



HERITAGE
International School

May 16th, 2025

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ Success is the sum of small efforts, repeated day in and day out ”

Robert Collier



WHAT'S NEW?

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Director's notes



The end of the school year is a busy but exciting time when we can celebrate the achievements of the academic year, experience the first exam sessions, work on school projects, and make plans for the next academic year. It is time for various field trips and getting ready for graduation ceremonies, completing assessments, and reports. It was such a pleasure to celebrate Family Day last week, inviting parents to take part in school activities, enjoy reading, and have fun together. It is difficult to say who enjoyed it more, either the students proudly showcasing their work or the parents diving into childhood.

From assisting in art projects and science demonstrations to leading storytelling sessions, parents embraced the chance to contribute their time and talents. The presence of enthusiastic parents created a vibrant atmosphere, making each activity more memorable and meaningful for the students

It was our honour to represent Heritage at the COBIS annual conference in London on May 10 - 11th, share our vision as a school with the other representatives of international schools worldwide, effectively expanding meaningful professional networking. The Annual Conference provides a remarkable opportunity to connect with the inspiring school leaders and educators, reflect on the high-quality education standards and innovation, and drive transformation through partnership and shared vision.

All of us were looking forward to our traditional Sports Day event, the students have practised eagerly to bring the winning points for their House. Our best supporters, the parent team, have made their time to support our Zeus (yellow), Poseidon (green), and Hercules (orange) Houses. Unfortunately, the weather was against our favour, and the event was rescheduled for Thursday morning, we will be more than happy if you could join and admire the teamwork, encouraging active participation in sports, it is a great time for students to practise supporting each other through both successes and failures.

As summer break approaches, the last two weeks of school offer a chance to make lasting memories and reinforce the connections built throughout the year. Wishing all our students, teachers, and parents a wonderful fortnight ahead!

The Future starts here.

Inga Chiosa
Acting Director

Great news!

Heritage has become an official UCAS registered centre

Registered UCAS centres get unique access to their students' higher education applications during the application process. Centres are able to use our adviser portal to manage, send, and track the progress of their students' applications.



Welcome to UCAS...

Great news, your school is now confirmed as an official UCAS registered centre!

Heritage in the Wider World





Heritage in the Wider World

"Values-Based Education" workshop



ISN Round-up



Hayley Wilson
Sian Jorgensen
Anna Bateman
Jamie Ganley
Ciara Gillespie
Hasna Farah Hussein
Charlotte Ward
Andrew Goga
Angela Milliken-Tull
John Dolman
Lianne Dominguez
Rob Ford



Articles/Stories of Interest:

1

*How Parents in Education
Might Improve Student
Success in 2025?*

[link](#)

2

*8 Practical Strategies to
Foster Motivation for
Students*

[link](#)

3

Motivating your child

[link](#)

4

*Cambridge English Exam
Preparation Free Online
Support*

[link](#)

5

*From Playtime to Purpose:
How Hobbies Can Set Your
Child on the Path to Success*

[link](#)

6

*Preparing For Your Future
Online Course: Ages 14 to 16*

[link](#)

7

*How to Choose Extracurriculars
– Age by Age*

[link](#)

8

Britannica's Global Live Lesson

[link](#)

9

*EUROPEAN NIGHT OF
MUSEUMS 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

A Journey into the World of Stories and Imagination

As part of our ongoing commitment to fostering a love for reading, our preschool launched the educational project **“Fascinația cărților”**. Through storytelling, reading sessions, and creative activities, children explored the magic of books while developing language, imagination, and emotional expression.

The project also included artistic interpretations of their favorite stories, displayed proudly in our reading corner. This initiative helps instill early literacy skills and a lifelong appreciation for literature.

Read the full article about this project by Miss Stela Ciorba here: [link](#)



News from Primary

2A- About Plants

About plants, the students learned in Science class. Today, they enjoyed the first vegetables, which, if properly cared for, have borne fruit.



2A celebrated Family Day

The students and parents of class 2A celebrated Family Day by organizing a literary café centered around "The Adventures of Gugută", a book they read together over the course of seven weeks. Discussions, debates, appreciations, and the creation of an original hat were some of the memorable moments from this event.



News from Primary

2A celebrated Family Day

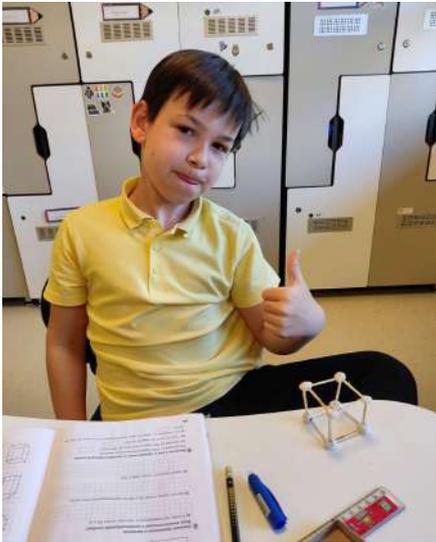
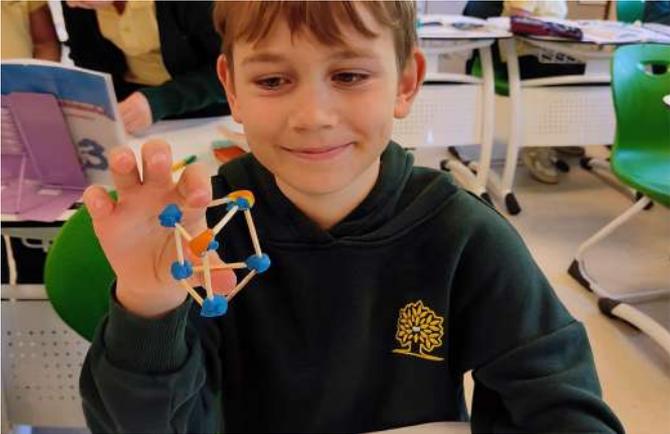


View all materials at the link:

[Link](#)

News from Primary

Geometric Bodies



Sports Day & Olympic Movement Celebration at Preschool

Today, our preschoolers kicked off the sports activities organized at our institution to celebrate **Athlete's Day and the Olympic Movement**, which is observed on the **third Saturday of May**.

The competition took place between the **School Starter children** from both the Romanian and Russian groups. The young athletes participated in a variety of sports challenges prepared by our physical education teacher, **Andrei Rusu**. The event was filled with energy, enthusiasm, and team spirit, giving children a fun and active way to celebrate the values of movement and sportsmanship.



News from Primary

A Joyful Celebration in 2B!

The classroom of 2B was filled with laughter, excitement, and a festive spirit as students came together for a special celebration. Whether it was a cultural holiday, a class achievement, or simply a day to appreciate each other, the event was a wonderful opportunity to build friendships and create lasting memories.



View all materials at the link:

[link](#)

Creating a Herbarium" – A Hands-On Nature Experience

As part of their exploration of the natural world, students took part in a creative and educational activity titled "Creating a Herbarium". With curiosity and care, they collected, pressed, and preserved leaves and flowers, learning to observe nature more closely and appreciate its beauty.



View all materials at the link:

[link](#)

News from Primary

2 E Inherited Characteristics project

The students of 2E embarked on an exciting journey exploring the topic of Inherited Characteristics and Introduction to Genetics. Using family photos, they investigated their own traits and compared them with those of their relatives to better understand inherited features.

They also reflected on their personal growth, examining changes from infancy to toddlerhood, and into their current stage as children. These observations were carefully documented in comprehensive reports, complete with headings and subheadings to organize their findings.

To wrap up the unit, the students created giant fingerprint artworks. They quickly noticed that each fingerprint was unique, highlighting one of the most fascinating aspects of genetics.

This project sparked a genuine curiosity and enthusiasm for genetics among the students, an interest that will surely grow along with them!



Planting Kindness: A Card That Grows Into Blooms

This week began with a unique and heartwarming twist—planting not just seeds, but a story. After receiving a plantable card from Tatiana Popa, our class turned it into a hands-on learning moment. On Monday, students from 2A carefully tore the biodegradable card into small pieces and planted them in soil, sparking both excitement and curiosity. Now, the class eagerly awaits to see what kind of flowers will bloom, learning not only about nature but also how small gestures can grow into something beautiful. Stay tuned as we watch kindness take root—literally!



News from Primary

Our 2nd Grade Students Joined an International eTwinning Webinar!

*As part of the eTwinning project "Around the World in 8 Months", our 2nd grade students proudly participated in an exciting international webinar alongside fellow students from **Greece, Italy, Turkey, Croatia, Moldova, and Romania**.*

*During this special event, students had the unique opportunity to meet and talk with **Nilüfer Dinç Demirok**, a beloved children's author from Turkey. The webinar was filled with curiosity, creativity, and meaningful exchanges, as students discussed stories, asked questions, and learned about the power of imagination and cultural connections.*

It was an unforgettable experience that brought together young minds from across Europe, celebrating diversity, literature, and collaboration.



IPC Exit Point Rainforest

As the exciting conclusion to our Rainforest unit, students embarked on a memorable trip to the local botanical garden. Surrounded by lush greenery and exotic plant life, they explored real-life examples of rainforest ecosystems, observed unique flora up close, and deepened their understanding of the importance of biodiversity and conservation.



View all materials at the link:

[link](#)

News from Primary

An Interactive and Exciting Classroom Activity!

*The 3rd grade A students are applying the **Six Thinking Hats** method—an excellent technique for analyzing a text from multiple perspectives. Each "hat" represents a different way of thinking and approaching the text, helping to stimulate critical thinking and encourage collaboration.*



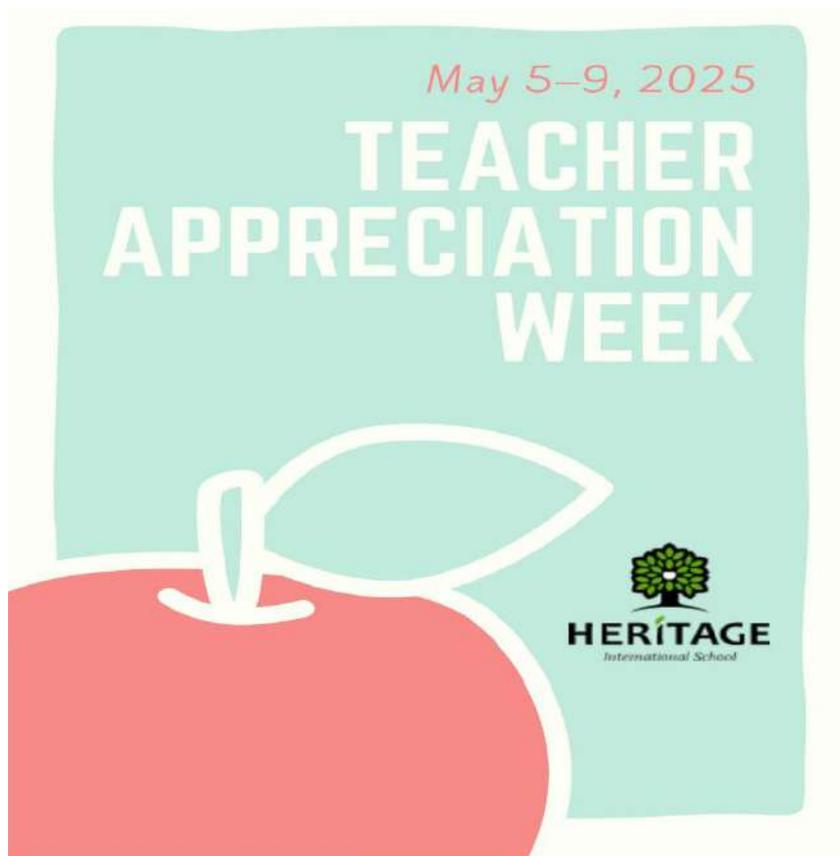
News from Secondary

Week 31 Assembly - Sustainability Week. Delivered by 8E1



News from Secondary

Week 32 Gymnasium and lyceum assembly - Teacher appreciation week & gender equality. Delivered by 8E2



7E2 Hits the Lanes: A Fun-Filled Trip to the Mall

Students from class 7E2 enjoyed a well-deserved break from the classroom with an exciting trip to the mall, accompanied by their teacher. The highlight of the outing was a lively game of bowling, where students showed off their skills, cheered each other on, and bonded over strikes, spares, and a few gutter balls. The trip offered not only fun and relaxation, but also a chance to strengthen friendships and create lasting memories outside of the school setting. It was a striking success in every way!



View all materials at the link:

[link](#)

Outside activities- chalk art

Last week, students turned ordinary pavement into vibrant masterpieces during our school's Chalk Art activity. Armed with colorful chalk and big imaginations, participants filled sidewalks with creative designs, inspiring quotes, and playful doodles.



View all materials at the link:

[link](#)

News from Secondary

8 E are collaborating together for making decorations for their performance



News from Secondary

Poster preparation in 9E



View all materials at the link:

[link](#)

News from Secondar

Mixed media drawings





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.*

[Exam Timetable](#) [Cambridge International IGCSE, AS and A Level](#) [June 2025 series](#)

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

[link](#)

University Destinations 2024



The 5th Founders' Lecture

We have held the 5th and last lecture in our Founders' Lecture series of this academic year.

Our speakers were two experts from Caroma Nord AO, an organisation providing training for young people. The speakers, Virginia Martin and Alina Ciobanu, gave precious advice to our young people on how to quieten their inner critic, so that they grow into confident, self-approving individuals.

The students had some practical activities on the topic, and they enjoyed learning about how to take care of their mental health. Many thanks to Virginia and Alina, and to Caroma Nord team for their dedication to support youth in Moldova!

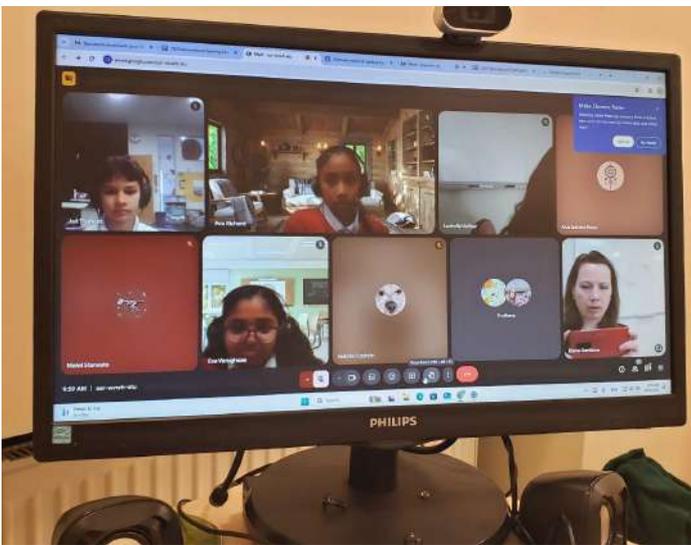


Global Education

The Black Sea Schools Spelling Bee Competition

Heritage International School has just held the 4th edition of the Black Sea Schools International Spelling Bee Competition. More than 100 students from various schools from Moldova and abroad joined the event. Everyone showed their spelling abilities and it was a tough competition, because we had the best of the best.

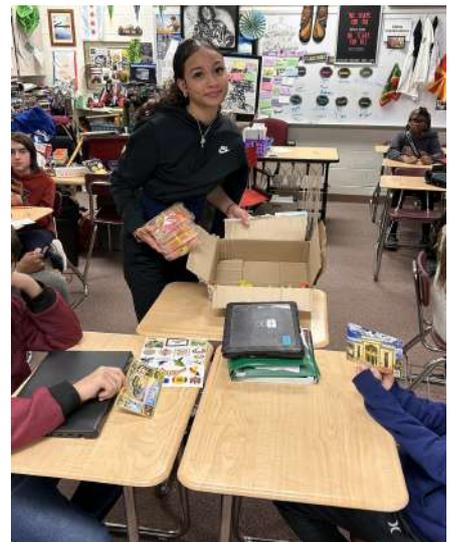
Congratulations to the winners and their teachers!



Building Bridges Through Culture and Friendship

For the past 3 years, Inga Corlateanu (Heritage IPC Coordinator) and Jennifer Gruca (JFK Middle School, Illinois) have led an inspiring international project connecting students from Moldova and the USA. Through monthly exchanges on topics like culture, art, traditions, and personal interests, students shared insights and formed lasting friendships. A highlight? Sending books and national symbols to one another—a creative way to deepen understanding across borders.

Kudos to everyone involved in this meaningful collaboration!



View all materials at the link:

[link](#)



View all materials at the link:

[Link](#)

Global Education

COBIS conference

Our Academic Director & Acting Principal, Inga Chiosa, as well as our Deputy Academic Director & Head of Secondary, Tatiana Popa, represented Heritage at the COBIS annual conference in London on May 10-11th!

Tatiana Popa was a speaker at the session on school case studies, where she spoke alongside a teacher from UAE and a school principal from Kenya. Tatiana's talk was on "An international school for the 2030s", where she spoke about our vision as a school, activities we do at Heritage and what being an international school means for future generations of leaders and decision-makers.

Besides being a speaker and sharing with the other representatives of international schools worldwide, it has been pleasure to meet people we work closely with and to do meaningful networking at the #COBIS25 conference in London.

Such events are very important for this aspect. We not only learn from sessions, but also from meaningful discussions we have with other attendees.

Many thanks to COBIS for organising this wonderful event!



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>

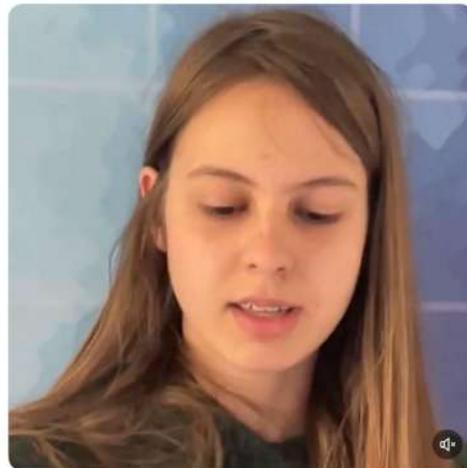
Student Leadership

Heritage students have supported the young people of Wales in spreading the message of peace and goodwill in the world. This day takes place on May 15th every year, and its history goes back to 1922, when it first started.

More information about this global movement can be found here:

<https://www.urdd.cymru/en/peace-and-goodwill/>

We are very proud of our students as they have been part of this movement since 2020.



Student leadership

Adelina Ciobanu: A Voice That Shines Across Borders

Passionate about music since the age of 6, Adelina Ciobanu has turned talent and dedication into success. Guided by a gifted teacher, she's earned top awards in Moldova, Romania, and France. Among her latest wins: the Trophy at "Florile Copilăriei" (Bârlad), 1st place at "Primăvara Talentelor" (Vaslui), and honors in Chișinău's "Martie în floare" festival.

We're incredibly proud of you, Adelina—congratulations! 🌸



Student Leadership

Grade 1 students getting ready for the First Lego League



Sports, Clubs and Activities

Craft May 2025



View all materials at the link:

[link](#)

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

10 Top Tips for Parents and Educators SAFETY ON SOCIAL MEDIA

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

1 REDUCE DOOMSCROLLING

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

2 TALK ABOUT THE CONTENT

It's important to keep 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>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

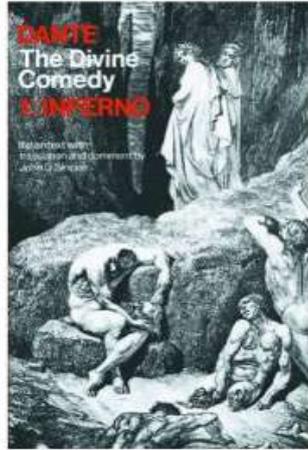
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.12.2024

BOOKS RECOMMENDATION

DANTE

**The Divine Comedy
1: INFERNO**

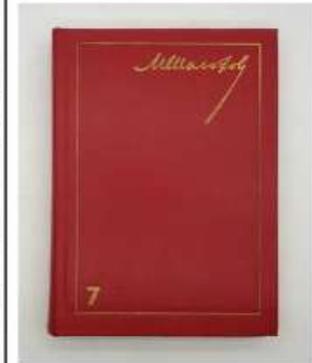
Inferno, the first part of his epic poem The Divine Comedy, is one of the most influential works in Western literature. Dante takes readers on a vivid journey through Hell, where they encounter damned souls from history, myth, and fiction. The author reveals a complex vision of sin, justice, and divine retribution, as each circle of Hell represents different



**МИХАИЛ
ШОЛОХОВ**

**Собрание сочинений
Том 7**

В данный том выдающего советского писателя вошли главы из романа "Они сражались за Родину" и рассказы разных лет о Великой Отечественной войне «Наука ненависти», «Судьба человека» и др. Писатель открыто пишет о трудностях, серьезных ошибках командования



BARBU

**DELAVRANCEA
Nuvele și povestiri**

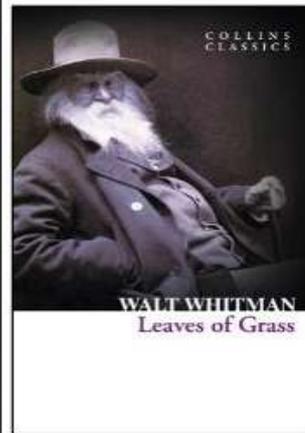
Cartea conține un dosar critic și o fișă de portofoliu.

"...Se scutură din salcâmi o ploaie de miresme.

Bunicul.

Pletele lui albe și crețe parcă sunt niște ciorchini de flori albe; sprâncenele, mustățile, barba... peste toate au nins anii mult și grei.

Numai ochii bunicului au rămas ca odinioară: blânzi și mângâietori".



WALT WHITMAN

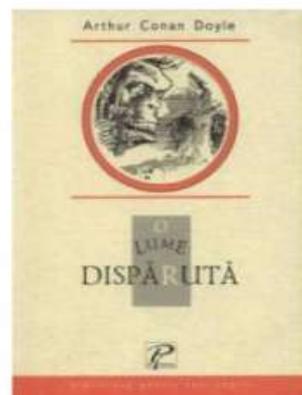
Leaves of Grass

One of the most celebrated collections of poetry in the history of American literature. A master of free verse, Walt Whitman captures the true spirit of his homeland and its people through his poetry. He explores a wide range of themes, encompassing American identity and cultural values, democracy, nature, and the mysteries of the human spirit.

**ARTHUR CONAN
DOYLE**

O lume dispărută

Povestire science-fiction și fantasy. Stilul și tehnicile narrative pe care Conan Doyle le-a perfecționat în acest roman constituie un etalon pentru proza de divertisment a zilelor noastre. Are ca subiect o expediție pe un platou din bazinul Amazonului, în America de Sud, unde

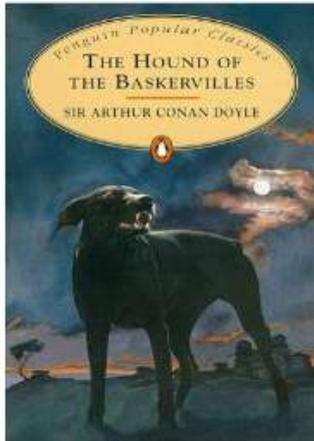


**МИХАИЛ БУЛГАКОВ
Собачье сердце
Повести и рассказы.**

В книге представлена одна из самых знаменитых повестей писателя. Фантастика и реальность очень четко демонстрирует нравы советской действительности 1920-х годов, как и эффективность социальных экспериментов по созданию «нового человека», показывая опасность рационального подхода



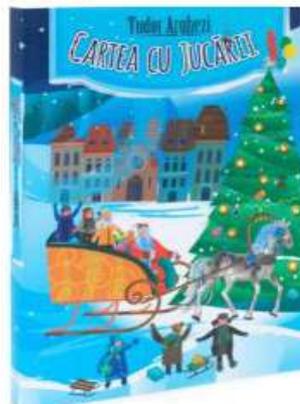
BOOKS RECOMMENDATION



ARTHUR CONAN DOYLE
The Hound of the Baskervilles

The terrible spectacle of the beast, the fog of the moor, the discovery of a body, this classic horror story pits detective against dog. When Sir Charles Baskerville is found dead on the wild Devon moorland with the footprints of a giant hound nearby, the blame is placed on a family

curse. It is up to Sherlock Holmes and Dr. Watson



TUDOR ARGHEZI
Cartea cu jucării

Un volum de scurte povestiri pentru cei mici, în care autorul prezintă năzbâtiile copiilor lui. Astăzi este considerat a fi una dintre cele mai populare opere ale scriitorului.

Textul debutează cu prezentarea nemulțumirii copiilor de a fi mici, de a nu avea acces la lucrurile

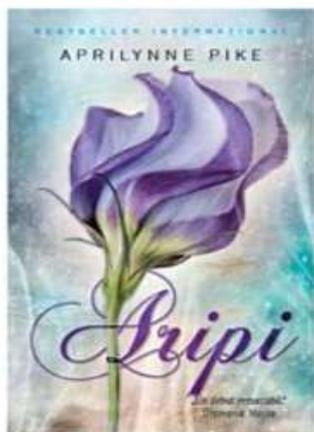
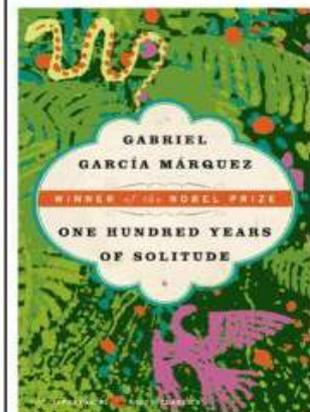
ЕВГЕНИЙ ВЕЛТИСТОВ
Приключения Электроника

Супер-робот Электроник, созданный профессором Громовым в образе 12-летнего мальчика, сбегает из дома и встречается со своим человеческим двойником - двоюродным сыроежником Сыроежким. Электроник и Сыроежкин меняются местами, что приводит ко множеству забавных и неожиданных ситуаций.



GABRIEL GARCIA MARQUEZ
One hundred years of solitude

The story of the rise and fall, the birth and death of the mythical city of Macondo. Inventive, funny, magnetic, sad, and full of unforgettable men and women - full of truth, compassion, and a lyrical magic that strikes the soul. The



APRILYNNNE PIKE
Aripi

Tot ceea ce știați despre zâne se va schimba pentru totdeauna după ce citiți această carte plină de magie. Laurel crede că este o fată ca oricare alta, însă sunt lucruri pe care nu și le poate explica. Nu suportă soarele, nu-i este frig și ar petrece tot timpul în aer liber. Până când se întâmplă ceva cu adevărat straniu: o floare cu petale că niște aripi îi înflorește pe... spate.



ОНОРЕ ДЕ БАЛЬЗАК
Малая библиотека шедевров

В поисках ключа к людской вселенной писатель создал целый мир "Человеческой комедии": 88 текстов и 2500 персонажей. Данное издание, вошли его самые знаменитые романы и повести, которые позволяет погрузиться в этот разноликий, много-голосый мир.

Managing Exam Stress: What You Can and Cannot Control

It's normal to feel pressure when examinations approach, but focusing on what you can control can help you cope with stress more successfully. Recognize your emotions, whether nervousness, annoyance, or self-doubt, but don't let them consume you. Always remember that you are empowered to shape your thoughts, and using constructive techniques can assist you in maintaining proper concentration and equilibrium.

Strategies for Coping with Exam Stress

Structure

- *Create a study plan with clear goals.*
- *Break tasks into manageable steps.*
- *Include time to review progress and celebrate achievements.*

Routine

- *Set a consistent daily schedule, including study, meals, and sleep.*
- *Differentiate between weekday and weekend routines.*
- *Avoid too much time in front of a screen and staying up late to study.*

Balance

- *Ensure a mix of study, rest, exercise, and social time.*
- *Take regular breaks to maintain concentration.*
- *Step outside for fresh air and movement.*

Connection

- *Reach out to friends and family for support.*
- *Don't hesitate to talk about your worries.*
- *Spend time in nature to refresh your mind.*

Exam season might be more manageable if you have structure, regularity, balance, and connection in your life. Remember, the exam is just one step on your path; concentrate on progress, not perfection.

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 MANAGING EXAM STRESS

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

1 PRACTISE WORKLOAD WISDOM

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

2 ADVISE CLEARING THE CLUTTER

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

3 MASTER THE MATERIALS TOGETHER

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

4 RECOMMEND CREATIVE NOTE-TAKING

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

5 USE VISUAL AIDS AND MNEMONICS

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

6 GATHER A 'TECH TOOLKIT'

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

7 KEEP IT FUN

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

8 SUGGEST ACTIVE REVISION STRATEGIES

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

9 ENCOURAGE A POSITIVE MINDSET

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

10 HELP THEM TO SEIZE THE DAY

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

Meet Our Expert

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



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10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

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

1 NAME THE EMOTION

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

2 MODEL EMOTIONAL EXPRESSION

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

3 MINDFULNESS ACTIVITIES

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

4 USE STORYTELLING

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

5 PRACTISE EMPATHY

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

6 ENCOURAGE JOURNALING

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

7 TEACH PROBLEM-SOLVING

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

8 CREATE A SAFE SPACE

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

9 USE VISUAL AIDS

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

10 CELEBRATE EMOTIONAL GROWTH

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

Meet Our Expert

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



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School Improvement Priorities Headlines 2024-25

Vision and Aims:

Sustaining our ambitious culture and vision for World Class education as a growing international school in Moldova to meet future challenges.

A belief in people as our best assets and a positive school culture - Cohesion, Community, Communication, Compassion, Care

A leading innovative school and World Class, professional educational organisation in Moldova, Europe & Globally

A World Class, nurturing, outward facing 21st Century curriculum & learning for all that prepares students confidently in our values for the challenges of the future as global citizens, socially responsible & leaders in their communities.

Outstanding innovative teaching and learning – a professional learning community that is adaptable to face uncertainty with certainty for our community. A servant team leadership culture that prepares leaders.

Heritage International School School Improvement Plan

2024-2025



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

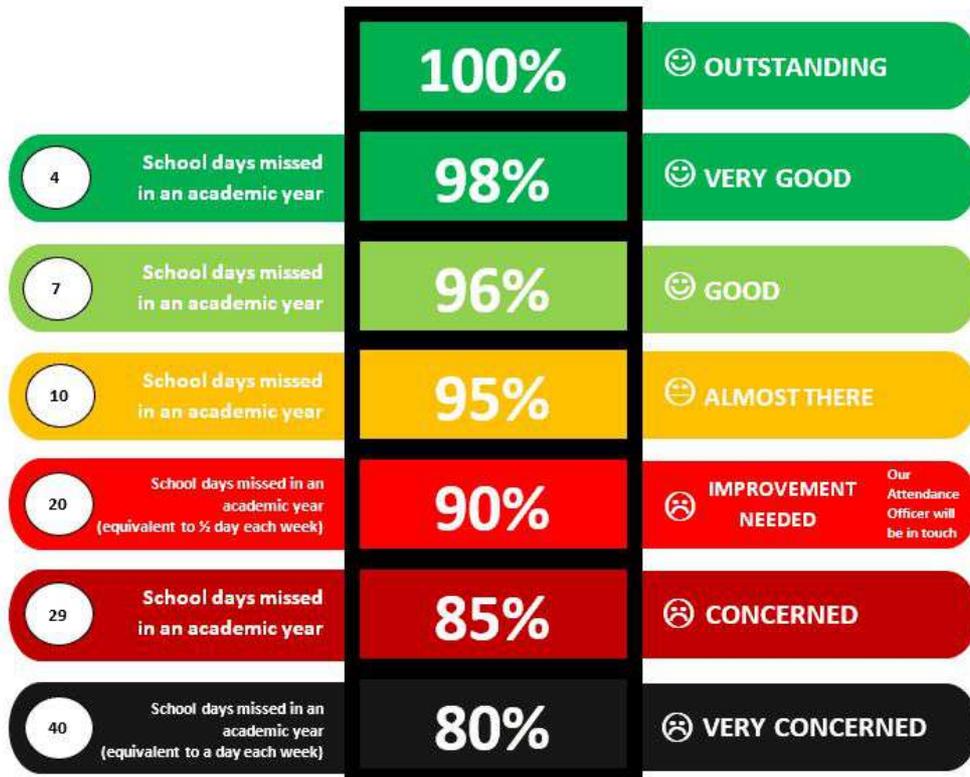
School Improvement Priorities Headlines 2024-25:

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!

Uniform Reminder

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



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

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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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](#)

Action for Happiness Calendar

Meaningful May 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

1 Do something kind for someone you really care about

FRIDAY

2 Focus on what you can do rather than what you can't do

SATURDAY

3 Take a step towards an important goal, however small

SUNDAY

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a handwritten note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why



26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together



Key Dates

12th-18th May 2025	World Mental Health Week
15th May 2025	International Family Day
16th May 2025	Spelling Bee
17th May 2025 (TBC)	eTwinning Day 2025
13th May-17th May 2025	Heritage Sports Week/Heritage Chess Championship
17th May 2025	Heritage Sports Day

[See the Academic Calendar here](#)

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Back copies of the International Heritage Herald can be found on our website: <https://www.heritage.md/en/school/heritage-herald>

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