust Memorial Day Trust and 4 others

NOS CERTIFIED SCHOOL
National Online Safety
2024-25

National Online Safety Certified School

CERTIFICATE OF COMPLETION
AWARDED TO

Heritage International School, 2062

Successfully achieved Certified School Status showing their whole school commitment to online safety on

9th January 2025

This is to certify that a whole school community approach in online safety is being undertaken by the establishment through empowering its leaders, teachers, governors, all staff and parents/carers. An effective community approach to online safety aims to protect and educate pupils in their safe use of the internet and technology, whilst enabling trusted adults with the essential information to identify online risks, and escalate any incident where appropriate.

Keeping children safe online
Education, training and updates to
Empower your whole school community
www.nationalonlinesafety.com

Heritage in the Wider World



globalwelsh 1h

GlobalWelsh member Rob Ford doing great things in Moldova 🇲🇩

international_school_leaders, mailfrommoldova and heritagemoldova

ROB FORD
CEO & Director of Heritage International School Group, Moldova

ISL BRITISH COUNCIL AMBASSADOR
CO-FOUNDER OF THE IB SCHOOLS NETWORK IN THE SW OF ENGLAND

international_school_leaders Our first featured leader: Rob Ford @mailfrommoldova...



FT FT Schools 287 followers 16m • 🌐 + Follow

We're thrilled to partner with [Global School Alliance](#) to celebrate [#InternationalEducationDay](#) on Friday, January 24th! 🇬🇧

Join us for our webinar, 'Producing and Identifying Reliable Sources in the Digital Age,' where we'll explore the role of high-quality reporting, the growth of disinformation and practical tips for identifying reliable sources.

Aligned with this year's theme, AI and Education: Human Agency in an Automated World, the webinar will highlight the critical role of media literacy in today's digital landscape, featuring valuable insights from [Rob Ford](#) and [Tatiana Popa](#) from [Heritage International School](#) in Moldova.

🔗 Find out more and sign up here: <https://lnkd.in/eAu46dqW>

[#FTSchools](#) [#FinancialTimes](#) [#MediaLiteracy](#) [#NewsLiteracy](#) [#GlobalPerspectives](#) [#HighSchool](#) [#SecondarySchool](#)



 **Global School Alliance**
5,080 followers 3h • 🌐

In a digital era, navigating reliable sources has become both crucial and challenging for schools worldwide. That's why we're excited to ...more



20 eTwinning

Celebrating what unites us
#eTwinning20

Erasmus+ Enriching lives, opening minds.

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Heritage in the Wider World

A Vision for Diplomacy: Women Leaders and the Founders' Legacy - Highlights from FL #3 Lecture

In today's insightful FL #3 lecture, Daniela Dipierro captivated the audience with a thought-provoking exploration of the Founders' vision and the critical role of women in shaping global diplomacy. By drawing connections between historical perspectives and contemporary leadership, she illuminated the pivotal contributions of women leaders in the diplomatic arena, emphasizing how their influence continues to shape international relations today. The lecture offered both a reflective and forward-thinking look at diplomacy, highlighting the importance of inclusivity and vision in the global political landscape.



Heritage in the Wider World

In memoriam of a dear friend and colleague

Ecaterina Lihina RIP. In memory of our dearest friend and colleague Katia Lihina (Kate), who died on Saturday 28th December, 2024. On behalf of the Heritage School Community. Your legacy for us is not only in your friendship, love, support and constant commitment but also in the school you helped establish from the very beginning. Kate loved and lived life. Our thoughts and prayers are with Kate's husband, daughter and family. You will be sorely missed by all who knew you. Rest In Peace Kate.



Articles/Stories of Interest:

1

Why Are We Tormented by the Future? | The New Yorker;

[link](#)

2

Majority of international schools affected by conflict | School Management Plus;

[link](#)

3

It's scary to plan for the future" – understanding the concerns, needs and hopes of young people in Ukraine | EUROPP;

[link](#)

4

The 39 Most Anticipated Books of 2025;

[link](#)

5

- 10 Questions to Ask Yourself at the Start of a New Year | TIME;

[link](#)

6

Rebuild 100s of Lives and Communities in Ukraine by ChildAid to Eastern Europe;

[link](#)

7

Flavours of Romania. Crisscrossing eight historic regions of Romania, this docuseries showcases the country's culture, cuisine, natural beauty – and need for preservation;

[link](#)

8

12 Tech Predictions For 2025 That Will Shape Our Future;

[link](#)

9

TV, Movies, Music and Art to Look Forward to in 2025;

[link](#)

The Heritage 10 Golden Rules

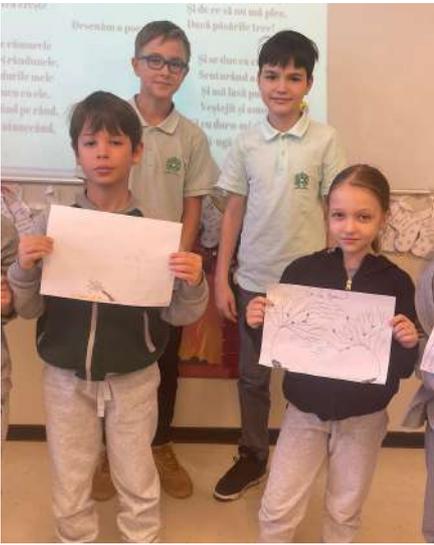
We want everyone to enjoy Heritage International School and have a successful, fulfilling, and rewarding academic year. To all those joining us for the first time and those who come to regular school at Heritage, we are all members of Heritage for the time we are here and we all follow the same code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

News from Primary

Mihai Eminescu Activities: Celebrating the Poet's Legacy in Class 3A

In today's engaging activities, the students of class 3A explored the timeless poetry of Mihai Eminescu, delving into the themes of nature, love, and national identity that define his work. Through creative exercises and discussions, the children not only gained a deeper understanding of the poet's legacy but also developed their appreciation for Romanian literature. The activities provided a fun and educational way to connect with the cultural heritage of Romania while honoring the enduring influence of Eminescu's words.



View all materials at the link:

[link](#)

News from Primary

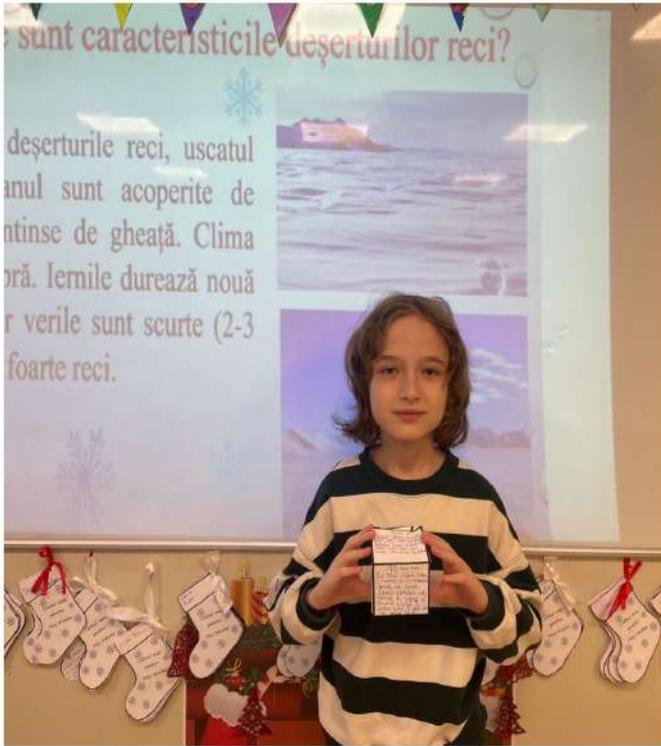
2A- Snow Day

January 18 is International Snowman Day. Since there is no snow, the students in grade 2A did a STEM activity of melting a snowman. It was an interesting chemical reaction. It wasn't difficult because we used baking soda.



News from Primary

Activity in 3A: Cold Deserts: Tundra



Exploring Nature: 6E's Ecosystem Scavenger Hunt

In an exciting outdoor adventure, the students of 6E participated in an engaging Ecosystem Scavenger Hunt! Armed with observation skills and curiosity, they ventured outside to explore the natural world around them. As they walked through the school grounds, they carefully examined the plants, insects, and animals, looking for key elements that make up a healthy ecosystem. From spotting different types of trees and flowers to identifying various creatures and their habitats, the students learned firsthand about biodiversity and the delicate balance of nature. The scavenger hunt not only sharpened their scientific skills but also sparked a deeper appreciation for the environment. The day ended with a discussion where students shared their findings and reflected on how every piece of nature plays an important role in sustaining life.



View all materials at the link:

[link](#)

School Starter's Magical Journey into the World of Fairy Tales

This week, the enchanted thread guided the children of School Starter into the captivating world of fairy tales! They encountered various storybook characters, praising the positive ones and offering wise advice to the negative ones. The children got to know different fairy tale authors from around the world, learning the valuable life lessons each story imparts. By the end of the week, they had transformed into their favorite characters, bringing the magical world of stories to life!



News from Primary

Colette Cotton and 2A

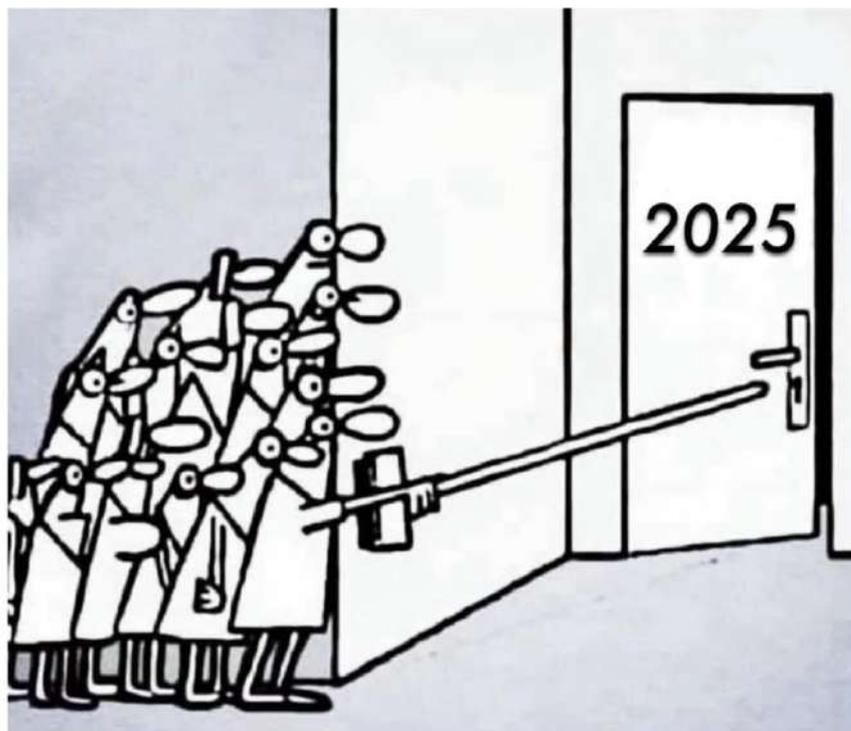
A joy is when you receive congratulations from friends. Students at Colette Cotton's school in the UK thought of us for Christmas. May we have only beautiful collaborations in 2025.



This Week Assembly- New Year, New Resolutions

WK 18 Gymnasium & Lyceum Assembly

"New Year, New Resolutions"



News from Secondary

Exceptional Extracurricular Activity: A Collaborative Effort Between Classes V-A, VI-A, and VIII-A

The students of class 5A were the stars of a remarkable extracurricular activity, where they were supported by their older peers from classes 6A and 8A. Organized and guided by Mrs. Ecaterina Borș, a mathematics teacher, the event fostered teamwork, creativity, and a spirit of collaboration across different grade levels. The activity not only provided an opportunity for the younger students to learn from their more experienced colleagues but also strengthened bonds between the classes, making it a memorable and enriching experience for all involved.



View all materials at the link:

[link](#)



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](#)

University Destinations 2024



Global Education

On January 15th, for Eminescu's birthday, students in 9E explored the Language and Communication topic in Global Perspectives. Each team had to choose a language and do research on various aspects of it.

A team chose to celebrate Romanian language to mark Eminescu's birthday anniversary. Check the images to discover their findings.



Romanian around the world

Romanian is spoken as a minority language in several countries. In Ukraine, around 400,000 people speak it, primarily in Chernivtsi and Zakarpattia regions. Serbia has about 40,000 speakers, mainly in the Vojvodina region. Hungary and Bulgaria each have smaller communities, with 25,000 and 10,000 speakers, respectively. Large Romanian diaspora communities exist in Italy (over 1.1 million), Spain (approximately 670,000), Germany (over 340,000), the United States (475,000), and Canada (240,000). Many other people also speak Romanian.

ROMANIAN

OFFICIAL LANGUAGE OF ROMANIA and MOLDOVA

24 million speakers worldwide

72% Latin Vocabulary

romanian alphabet: a b c d e f g h i j k l m n o p q r s t u v w x y z

essential phrases: bună ziua (hello), ce faci (what's up)



Our 3rd Founders' Lecture this Wednesday, January 15th welcomed a very special speaker - Ms Daniela Di Pierro, Charge d'Affaires at the US Embassy in Moldova.

It has been a pleasure to host the event in the Eminescu library on Eminescu's birthday, celebrating knowledge, aspirations and culture. Ms DiPierro's speech was on women in diplomacy, but mostly about her educational pathway and where her career brought her. From dreaming to become a rockstar, this extraordinary woman got into diplomacy at the highest level. All this due to her studies. Before Moldova, Daniela served as a diplomat in various countries, such as Afghanistan, Canada, Italy, and Bahrain.

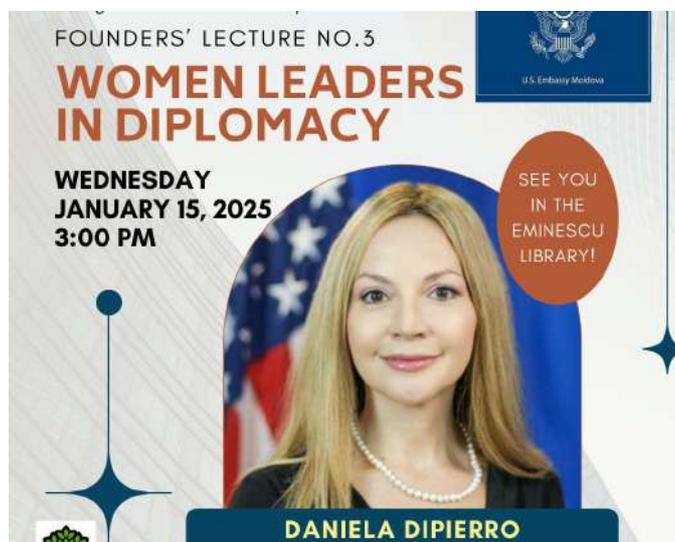
Daniela spoke about motivation, and about why it is so important to stay true to yourself, no matter what. She emphasised the importance of having hobbies (as they keep us alive) and being an interesting person in the room. One curiosity is that she walked during a fashion week (forgot where), to support a designer that was inclusive and was creating clothes for people with disabilities as well.

She spoke about her studies and why curiosity is keeping us young and human, that we feel good while we feel we still have to learn. And we always have new things to learn. She was asked about difficult decisions she had to make while being a diplomat, and she said she had many, but one that came to her mind in that moment was how she had to say a white lie to save a girl and help her go back to US, and the girl had problems with documents (expired passport or sth).

Our students asked many questions, she cared to answer them all, to motivate them to be brave and to dare to dream big, because "limits are usually only in people's minds". She highlighted the importance of learning from your own mistakes, as this is the only way one can grow. She ensured the students that the winners in the final instance are those who are resilient and know to change when needed.

Daniela said that not studies make a person a good leader or a good diplomat, but their charisma does. She praised our students for being active and getting involved into volunteering schemes, for working with america house and other organisations.

We are looking forward to welcoming Ms DiPierro to Heritage again soon.



Global Education

The Goals Project 2025

The Goals Project 2025 starts in one week, and our Head of Secondary & Deputy Academic Director, Tatiana Popa, will be one of the 21 facilitators worldwide to this global project.

The Goals Project by Take Action Global launches this month. The 6-week program brings together schools and classrooms from across the world to examine the UN Sustainable Development Goals and their ability to take action through shared experience and use of innovative technologies and practices. Students will take on one Global Goal and will work with students from other countries as they consider both local and global implications. The project is free and open to all PreK-University classrooms. To learn more about the Goals Project, visit <https://www.goalsproject.org> and follow [@TakeActionEdu](#) and [#GoalsProject](#) on social media.

A world of classrooms
17 Sustainable Development Goals

Join Us!

The Goals Project
January 27 - March 9
[goalsproject.org](https://www.goalsproject.org)

Tatiana Popa
[@Tatianapopab](#)

THE GOALS PROJECT
FACILITATOR 2025
[goalsproject.org](https://www.goalsproject.org)

GOALSPROJECT.ORG #GOALSPROJECT tag

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>

Student Leadership

Our student Elizabeth Graeme was a guest speaker at America House Chisinau on January 16, sharing her experience in the world of pageantry and encouraging young people to volunteer for different events in order to help make the world a better place.

Well done, Elizabeth! We are very proud of you!

The poster features a light blue background with a faint image of several young women in white dresses and sashes. In the top left corner, there is a logo for the United States of America (the American flag) and a logo for 'AMERICA HOUSE CHISINAU'. Below these is a white outline of the United States map with the text 'Meet U.S.' in large blue and red letters, and 'Education Outreach Program in Moldova' in smaller blue text. The main title 'American Junior Beauty Pageants' is written in large, bold, red letters. Below the title, it says 'With Elizabeth Graeme, Miss Washington Jr. High School USA 2025' in blue text. At the bottom left, there are two red icons: a calendar icon followed by 'January 16 at 6:00 PM' and a location pin icon followed by 'America House Chisinau' and '27 Banulescu Bodoni St.' in red text. On the right side of the poster, a young woman with dark hair, wearing a white strapless dress and a tiara, is smiling. She is holding a green and white sash that reads 'MISS WASHINGTON USA JR. HIGH SCHOOL'.

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 apprised 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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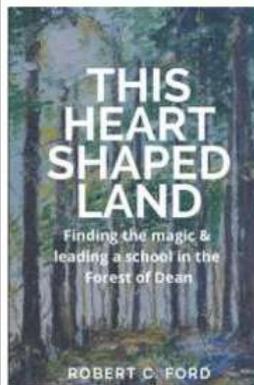
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BOOKS RECOMMENDATION

ROBERT C. FORD

This Heart shaped land

In this book Rob Ford reflects on personal experience in leading a school community, addressing the essential aspect of youth leadership and generational education through transformative learning and a positive school culture based on an international mindset. It is a useful source for those exploring the political and social history of his extremely turbulent period.

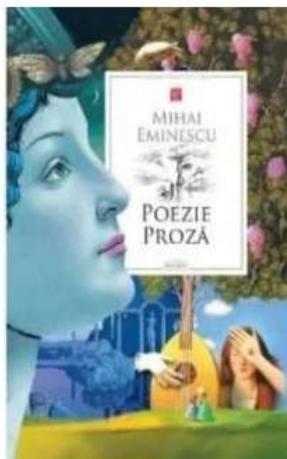
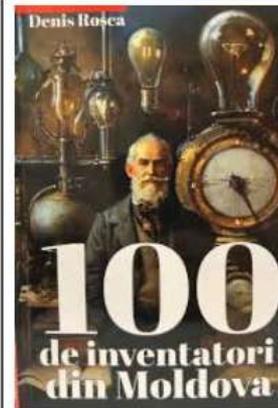


ROȘCA DENIS

100 de inventatori din Moldova

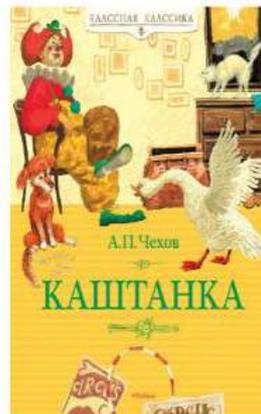
Numărul de invenții făcute de oameni din Moldova este unul enorm. După numărul de patente pe cap de locuitor noi sîntem printre primii în lume.

Puțini știu că primul om din istoria cinematografeii, care a luat două premii Oscar s-a născut la Chișinău.



MIHAI EMINESCU
Poezie Proză

Prezentul volum curpinde o selecție din poeziile marelui poet și câteva proze. Considerat poetul național al românilor, creația sa atât de vastă fiind datorată unei capacități uriașe de a lucra și a trăi ceea ce scrie, fie că ne referim la poezia de dragoste, fie la cea patriotică sau la articolele sale din presa vremii.



А. П. ЧЕХОВ

Каштанка

Трогательный рассказ о потерявшейся собачке, ее скитаниях, переживаниях, страхе и радости от встречи с хозяином. Он на всю жизнь западает в душу и заставляет задуматься о нашей ответственности перед животными.

В январе исполняется 165 лет со дня рождения Антона Чехова—русского писателя, прозаика и драматурга, публициста, врача, и общественного деятеля

А. П. ЧЕХОВ
Вишневый сад

Считаться творческим завещанием писателя. В ней автор поднимает ряд проблем, характерных для русской литературы, отцов и детей, любви, будущего России. В книге также собраны известные рассказы, пьесы и повести писателя.



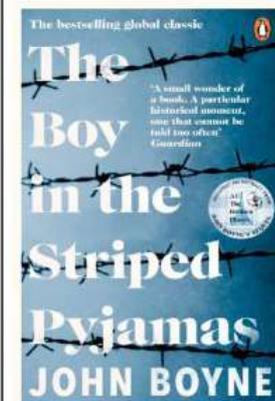
JOHN BOYNE

The Boy Striped Pyjamas

O mică minune de carte. . . Un moment istoric anume, când inocența se confruntă cu un rău monstruos-Holocaust.

„Holocaustul ca subiect insistă pe respect, exclude critica, preferă tăcerea. Un lucru este clar: această carte nu va intra ușor într-o noapte bună.

„O poveste extraordinară despre prietenie și ororile războiului... Talent literar crud la maxim”



A Kind Reminder from the Head of Pastoral

Dear Parents,

Please ensure your child adheres to the school uniform policy. Here are a few key points to note:

- *Visit the school uniform shop to find the correct size for your child.*
- *If suitable sizes are unavailable, students may wear a white top and black bottom as an interim measure.*
- *If your child arrives without the proper uniform, you will be contacted to:*
 - *Bring the correct uniform to school, or*
 - *Pick up your child to change at home.*
- *A special request to IGCSE parents with female students: skirts should be no shorter than 10 cm above the knees.*

We appreciate your cooperation in helping us maintain high standards.

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:

4 Casual Uniform

Mandatory on every day

Girls :

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

11 Casual Uniform

Mandatory on every day

Boys :

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

7 Sport Uniform

Mandatory for PE lessons

Girls :

- T-shirt
- Sweatshirt
- Long trousers
- Short trousers
- Colour T-shirt

10 Formal Uniform

Mandatory for special events

Boys :

- Shirt
- Jacket
- Classic pants

3 Sport Uniform

Mandatory for PE lessons

Boys :

- T-shirt
- Sweatshirt
- Long trousers
- Short trousers
- Colour T-shirt

2 Formal Uniform

Mandatory for special events

Girls :

- Shirt
- Jacket
- A-line sarafan
- Relief sarafan
- Skirt with pockets
- A-line dress
- Relief dress

Read more details in the [School Uniform Policy](#)

Uniform Reminder

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Read more details in the [School Uniform Policy](#)

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:

School Uniform

LYCEUM

School uniform colours appropriate to the grades:

Class	School Starter	Primary classes					Gymnasium classes				Lyceum		
		1	2	3	4	5	6	7	8	9	10	11	12
Cambridge Pathway													
Bilingual Pathway (Romanian, Russian)	optional												

Dress Code

- Smart casual (for details see [School Uniform Policy](#))
- Three warnings Policy

Uniform Mandatory on every day

Lyceum students (Grades 11 - 12) are expected to be dressed smart casual:

Top: shirt / blouse / turtleneck. Only white colour is allowed, no pattern or logo. NO T-shirts of any kind.

Bottom: black trousers / smart skirt/shorts (no more than 10cm above the knees, no ripped or 'distressed' items, no leather).

Lyceum students must wear at least one item (clothes or accessories) of the Lyceum colour with the Lyceum logo.

The option being:

- Neckerchief (for girls)
- Tie (unisex)
- Zipper bomber-like cardigan (unisex)
- Sweatshirt (unisex)

Read more details in the [School Uniform Policy](#)

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 SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



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The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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What Parents & Educators Need to Know about

TIKTOK

RESTRICTION
13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £3.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app; that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2025>

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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



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

Professional Quality & Standards

Organisational Quality & Standards

Providing Certainty in Uncertain Times

A Values led Education for all

Shaping our Future; H@10

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.

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.

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

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.

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

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

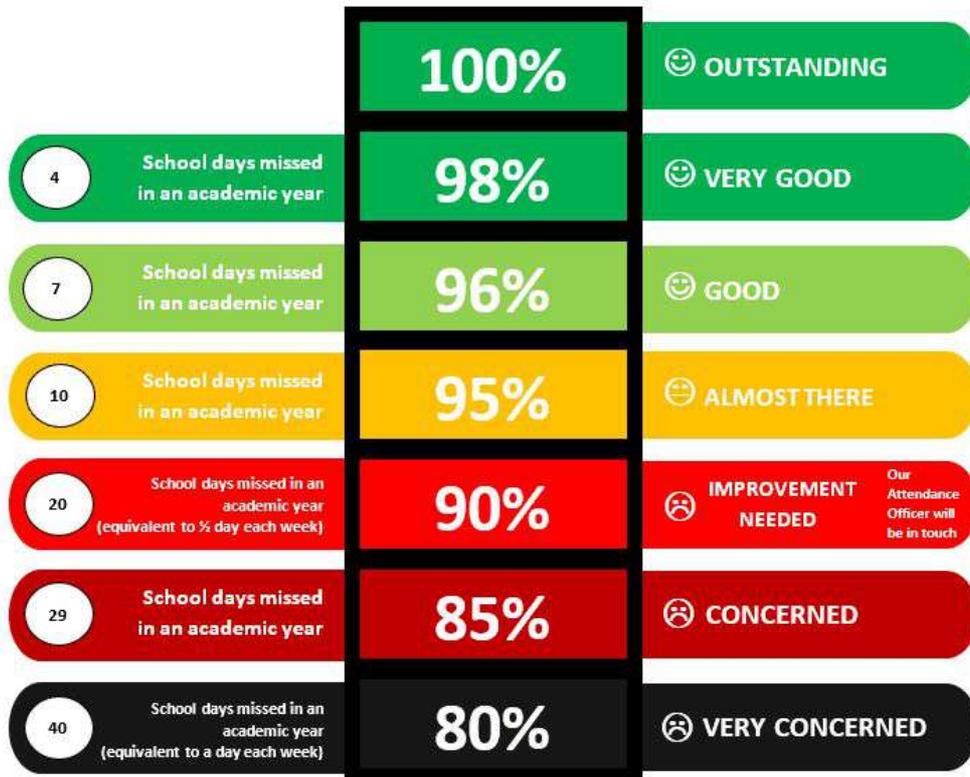
School Improvement Priorities Headlines 2024-25:

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!

School Information

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

TOO SICK FOR SCHOOL?

HERE'S HOW TO TELL

STAY HOME IF ...	SYMPTOM	GO BACK TO SCHOOL AFTER ...
Your child feels too sick for regular activities	← COUGH AND OTHER COLD SYMPTOMS →	Fever is gone for 24 hours without medication and your child feels better
Yellow or green pus appears	← EYE DISCHARGE →	24 hours after the first dose of antibiotic eye drops have been given
The temperature on an oral thermometer reads 100F or higher	← FEVER →	No fever above 100 F without using fever reduction medications for 24 hours
You suspect flu - it spreads rapidly	← FLU →	Fever has been gone for 24 hours without medication
Your child has a migraine - throbbing, severe pain with moodiness, fatigue and sensitivity to light	← HEADACHE →	Pain is under control
Contagious rash such as chicken pox, impetigo, scabies	← RASH →	24 hours after medications started if needed and doctor gives ok to return to school
Your doctor suspects - or diagnoses - strep throat	← SORE THROAT →	24 hours after beginning antibiotics
Your child is vomiting or has diarrhea	← STOMACHACHE →	24 hours after no vomiting or diarrhea without medications



HERITAGE

DOG-SHELTER DONATIONS

When and where?

From Monday-Friday, this week, we will gladly be accepting donations at the school's reception.



What to donate? We encourage dog food greatly as it is most needed. (Kibble, dry/wet foods, snacks, etc)



**PEOPLE WHO DONATE
WILL RECEIVE A NON-
UNIFORM DAY ON
FRIDAY.**

@studentcouncilheritage

Action for Happiness Calendar

Happier January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Key Dates

20th - 24th January 2025	Arts Week
23rd January 2025	Talent Hunt Primary School
27th January 2025	Holocaust Remembrance Day
30th January - 2nd February	COBIS MUN
7th February 2025	World Read Aloud Day
7-9 February 2025	COBIS Music Festival

[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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Deputy & Academic Director

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