



HERITAGE
International School

May 31, 2024

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ Live in the sunshine. Swim in the sea. Drink in the wild air. ”

Ralph Waldo Emerson



WHAT'S NEW?

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The View from Dacia Boulevard, Director's notes



We started the new 2023-24 academic year, as ever in the glorious September sunshine, still looking over our shoulders at the uncertainty of the tumultuous 2020s thus far as a decade with the pandemic, the war, the instability in society, but as ever, we rang the bell for a new school year with sheer optimism and hope for a wonderful 7th year ahead for our largest ever cohort of students in the school, approaching 700, along with over 140 staff. The new academic year 2023-4, our 7th as a school, began with the fantastic news that our 1st ever A Level graduates had been awarded their grades from the summer exams and were accepting university places around the World from Japan to the USA. And everywhere in between. For me, it showed quite simply, the idea of our Founders and the conception of the school starting in 2017 as the 1st Cambridge, international school in Moldova, worked. A clear sign of hope and optimism this academic year has been the Founders belief and support in the construction of Moldova's 1st ever A Level Lyceum centre. This astonishing 21st century state of the art

education centre for 16-19 year olds is a beautiful statement of the commitment Heritage has in education and young people.

Student success was seen in the remarkable unbeaten run of the senior boys basketball team under Coach Andrei Russu as they won the Chisinau city championship. IGCSE student, Mark Negruta continued his winning form as Moldovan Kart racing champion, as well as success internationally. Teodor Zaporojan, Grade 9, won national honours in Romanian literature and poetry competitions. A Level student, Sofia Chiorescu, won the European dance title for her age and also came 5th in the World under 21 dance competition this Spring. An impressive representation of student success from Heritage. We really are preparing future leaders at Heritage.

Our entire school community suffered the devastating news in February of the death of Mr. Anjum, our head of Cambridge and Exams officer. Our community did what it does best in adversity, by coming together as we supported his wife, Mrs. Azra, and his two children who are students of Heritage. Mr. Gleb, Mrs. Inga and Mrs. Iulia, all making sure the summer 24 exam session runs smoothly and supporting the students. Mr. Anjum has a memorial in our quiet study quad as we planted a tree in his honour and placed a bench for all of us to remember a friend, colleague and teacher whose legacy is very much in the work he did in creating one of the finest exam cultures a school could have. He is missed but we are grateful for knowing him.

Our reputation and success in our networks & partnerships, nationally and internationally has continued to grow and be an outstanding feature of our schools. We finish the 7th academic year, and my 5th here at Heritage, with our traditional May events of Sports Day, International Day, Graduations and of course plenty of Cambridge and national exams.

It has been another rich year of progress, success, learning, joy, preparing students for the challenges of the future and continuing to build Heritage as one of the best schools in Europe. None of this would be possible without our brilliant community of students, staff, school board, families and wider partners. I wish everyone a great summer ahead and for those returning, a wonderful new 2024-5 academic year, our 8th year, at the start of September.

The Future starts here.

**Rob Ford,
CEO & Director**

Heritage in the Wider World

donation from @LordsTaverners & #Hope4 we will be developing schools' #cricket 🏏 in #Moldova 🇲🇩

Students from our @HeritagePrimary couldn't wait and already got started. Looking forward to the new English words to learn...



international School made possible by Kosalina's supporters!

May has been a month of visitors, each bringing hope, each witnessing impact, each going home different!

Hope4 ❤️ isn't my organisation, it's ours, and I'm grateful to each and every one of you!!

Together #WeAreHope4

Hope4: Bound by Culture | Supported by Business | Driven by Love

#impact #hope #love

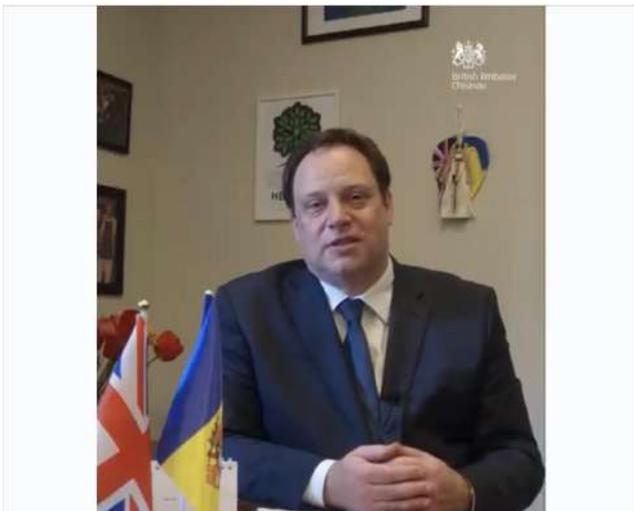


UK in Moldova - British Embassy Chisinau

1d · 🌐

Faceți cunoștință cu Rob Ford - un britanic în Moldova 🇬🇧 🇲🇩

[RO] Faceți cunoștință cu Rob Ford - un britanic în Moldova 🇬🇧 🇲🇩 ...see more



🌐 @globalschoolalliance

What an exciting month! Here are some of our highlights ✨

- 🎂 Celebrating our fifth anniversary
- 🌍 Launching the missing #SDG project
- 🏆 Awarding new Bronze, Silver & Gold #GlobalSchoolAwards

Become a Member today and start connecting: globalschoolalliance.com/join.



Heritage in the Wider World

The Heritage team attended the farewell reception at the US Ambassador Kent Logsdon's residence, to say goodbye to HE Logsdon & his wife, DHM Laura Hruby, Pol-econ chief Mary Alexander & families.

You will be missed by our @HIS_Moldova community!

@USembMoldova @GuvernulRMD



Молдови's post

 **Ambasada Ucrainei în Republica Moldova/Посольство України в Молдові** ✓

9h · 🌐

🏠 Посол Марко Шевченко разом з дружиною **Olesia Shevchenko** відвідали Міжнародний день у **Heritage International School**, де коже...see more



Heritage in the Wider World



Articles/Stories of Interest:

1

Five Ways to Protect Yourself From Stress and Work;

[link](#)

2

The world is on fire, so why should we care about cultural heritage?|British Council;

[link](#)

3

12 communities from both banks of Nistru will benefit from EU and UNDP support for local development initiatives;

[link](#)

4

The first stage of the conservation and restoration works of the State Circus in Chişinău has been completed;

[link](#)

5

Moldova aims for global recognition of its underground world;

[link](#)

6

Explore Moldova. Incomparable authenticity of Europe's most undiscovered tourist destination;

[link](#)

7

OLGA ISAC – THE TEACHER WHO TURNS EVERY GERMAN LESSON AT HERITAGE INTO AN INTERACTIVE CULTURAL EXPERIENCE;

[link](#)

8

100 Fun Summer Activities for Kids and Parents;

[link](#)

9

Summer Reading. Summer is a great time to encourage kids to read and actively explore the world. Books can be the perfect springboard to building background knowledge and a love of reading;

[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

4A Graduation



[See more pictures here](#)

News from Primary

4B Graduation



[See more pictures here](#)

News from Primary

6E Graduation



[See more pictures here](#)



A CHILD WHO
READS
WILL BECOME
AN ADULT WHO
THINKS

Year 1

[link](#)

Year 2

[link](#)

Year 3

[link](#)

Year 4

[link](#)

Year 5

[link](#)

Year 6

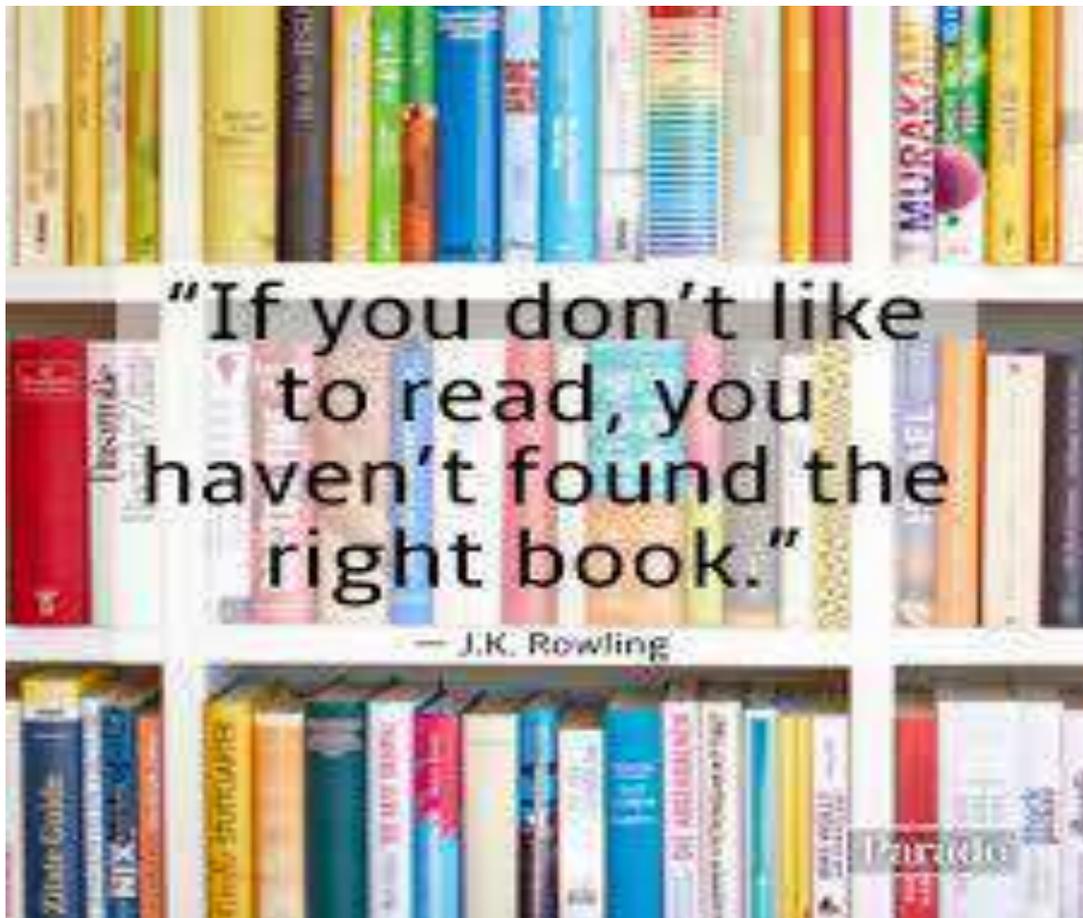
[link](#)

News from Secondary

9A and 9B Graduation



[See more pictures here](#)



Lower Secondary School

[Year 7](#)

[Year 8](#)

[Year 9](#)

Upper Secondary School

[Year 10](#)

[Year 11](#)

[Reading lists and articles featuring IGCSE](#)

Secondary School Graduation

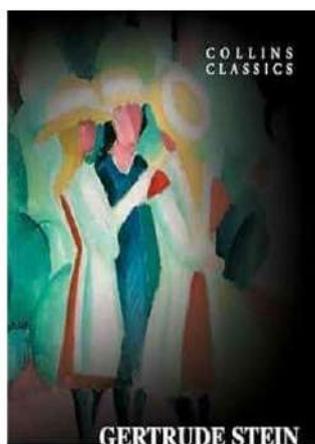
A Level Graduation



[See more pictures here](#)

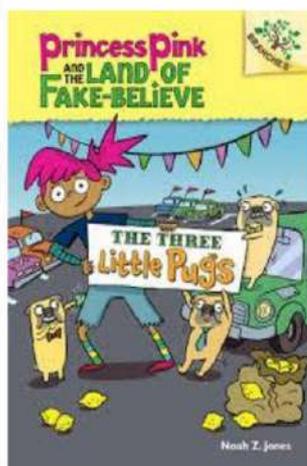
BOOKS RECOMMENDATION

WE WILL MISS YOU!



GERTRUDE STEIN Three Lives

Three Lives tells the story of three common women, living in Bridgepoint, a fictional town based on Baltimore. The three stories are independent of each other, but share much more than a same town. The First Story, "The Good Anna" tells the tale of life and death of a housekeeper Anna, and her difficulties with unreliable under servants and "stray dogs and cats".



NOAH Z. Jones The three Little Pugs

This series is part of Scholastic's early chapter book line called Branches, which is aimed at newly independent readers. With easy-to-read text, high-interest content, fast-paced plots, and illustrations on every page, these books will boost reading confidence and stamina. Branches books help readers grow!

Уильям Шекспир Комедии, драмы сонеты

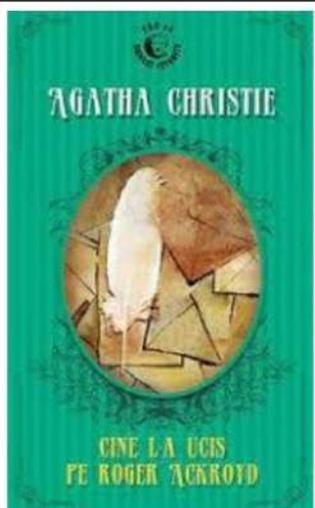
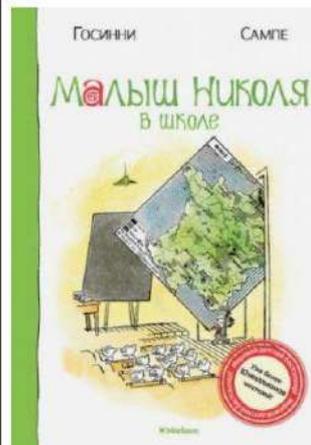
Уильям Шекспир величайший английский драматург и поэт. За свою жизнь драматург создал более десяти комедий.

Из которых вошли в настоящее издание «Буря» и «Зимняя сказка».



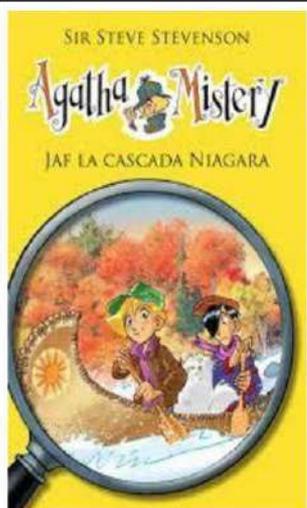
ГОСИННИ САМПЕ Малыш Николая в школе

В книгу вошли истории из жизни Николая, симпатичного мальчугана, полюбившего уже многим читателям. Вместе со своими друзьями он выдумывает забавные игры, проказничает на уроках.



AGATHA CHRISTIE Cine l-a ucis pe Roger Ackroyd?

O poveste polițistă cu crime și anchete în care toată lumea e suspectă, pe rând.



SIR STEVE STEVENSON Jaf la Cascada Niagara

Cărțile din seria "Agatha Mystery" de Sir Steve Stevenson au ca personaj principal un detectiv aspirant cu o intuiție extraordinară Agatha, care călătorește prin lume împreună cu vărul Larry, cu domnul Kent și cu motanul Watson, pentru a rezolva cele mai complicate mistere.

SEE YOU SOON...

Cambridge International Qualifications

Facts and figures About Cambridge International Qualifications:

Here are the the facts why the Cambridge International is famous for

- *Cambridge Assessment International Education is the world's largest provider of international education programmes and qualifications for 5 to 19 year olds.*
- *Over 10,000 schools in more than 160 countries offer Cambridge programmes and qualifications.*
- *Every year, nearly a million Cambridge learners prepare for their future with an education from Cambridge International.*
- *We are part of Cambridge University Press & Assessment, a not-for-profit organisation and part of the world-renowned University of Cambridge.*
- *The first Cambridge international exams were taken in Trinidad in 1864 by six candidates.*

Programmes and qualifications offer at Cambridge International:

Here are the facts why Heritage International School offers the qualifications of Cambridge Primary, Cambridge Secondary Checkpoint, IGCSE and GCE AS and A Level at the campus.

- *Cambridge Primary is taught in more than 2300 schools in over 120 countries. There are over 96,000 entries for Cambridge Primary Checkpoint each year.*
- *Cambridge Lower Secondary is taught in more than 3800 schools in nearly 140 countries. Every year we receive over 110,000 entries for Cambridge Lower Secondary Checkpoint, our tests for 11 to 14 year olds.*
- *Cambridge IGCSE is the world's most popular international qualification for 14 to 16 year olds. It is taken in over 150 countries and in more than 5000 schools around the world.*
- *2018 marked the 30th anniversary of the first Cambridge IGCSE exam.*
- *More than 250,000 students worldwide took Cambridge IGCSE and O Level exams in our June 2022 series.*
- *We are the world's biggest provider of O Level qualifications. Cambridge O Level is taught in over 50 countries.*
- *Cambridge International AS & A Levels are taught in over 130 countries. Over 220,000 students around the world took Cambridge International AS & A Level exams in our June 2022 series.*
- *More than 2200 universities in 90 countries formally recognise Cambridge qualifications, including all UK universities and over 850 in the US.*

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

[link](#)

National Exams

National Secondary school Exams: 9A/9B

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

Cambridge IGCSE/AS/A Level Exams Timetable

Heritage International Day



[See more pictures here](#)

Founders' Lecture no.8

On Founder's Day, May 29th, Heritage held the last Founder's Lecture of the 2023-2024 academic year.

Our guest speaker was George Teodorescu, lawyer, entrepreneur and director of Mixbook Moldova.

George told a powerful story about him leaving Communist Romania in the 1987 to get political asylum in the USA.

He shared with students his story of being a student from Romania, his academic performance, how a child from Romania can be seen as a genius in the States, why consistency in learning matters and how to combat procrastination.

An inspiring last meeting full of powerful messages for our learners.

Many thanks, Mr Teodorescu!



FOUNDERS' LECTURE NO.8

"The Road Less Travelled - Find Your Strengths, Minimise Regrets, and Beat the Rush"

George studied Political Science at Binghamton University and Law at Syracuse University

DATE
29 May, 2024

TIME
3:00PM

LOCATION
Eminescu Library,
Heritage International School/
Online

GEORGE TEODORESCU
SPEAKER,



Heritage Globe



DISCOVER PLAY LEARN
Summer activities

Student Leadership

Yesterday marked a special milestone as we officially inaugurated the Empathy Bench on the last day of school! This beautiful addition is a legacy from the 6E Graduation Class of 2024, made possible by the generous contributions from their wonderful parents. The Empathy Bench symbolizes our commitment to kindness, understanding, and compassion within our school community. It's a place where students can find a friend or simply take a moment to reflect. Thank you to the 6E class and their families for this lasting gift.



Sports, clubs and activities

Heritage Sport Day



[See more pictures here](#)

What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

UNDERSTANDING SCHOOL AVOIDANCE

IMPACT OF SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days), if a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



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10 Top Tips for Parents and Educators

ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect'. Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belonging to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people; sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



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What Parents & Educators Need to Know about

POP-UP ADS

WARNING

WHAT ARE THE RISKS?

Pop-up advertisements have been a staple of the internet since they were first introduced in the late 1990s. This form of advertising causes a small window or banner to appear in the foreground while someone is browsing a website. Although these adverts are merely irritating for most people, pop-ups can present more severe risks to younger users.

DECEPTIVE TACTICS

Children sometimes don't understand that adverts (including pop-ups) are designed to sell a product – and can't distinguish between a legitimate feature of a site and an advertisement. Video games, for example, can be full of pop-up ads that tempt users into spending money, yet they might take the form of a mini-game or extra level.

INAPPROPRIATE CONTENT

While some adverts are targeted based on a user's interests and activity online, that isn't always the case. This means that children may unfortunately be exposed to ads for age-inappropriate goods or services such as tobacco products, alcohol and gambling sites.

MALWARE RISK

Most pop-ups from reputable advertisers are safe. However, in some cases, pop-ups can trick you into downloading malware – whereby cybercriminals install software on your device, allowing them to access your sensitive data. It can be difficult to know if malware has been installed on your device, so your best option is to avoid engaging with these pop-ups altogether. Be wary of sites that suddenly bombard you with ads or try to prevent you from leaving.

PRIVACY RISK

Many app and game developers will collect their users' personal data, such as their name, address, email address, geolocation information, unique numerical identifiers, photos and payment information. If a child clicks on an illegitimate pop-up laced with malware, all this information could be put at risk.

RACKING UP BILLS

If a child has access to a payment card on their device – be it a smartphone, laptop, or tablet – they could very quickly rack up a massive bill by interacting with pop-up adverts and buying products shown to them. Try to keep a close eye on their spending.

BEHAVIOURAL IMPACT

Research has found that pop-up ads can even have an impact on children's behaviour. Some of these adverts use manipulative tactics that take advantage of children's developmental vulnerabilities, intentionally or otherwise. This approach may cause a child's mood to shift: becoming more stubborn, for example, if they begin wanting their parents to buy a specific product for them.

Advice for Parents & Educators

START A CONVERSATION

It's important to have regular conversations with children about online advertising so that they understand the risks of interacting with pop-ups. For example, if a child asks for a product which has been advertised to them online, ask them why they want it and how they found it: this will present an opportunity to talk youngsters through the tactics used in online marketing.

SPOT THE SIGNS

If you're concerned that a child may be following pop-up ads to make online purchases or viewing content that could be harmful, it's important to be able to spot the signs. Due to the often-manipulative nature of these adverts, children who interact with them regularly may show signs of distraction, stubbornness and an increasingly materialistic worldview.

MONITOR CONTENT

It can often be difficult to spot when a pop-up advert is malicious – even more so for impressionable younger users. It's important to monitor the content they're consuming to prevent them from clicking on something dangerous. If a pop-up ad seems too good to be true – promising a free iPad, for example – it probably is.

PRIVACY SETTINGS

Most modern devices have privacy settings that let you limit the amount of advertising a child is subjected to while using apps or browsing the internet. You may also want to speak to teachers about avoiding sites and apps with advertising, as well as adjusting digital privacy settings on any education technology they use.

LIMIT SPENDING

Try to stay aware of what children are spending and ensure that payment details aren't linked to or saved on the gaming platform that they use. Most video games and internet-enabled devices have settings that can help you manage what children can or cannot purchase online.

CUT DOWN ON SCREEN TIME

Given the prevalence of pop-up ads (which can appear on everything from smartphones and tablets to internet-connected toys and games), it might be beneficial to limit the time children spend on digital devices to curb their exposure to digital advertising.

Meet Our Expert

Carly Page is an experienced technology writer with more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, she is now a freelance technology journalist, editor and consultant who writes for *Forbes*, *TechRadar* and *Wired*, among others.



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

1. When you bike wear a helmet, bright clothes when it's dark, and make sure your bike has lights and signs to make you more visible.
2. Don't use headphones or electronics while riding a bike. Keep your eyes on the road and what's around you.
3. Be polite and respectful to cars, walkers, and other riders. Take care and remember the golden rule.

Be a Safe Bike Driver..



Riding your bicycle can be great fun. But do you know how to "drive" your bike?
Riding your bike is just like driving a car--there are rules for bike driving. Here are a few tips from the Bicycle Coalition of Maine

1 Wear Your Helmet the Right Way

It's the law in Maine to wear a helmet correctly if you are under 16. Do the "Eyes, Ears, Mouth Test"

- First put on your helmet so it is level and snug--if it slides around, you need to insert thicker pads
- **EYES** - you should see the very edge of your helmet when you look up past your eyebrows
- **EARS** - the straps should meet right under your ear lobes to form a Y
- **MOOUTH** - the strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head

If you need help, go to a bike shop. Never throw your helmets or leave it in a hot place because it will get damaged (even though you cannot tell). Replace your helmet if it is damaged, no longer fits, or if it is over 5 years old.

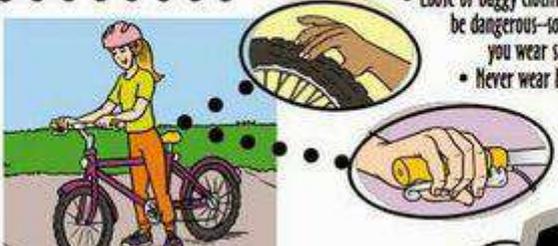
2 Dress Bright for Safety

- Wear light- or bright-colored clothing so you can be seen
- Tuck away shoelaces or other strings or cords so they don't dangle--they may get caught in the moving parts of your bike
- Loose or baggy clothing can also be dangerous--to make sure you wear snug clothes
- Never wear headphones

3 Check Your Bike for Safety

Have your bike checked at least once a year at a bike shop. Check it yourself before biking with the ABC Quick Check:

- **AIR** - pinch the tires, they should be hard
- **BRAKES** - make sure they work and aren't rubbing the tire
- **CRANK/CHAIN** - if there are problems with your gears or if the chain is loose, take your bike to a bike shop
- **QUICK** - check "quick release levers" and other bolts to make sure they are tight



4 Obey the Rules of the Road

- Ride on the right
- Ride single file
- Obey traffic signs, signals, and laws
- Ride straight--no surprises!
- Look back and signal before turning
- Yield to people walking
- Use lights if riding at night (remember to ask your parents for permission)
- Always stop at the end of your driveway--look left, right, then left again before entering the road
- Feel unsafe? You can always walk you bike



When we all drive safely and follow the rules of the road, it is easy to be safe and have fun!

5 Ways to Keep Your Kids Safe This **SUMMER**

- 1 Water safety**
Maintain constant eye contact on kids in or around water, without distraction.
- 2 Child safety helmet**
Make sure your kids wear a properly fitted bike or multi-sport helmet every time they ride.
- 3 Hydration**
Encourage children to stay well-hydrated by drinking plenty of water before, during and after play.
- 4 Playground safety**
Visit parks with impact-absorbing material under equipment, and actively supervise them while they play.
- 5 Hot cars**
Never leave your child alone in a car, not even for a minute.

wolfsonchildrens.com Wolfson Children's Hospital

SUMMER SAFETY TIPS
FOR KIDS WHO LOVE OUTDOORS

- 1** APPLY SUNSCREEN WITH SPF 15 OR GREATER TO REDUCE THE INTENSITY OF UVRS THAT CAUSE SUNBURNS. APPLY IT 16 TO 30 MINUTES BEFORE SUN EXPOSURE.
- 2** DRINK PLENTY OF WATER AND FLUIDS WHEN YOU GO OUTSIDE TO AVOID DEHYDRATION AND KEEP THEM REFUELED.
- 3** LIMIT SUN EXPOSURE, ESPECIALLY BETWEEN THE HOURS OF 10 AM. AND 2 P.M. UV RAYS ARE STRONGEST AT THESE TIMES ESPECIALLY ON SUMMER.
- 4** TAKING TIME TO ENSURE THE OUTDOOR PLAY AREAS AROUND YOUR HOME ARE SAFE PROTECTS CHILDREN FROM INJURIES IN THEIR OWN BACKYARD.
- 5** WHEN YOU'RE OUT ON THE TRAIL, WHETHER HIKING, CAMPING, OR HUNTING, PROTECT YOURSELF FROM MOSQUITOES AND OTHER BUGS BY USING INSECT & TICK REPELLENT.
- 6** DROWNING IS AMONG THE LEADING CAUSES OF ACCIDENTAL DEATH IN CHILDREN. ENROLL YOUR KID ON A SWIMMING SURVIVAL PROGRAM ELSE ALWAYS SUPERVISE THEM.
- 7** NOTHING PROTECTS YOUR CHILD BETTER THAN YOUR PRESENCE. ONE OF THE SUREST WAYS TO PROTECT YOUR CHILDREN OUTDOORS IS TO PROVIDE ADULT SUPERVISION. BY KEEPING AN EYE ON YOUR CHILDREN, YOU CAN STEP IN BEFORE INJURIES OCCUR OR RESPOND QUICKLY IF PROBLEMS ARISE.

Afterschool.ae
UAE's first dedicated website for after school activities.

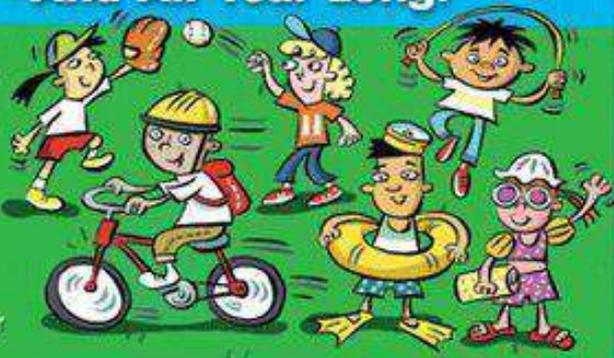
sources
<http://www.pediatrics.com/protect-kid-play-outside/>
<http://www.cdc.gov/child-care/summer-safety-tips-a-guide-to-protecting-kids-when-activities-heat-up-p1017-06731064.html>
<http://www.cdc.gov/features/movingoutdoors/>

Tape to Your Refrigerator!

Ten Tips for Staying Safe This Summer

-And All Year Long!

Summer is a time to have fun. Here are some things you can do to help you stay safe, too. How many can you remember?



- 1 Take a friend with you whenever you go places or play outside.
- 2 Know your full name, address, telephone number and your parents' names.
- 3 If you ever get lost in a public place, talk to someone in charge right away. He or she will help you find your parents.
- 4 Before taking anything from anyone, even from someone you know, check with your parents or a grown up you trust.
- 5 Check first with your parents or the person in charge before you go anywhere or get into a car, even with someone you know.
- 6 Say no if someone tries to treat you in a way that makes you confused or scared, and tell your parents or a trusted grown up right away.

- 7 Talk with your parents about which online activities are safe and which are not.
- 8 Use the "buddy" system when you go swimming, and always make sure a trusted grown up is watching.
- 9 Always cross a street at a corner or crosswalk. Look left and right before crossing.
- 10 Whenever you ride in a car, ride in the back seat and buckle up.

Important Phone Numbers to Remember:

Police _____

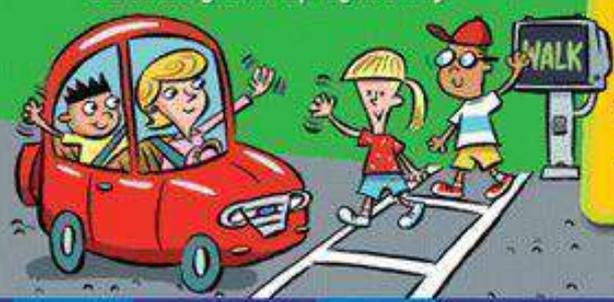
Ambulance _____

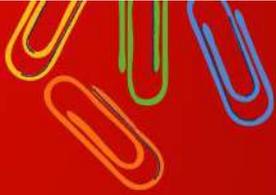
Fire Department _____

Dad at Work _____

Mom at Work _____

Other Important Numbers: _____





School Fee

Reminder

Your timely submissions help run the school smoothly



School Information

Lost and Found Reminder

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.

Please check if your child's belongings are in Lost and Found!





Action for Happiness Calendar

Joyful June 2024

MONDAY



3 Re-frame a worry and try to find a helpful way to think about it

10 Bring joy to others by doing something kind for them

17 Take time to notice things that you find beautiful

24 Bring to mind a favourite memory you feel grateful for

TUESDAY



4 Take a photo of something that brings you joy and share it

11 Eat good food that makes you happy and really savour it

18 Look for something good in a difficult situation

25 Show your appreciation to people who are helping others

WEDNESDAY



5 Think of 3 things you're grateful for and write them down

12 Write a gratitude letter to thank someone

19 Get outside and find the joy in being active

26 Make time to do something playful, just for the fun of it

THURSDAY



6 Get out into green space and feel the joy that nature brings

13 Take a light-hearted approach. Choose to see the funny side

20 Rediscover and enjoy a fun childhood activity

27 Be kind to you. Do something that brings you joy

FRIDAY



7 Do something healthy which makes you feel good

14 Share a happy memory with someone who means a lot to you

21 Send a positive note to a friend who needs encouragement

28 Notice how positive emotions are contagious between people

SATURDAY

1 Decide to look for what's good every day this month

8 Find joy in music: sing, play, dance, listen or share

15 Look for something to be thankful for where you least expect it

22 Watch something funny and enjoy how it feels to laugh

29 Share a friendly smile with people you see today

SUNDAY

2 Say positive things in your conversations with others

9 Ask a friend what made them happy recently

16 Speak to others in a warm and friendly way

23 Create a playlist of uplifting songs to listen to

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together



Have a great



VaCaTion!

Key Dates

[See the 2024-2025 Academic Calendar here](#)

MAIN CONTACTS

Social Media:

[facebook](#)

[instagram](#)

[twitter](#)

[linkedIn](#)

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+373 620 222 10

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