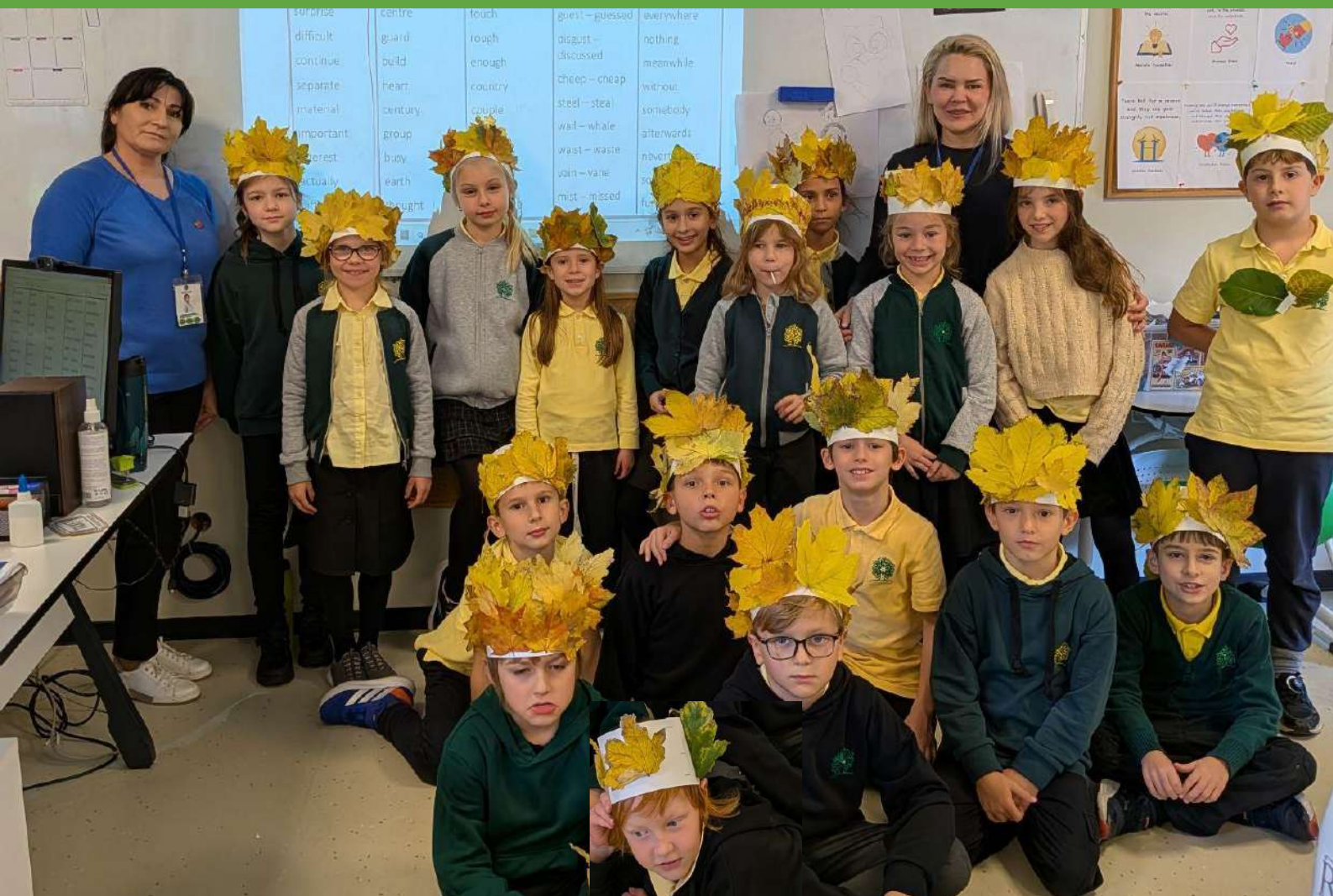


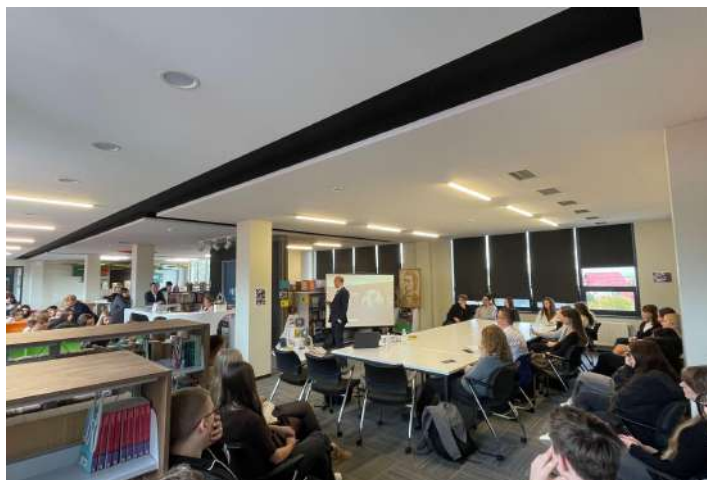
THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ October is a symphony of permanence and change. ”

Bonaro W. Overstreet



WHAT'S NEW?

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Director's notes

Dear Parents and Caregivers,

I would like to thank you all for your ongoing support of Heritage International School and our learning programmes.

We continue to welcome speakers into our school to encourage lifelong and broad learning in our students. We were very fortunate to have another guest speaker last week as part of our Founder's Lecture Series. Mr. Bob Easton, a parent community member, joined us to talk about Diversity and Inclusion. I would like to share a big "Thank you" to Mr. Easton for sharing his thoughts on



this, his own unique story, and tangible actions that our students can take to improve the sense of Belonging and Inclusion at Heritage. Mr. Easton reminds us that, "Diversity is a fact, Inclusion is a choice." We agree with this and we are so proud that the Heritage community embraces Diversity and supports Inclusion and Belonging. Thank you so much, Mr. Easton! I would like to also thank all of those parents who have demonstrated their commitment to partnering with the school for their child's benefit. The home-school partnership is one of the most powerful ways to better ensure your child grows up happy, feeling supported, and achieving academically. We value the trust you have in our school. Families that support our uniform policy, phone usage policy, monitor their child's learning and assignments, communicate with teachers, attend parent-teacher conferences, and encourage their child to attend regularly are those that understand the proverb, "it takes a village to raise a child." Thank you all for your partnership.

We have received some responses to our Net Promoter Score survey - but we hope to get more. We will keep this survey active and it will serve as a starting point for our future data collection. Thank you for taking a few brief moments to complete it.

Thank you all so much. We wish you a safe and enjoyable short break and look forward immensely to all the learning planned for the new half-term starting November 3rd. See you then!

Kind Regards,

***Casey M. Barnes,
Heritage Director***



The Heritage 10 Golden Rules

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

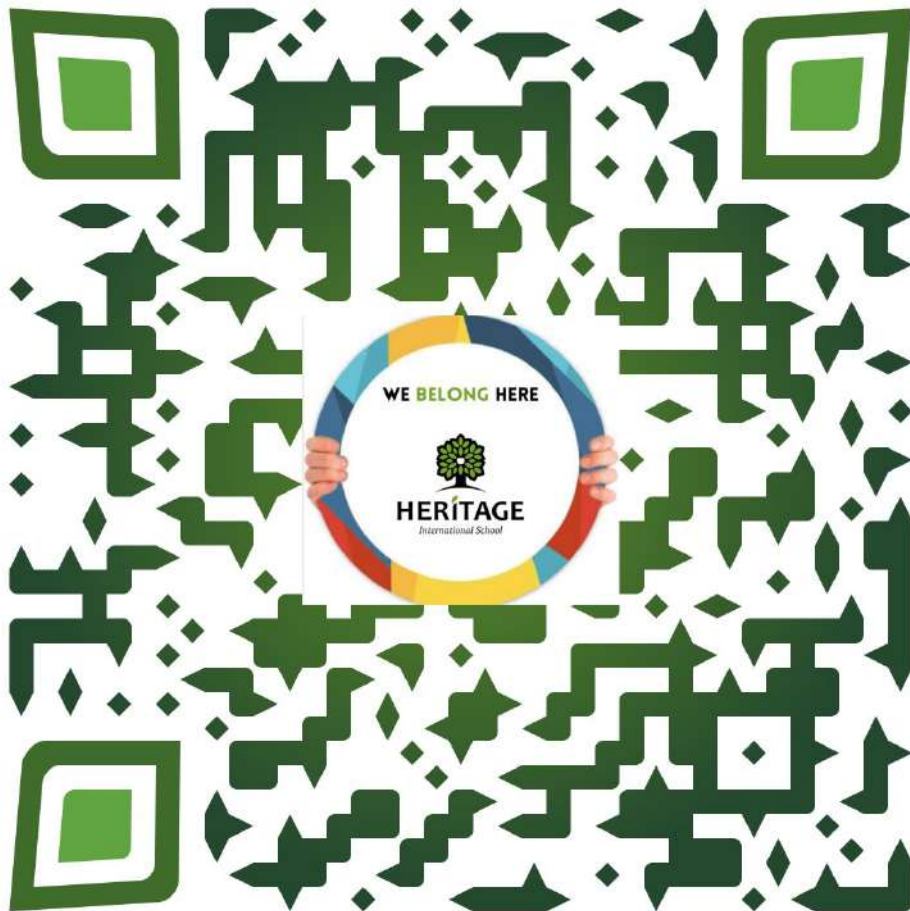
1. *We listen to & respect those looking after us, and teaching us, and always follow their instructions.*
2. ***We respect and look after each other as students of Heritage. We are a caring community.***
3. *If unsure, we ask one of our teachers or support staff.*
4. *We are always aware of being safe,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

Belonging Builds Bridges

“We Belong Here “ Initiative

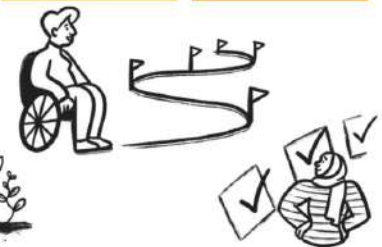
We invite our Heritage students to join our "We belong here" initiative as part of the "Belonging Builds Bridges" campaign. To register, scan the QR code and complete the registration form.

Benefits: access to resources, community events, and opportunities to get involved in promoting inclusion in school.



Action for Happiness Calendar

Optimistic October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good
6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today
13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future
20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face
 27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month		

ACTION FOR HAPPINESS

Happier · Kinder · Together

Key Dates

27.10-02.11.2025 (7 days)	Autumn Break
5th November 2025	COBIS Art Competition
7th November 2025	Dog Shelter Support Drive
10th November 2025	Spelling Bee
13th November 2025	World Kindness Day
14th-16th November 2025	COBIS Student Leadership Weekend

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



Educational Concert

Nov 14 16:00

Participants aged 12+
Parents are welcome to join

Featuring:

**Marcel Lazăr
(Moldo Crescendo)**

The concert will include a
performance, explanations
and games

Tickets limited
Contact:
natalia.marina@heritage.md

Faces of Our School

Natalia Perepeliuc

Primary School Teacher

*I have been working in education for **39 years** and have been part of the Heritage International School team since its founding. Throughout my career, I have been inspired by schools that use modern methods, technologies, and approaches to enhance learning and nurture students' creativity.*

What I enjoy most about my work is being part of the international Heritage community, where initiative, creativity, and critical thinking are encouraged. I value the opportunity to tailor my teaching to the individual needs and interests of each student.

*The **2024–2025 school year** was particularly special for me because I participated in an international project focused on innovative technologies in education. This experience not only introduced me to new modern teaching methods but also allowed me to explore my own creative potential more deeply. Collaborating with colleagues from different schools was inspiring and sparked many new ideas for achieving educational goals.*

In my free time, I enjoy reading fiction, traveling, discovering new things, playing sports, and swimming. I am also a devoted animal lover and care for two wonderful ginger cats.

My motto is: “If a teacher combines love for their work and love for their students, they are a perfect teacher” (Leo Tolstoy).



Magaleas Tatiana History Teacher

Head of the Department of Social Sciences and Communication

*My name is **Tatiana Magaleas**, and I am a teacher of Romanian and World History. I currently serve as the Head of the Department of Social Sciences and Communication. I have been teaching for almost twenty years, nine of which I've spent in the wonderful family of the Heritage International School.*



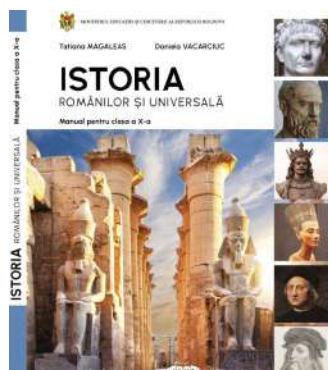
What I value most about my job is the chance to awaken my students' curiosity about our shared past. One of my greatest joys is hearing them say, after just a few lessons, "History is interesting! We thought it was only about dates and maps!" As they grow older, my eighth- and ninth-grade students often tell me that studying history has helped them become more thoughtful and well-rounded individuals. They learn to understand historical processes, explain the impact of events, compare social and economic developments, and evaluate foreign policy. For me, that is a true achievement.

Like anyone else, I am both drawn to and slightly anxious about new challenges. Whenever I begin a new project, I have my share of emotions and doubts, but I always aim for the outcome to be useful, accessible, and meaningful for both students and teachers.

*In 2017, I launched **History.md**, an educational platform that became a project very close to my heart. It offers students video lessons, interactive games, and profiles of historical figures designed according to the exam model for ninth grade. I feel proud every time I read the encouraging comments from students, teachers, and history enthusiasts beneath each video.*

I also created a collection of worksheets and educational games for fifth graders, which have been warmly received and are now used in almost every school across the country.

*In 2024, one of my most significant professional milestones was the publication of the **History textbook for the tenth grade**, developed together with my colleague, Daniela Vacarciuc. Seeing it used in schools throughout the Republic of Moldova has been deeply rewarding.*



Faces of Our School

*This year, in 2025, I took on a new role as a **National Mentor**, guiding and supporting young teachers and colleagues who seek to grow in their profession.*

At the moment, I am working on a new project dedicated to the history of Chișinău—its people, places, and stories. My hope is to inspire students, teachers, and the wider community to discover that Chișinău is truly a European capital, and that the Republic of Moldova rightfully belongs on the European path. I believe that each of us can contribute to knowing our national history and preserving our traditions.

Outside of work, I love collecting encyclopedias—the latest addition to my collection is one devoted to the history of the Moldovan carpet. I also enjoy active travel; as the old saying goes, “Better to see once than to hear a hundred times.”

Every Christmas, my family and I make it a tradition to prepare a box filled with food, clothes, toys, or money for someone in need. We ask the local doctor to deliver it without revealing who it’s from—just to say it’s “from Santa Claus.”



Jeffrey Hearn Head of the Mathematics Department

My name is Jeffrey Hearn, and I teach Mathematics at Heritage International School. This is my third year here and my forty-second year as a full-time teacher — which also makes me the oldest teacher in the school!

What I love most about teaching are those moments when students come alive in class — when they laugh, share in the humor of a lesson, and feel the thrill of achieving good grades. Their energy keeps me young and reminds me why I've dedicated my life to this profession.



Outside of school, life has blessed me richly. I'm approaching twenty-five years of a happy marriage with my loving wife and soulmate, Ofelya. But without a doubt, the greatest joy and achievement of my life has been becoming a father to my wonderful and beautiful daughter, Liza, who is now twenty-one.

Teaching has taken me across seven different countries, and through more than four decades, I've had the privilege of giving countless students warm memories of their school years. Many of my former students have become lifelong friends, and my career has led me to incredible adventures in more than seventy countries. Yet, at the heart of it all, my greatest project and life's pride remains my family.

I've always had a wide range of passions. Sports have been a lifelong love — especially football, cricket, and tennis. Another great chapter of my life is Africa, where I spent eight wonderful years that became an inseparable part of who I am. I also have a deep love for animals — from the loyal Labrador dogs of my past to our current Bengal cat, Leo, who is as fluffy and affectionate as he is therapeutic.

Wildlife has offered me unforgettable moments — encounters across Africa, Australia, Canada, and even the UK. It pains me to see the decline of so many species, but being in the presence of wildlife, witnessing nature in its raw beauty, is one of life's greatest gifts. Photography has always accompanied me on these journeys — and if I had a dollar for every photo I've taken, I'd be a millionaire several times over!

Life hasn't been without its challenges — I've survived a fall from a tall tree, a near-fatal bout of malaria, a face-to-face encounter with a wild leopard, and even COVID-19. Each experience has reminded me how precious life truly is. My father's advice still guides me: "If a job is worth doing, it's worth doing well." Words I live by every day.

Natalia Jumbei **Front of House Manager** **Admission Officer**

I've been working at Heritage International School for the last 7 years, during which I've gained extensive experience in student support, communication with families, and the overall admissions process. Over the years, I've developed a deep understanding of how to guide students and parents through each stage of enrollment. My role has also allowed me to collaborate closely with teachers to ensure that every student feels welcomed and supported from the very first step.

I love meeting new students and families and being part of a team that truly cares about education and well-being. The supportive atmosphere and positive energy in our school make every day enjoyable and inspiring.

In my free time, I enjoy reading, learning about psychology, traveling, and discovering new cultures. I also love spending quiet moments with a good book and a cup of coffee.

My life motto:

Radiate positivity — it always comes back to you!



Oleg Havric **Facility manager**

I've been working with the company since 2017, so it's already been 8 years. What I value most about my workplace is the friendly and supportive atmosphere, where trust and mutual respect are always present.

Outside of work, I enjoy spending time outdoors—taking walks, exploring nature, and cherishing moments with my family.

One of my favorite quotes is by Babe Ruth: "It's hard to beat a person who never gives up." This motto really inspires me in both my personal and professional life.



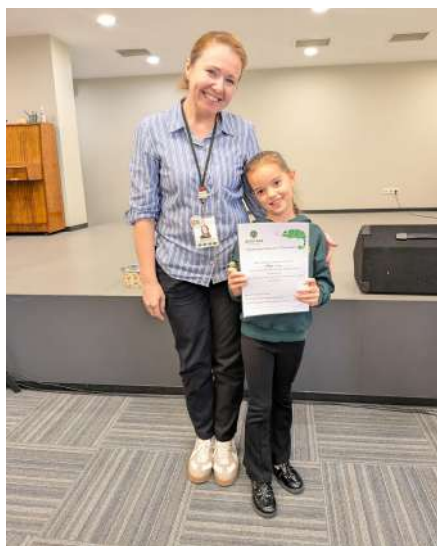
Letters to a New Friend

This Thursday, our 2nd-grade students took part in a heartwarming activity organized by Miss Iulia and Miss Alina. The children practiced the art of letter writing — composing messages to an unknown friend, placing them in envelopes, and decorating them with colorful stamps. All the letters were then “mailed” to the second part of the group. During the next lesson, the students will receive and read their surprise letters. It was a beautiful way to combine creativity, communication, and a touch of old-fashioned charm!



2nd Edition of the Tongue Twister Competition

Our students recently showcased their pronunciation skills and quick thinking in the 2nd Edition of the Tongue Twister Competition. With laughter and friendly rivalry filling the room, participants challenged themselves to deliver tricky phrases as clearly and quickly as possible. The event was not only great fun but also a wonderful way to build confidence and sharpen speaking skills in English!



View all materials at the link:

[link](#)

News from Primary

Autumn vibe in 3E

Class 3E welcomed the beauty of the season with creativity and joy! Students celebrated autumn through colorful crafts, drawings, and poems inspired by falling leaves and cozy days. The classroom was filled with warm colors, laughter, and that special autumn spirit that makes learning even more delightful.



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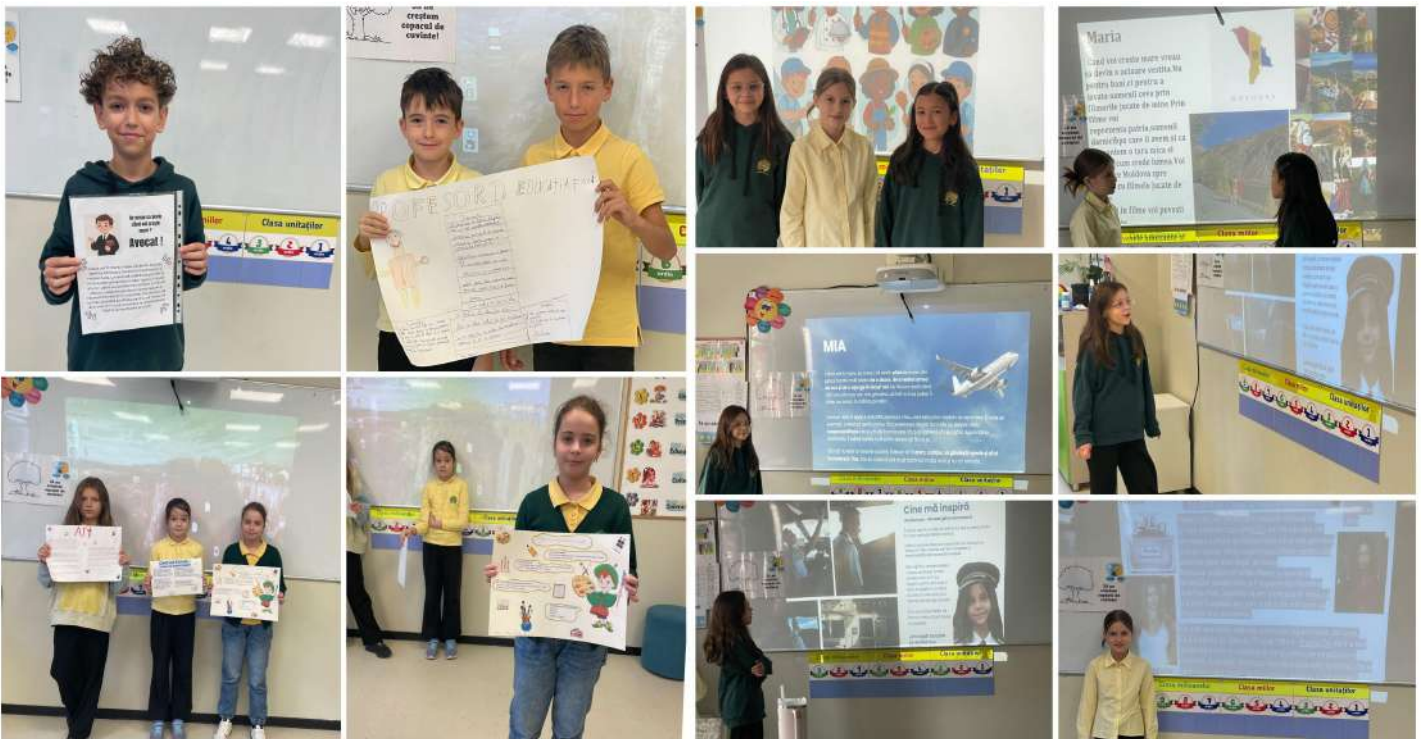
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News from Primary

What I Want to Be When I Grow Up

The 4th-grade students shared their dreams and passions through the project “What I Want to Be When I Grow Up.” The young participants presented the professions that inspire them, spoke about their role models, and explained why they wish to pursue certain careers.

This activity was more than just a school exercise — it was a lesson about dreams, perseverance, and the importance of education in building a bright future.



Conker Competition 2025

*Our students had a smashing time at the **Conker Competition 2025**! Full of laughter, skill, and a touch of friendly rivalry, participants tested their aim and strategy in this classic autumn game. The event brought excitement to the playground and was a wonderful way to celebrate the season while enjoying teamwork and fun.*



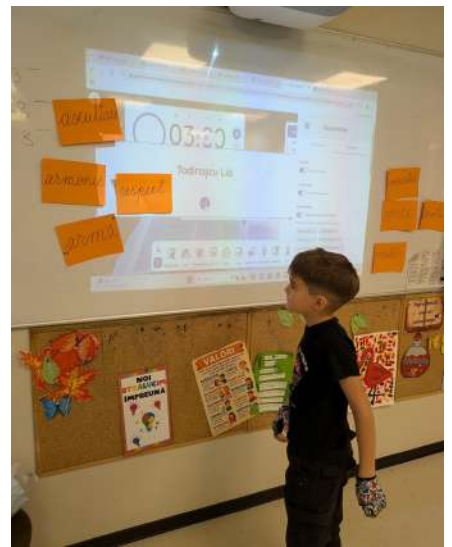
View all materials at the link:

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News from Primary

2A Visits the Word Fair

Autumn means fair time, and Class 2A visited a **special Word Fair!** Students “purchased” words, paying with sentences or examples of situations where the words could be used. The activity was both fun and educational, bringing smiles, creativity, and a sense of satisfaction to everyone involved.



View all materials at the link:

[link](#)

Autumn Fest & Halloween Fun in 6E!

*Pumpkins, laughter, and cozy autumn vibes filled our school during the **Autumn Fest & Halloween celebration!** Students enjoyed festive activities, creative costumes, and seasonal treats, making it a joyful and memorable event for everyone.*



Autumn Spirit Around the School

The school has been buzzing with the warm colors and cozy vibes of autumn! Students and teachers alike have embraced the season through creative decorations, seasonal crafts, and classroom activities inspired by falling leaves and crisp autumn days. The hallways and classrooms are filled with laughter, colorful artwork, and the cheerful energy that makes this season so special. Autumn truly brings our school community together in celebration of creativity and nature!



View all materials at the link:

[link](#)

Discovering the Pumpkin in 2A

Students of Class 2A explored the world of pumpkins, learning about their origins, the different varieties, and how to choose an edible pumpkin. They discovered many fascinating facts while studying this “king of autumn.” Preparing the traditional pumpkin pie was a unique and memorable experience, combining learning with hands-on fun and creativity.



View all materials at the link:

[link](#)

2A Explores the Secrets of True Friendship

*Class 2A continued their journey of discovering the secrets of genuine friendship through **group activities and discussions**. The debates were lively and well-argued, allowing students to share their thoughts and perspectives. The conclusion was clear: a true friend is priceless!*



View all materials at the link:

[link](#)

1C - Autumn STEAM Festival

Our class took part in the Autumn STEAM Festival by decorating our own pumpkins! The students showed creativity, patience, and imagination - each design turned out bright and unique. We talked about the symbols of autumn, discussed shapes and colors, learned to work as a team, and happily created a festive atmosphere together!



View all materials at the link:

[link](#)

3B Bakes Pumpkin Muffins

*Today, the students of Class 3B baked **pumpkin muffins**. It was so much fun for them to prepare the dough, fill the molds, and then enjoy their delicious creations! Even though many children usually aren't fans of pumpkin, the muffins they made themselves were simply magical and absolutely irresistible.*

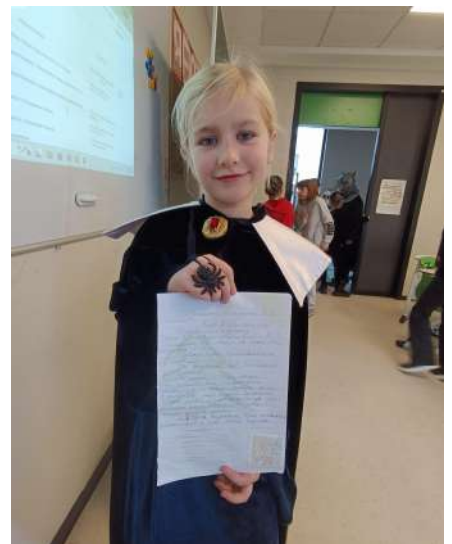
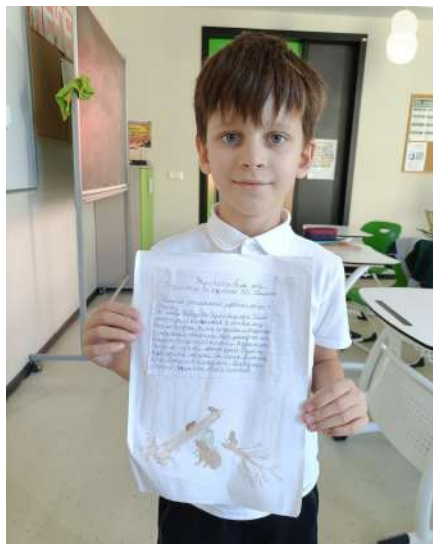
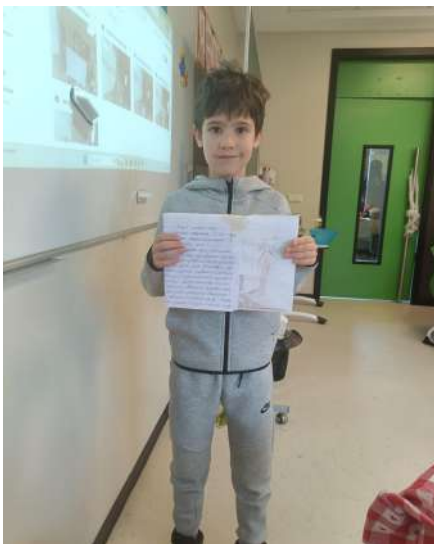
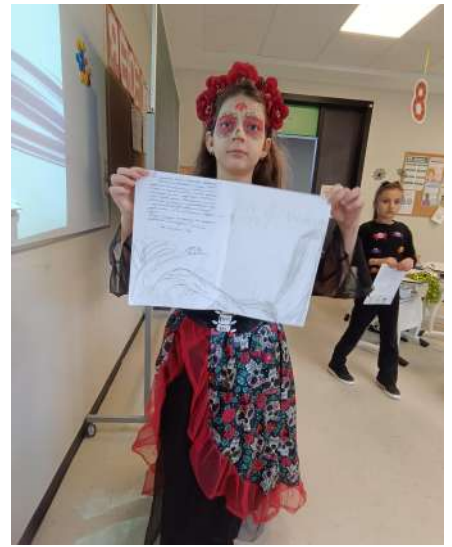
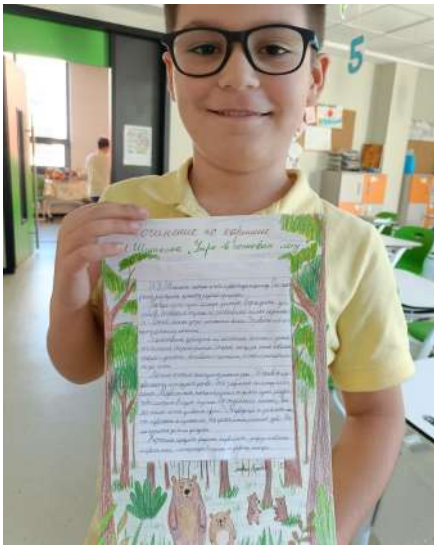


View all materials at the link:

[link](#)

3B Writes Their First Picture-Based Essay

*For the first time, the students of Class 3B wrote **essays based on a painting**. Writing creative pieces in primary school is one of the most challenging tasks. Honestly, it wasn't easy, but the students handled the assignment wonderfully! We are excited to share their inspired and imaginative works.*

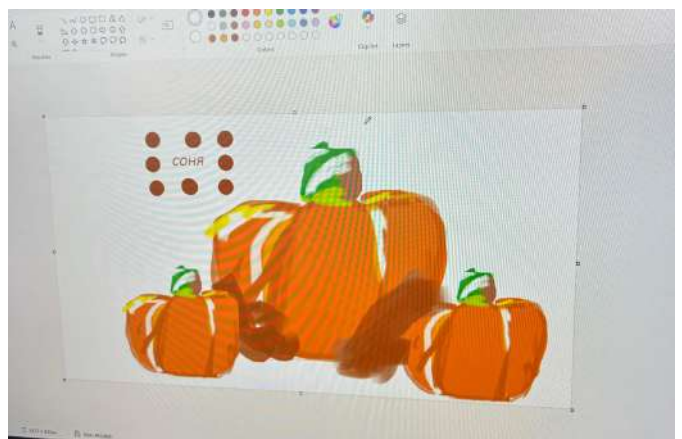
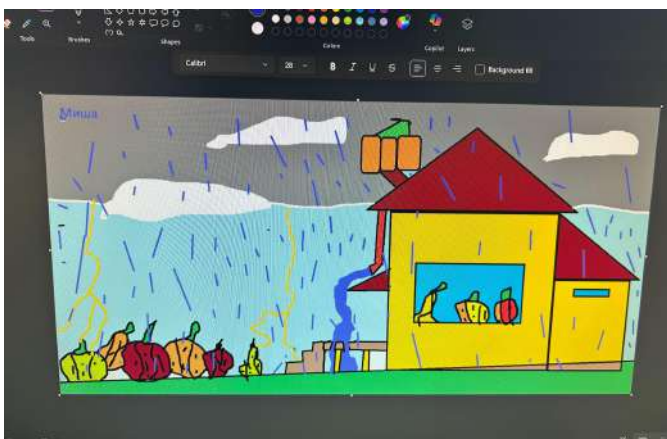
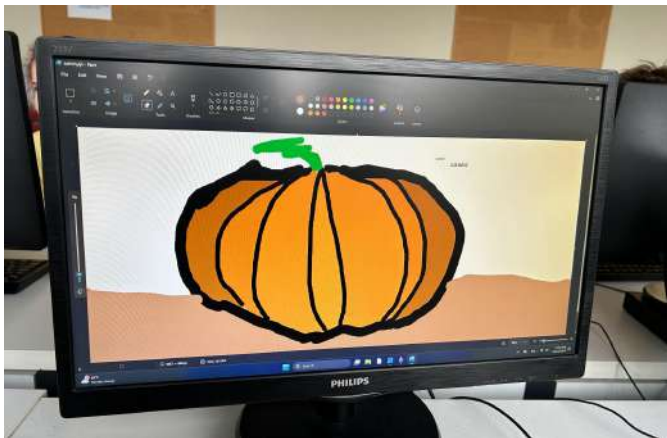


View all materials at the link:

[link](#)

News from Primary

Autumn STEAM Festival: Pumpkin Drawing Fun



View all materials at the link:

[link](#)

News from Primary

Spelling competition primary Cambridge

*Our young learners recently showcased their vocabulary and spelling skills in the **Primary Cambridge Spelling Competition**. Students competed with enthusiasm, demonstrating focus, confidence, and a love for language. The event was both challenging and fun, helping to build literacy skills while celebrating achievement and teamwork in a friendly, supportive environment.*



View all materials at the link:

[link](#)

Baking Fun at the Autumn STEAM Festival

As part of the Autumn STEAM Festival, the class turned into little bakers! Students baked delicious pumpkin cookies for the festival, joyfully rolling out the dough and decorating their sweet creations. Activities like these help children develop attention, fine motor skills, and independence — and most importantly, they create joyful and lasting memories.

Autumn in this class was truly tasty, colorful, and full of creativity!



View all materials at the link:

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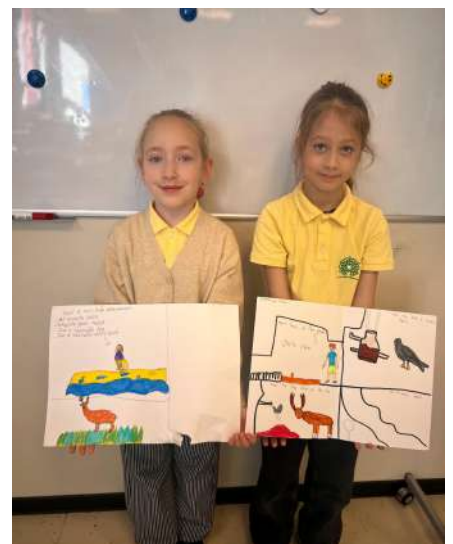
All About Pumpkins – 2B's Creative Project

As part of the project “All About Pumpkins,” the students of class 2B, together with their family members, created their very first book. They selected and wrote information, fun facts, recipes, riddles, and stories about the “king of autumn” – the pumpkin. Each book was uniquely creative, filled with illustrations, drawings, and crafts made from different materials. The information in the books proved useful across all school subjects, making learning both fun and meaningful.



Climate Action Project 2025

Our primary school students actively participated in the **Climate Action Project 2025**, learning about the importance of caring for the environment. Through creative activities, experiments, and teamwork, the children explored ways to reduce waste, save energy, and protect nature. The project encouraged students to think critically, take responsibility, and understand that even small actions can make a big difference for our planet.



View all materials at the link:

[link](#)

3B Welcomes Autumn with Creativity

Class 3B greets autumn with brightness, festivity, and great inspiration. Their crafts radiate joy and a warm, cozy atmosphere. A big thank you to the parents for their participation and for sharing in the creative activities with the students!



View all materials at the link:

[link](#)

Open Lesson in Class 3B

Today, Class 3B celebrated a special event with an **open lesson**. Guests actively participated in different parts of the class. The students worked in teams, pairs, and individually, reading, solving a crossword based on the text, creating a plan for a future retelling, learning to describe characters, and comparing their actions. The lesson was both engaging and intensive, offering a rich and enjoyable learning experience.



View all materials at the link:

[link](#)

Chestnut Battle in Class 3B

*Class 3B had a fun and lively **Chestnut Battle**! Students enjoyed friendly competition while playing games with chestnuts, developing coordination, teamwork, and a sense of sportsmanship. The activity brought laughter, excitement, and a true autumn spirit to the classroom.*



View all materials at the link:

[link](#)

News from Primary

Thematic project: "The Story of Autumn".

As part of the project, School Starter students expanded their knowledge about the autumn season. The guest of honor was the Autumn Fairy herself, who prepared a lot of interesting and useful activities for the children!



Exploring Anatomy Outdoors: Eye Study in Action

*Students had a unique hands-on learning experience in their **anatomy lesson with Otea Ranell**. They studied the structure of the eye by drawing it with chalk in the school yard, combining creativity and science while enjoying the outdoors. This interactive approach made learning both fun and memorable.*



Halloween and Autumn Spirit in 8E2

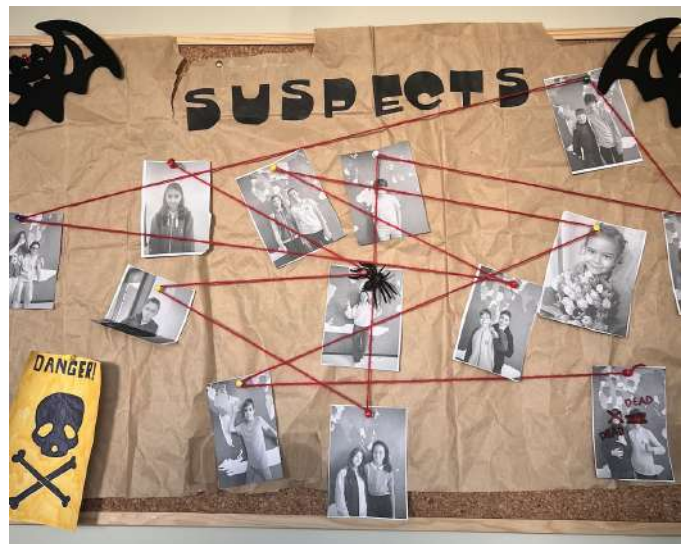
The students of 8E2 embraced the magic of autumn and Halloween with creativity and fun. From spooky decorations to themed activities in class, the day was filled with laughter, teamwork, and festive spirit. Their enthusiasm brought the season to life, making the classroom a cozy hub of autumn vibes!



News from Secondary

Scavenger Hunt Fun in 8E1

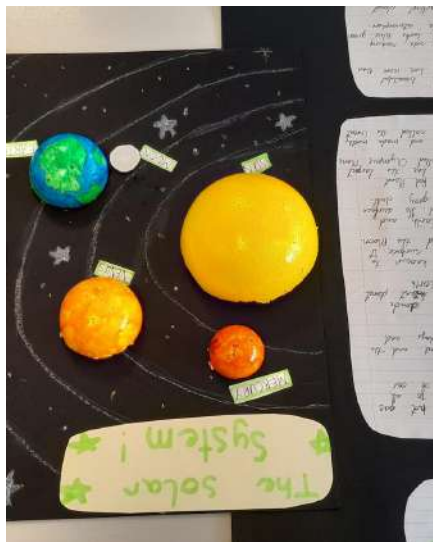
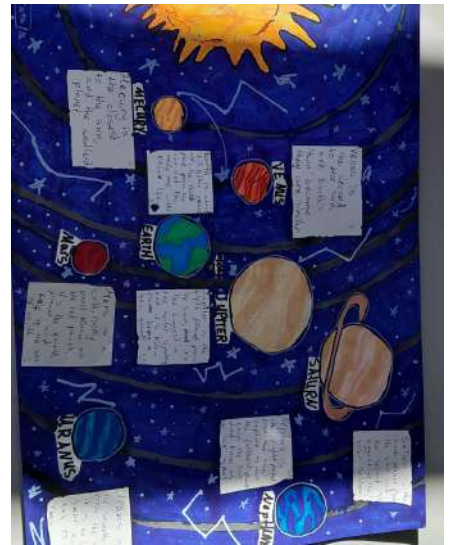
The students of 8E1 enjoyed an exciting scavenger hunt, working in teams to solve clues and complete challenges around the school. The activity encouraged teamwork, problem-solving, and a sense of adventure, making learning fun and interactive for everyone!



News from Secondary

7E2 Explores the Solar System

Class 7E2 embarked on an exciting **Solar System project**, diving into the wonders of planets, stars, and other celestial bodies. Students created models, presentations, and visual displays to showcase their understanding of space. The project encouraged curiosity, teamwork, and a deeper appreciation for the universe around us.



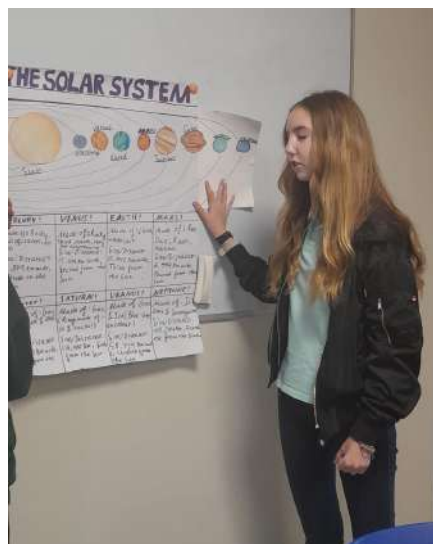
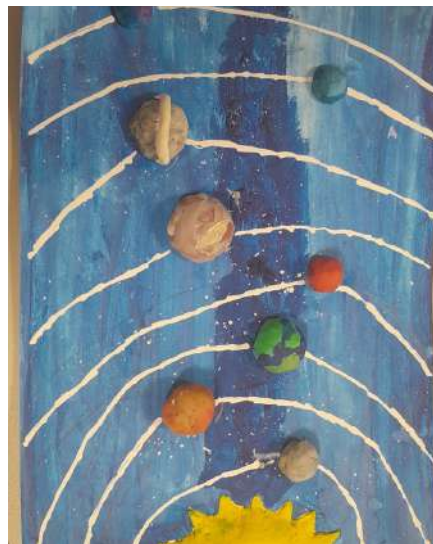
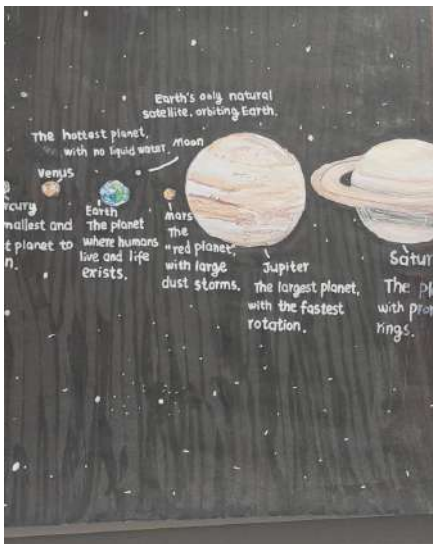
View all materials at the link:

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News from Secondary

7e1 Explores the Solar System

Class 7E2 embarked on an exciting **Solar System project**, diving into the wonders of planets, stars, and other celestial bodies. Students created models, presentations, and visual displays to showcase their understanding of space. The project encouraged curiosity, teamwork, and a deeper appreciation for the universe around us.



View all materials at the link:

[link](#)

News from Secondary

Fun Friday: Keep Cool game

We had a wonderful time in 7E1 and 7E2 today playing “Keep Cool”!

*Students stepped into the roles of different countries and interest groups, skillfully navigating the delicate balance between **economic growth** and **environmental protection**. The game not only deepened their understanding of **climate change** but also fostered **cooperation, strategic thinking, and critical problem-solving skills**—a truly engaging and fun way to explore the complexities of our planet’s future!*



Cambridge International Qualifications

Facts and figures About Cambridge International Qualifications:

Here are 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](#)

Heritage Founders' Lecture Series 2025–2026 Kicks Off!

*This week, we proudly launched the 6th edition of our **Founders' Lecture Series** at Heritage International School, continuing our cherished tradition of opening the season with the British Embassy in Moldova*

*Our guest speaker, **Mr. Bob Easton**, Deputy Head of Mission at the British Embassy in Chişinău, who arrived in Moldova this summer, shared his reflections on a topic close to our hearts: **Diversity and Inclusion in the UK**.*

Bob's talk was not only informative but also personal and inspiring. He shared what diversity means to him, weaving in anecdotes from his life in the UK, China, and other parts of the world. His stories encouraged students to reflect on how inclusion is actively practiced, not just defined. The audience engaged thoughtfully, connecting with his experiences.

*Following the lecture, students participated in a lively **Kahoot quiz on UK culture**, sparking friendly competition and lots of smiles. Winners were thrilled to receive special prizes from the Embassy.*

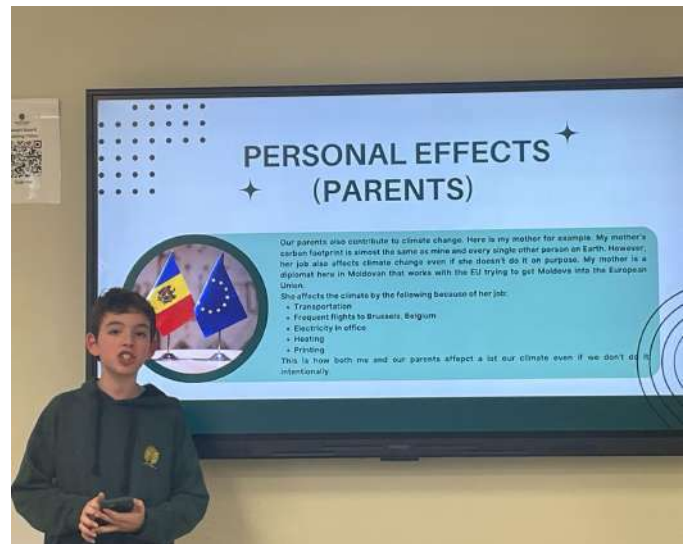
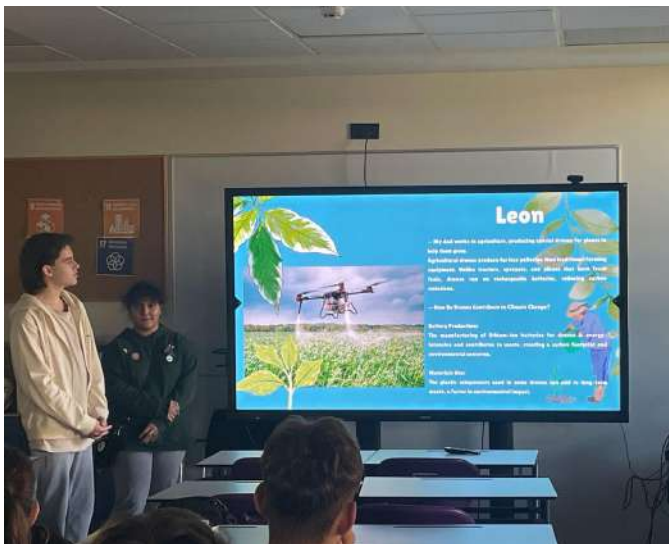
*The **Q&A session** was a highlight, with learners asking insightful questions that led to meaningful dialogue. Mr. Easton's openness and warmth left a lasting impression on everyone present.*

We extend our heartfelt thanks to Mr. Easton for his time, dedication, and the enriching conversation. We look forward to many more inspiring sessions in the 2025–2026 Founders' Lecture Series—where ideas meet inspiration.



Climate Action Project in Secondary

Students in the secondary school are at the end of Climate Action Project. They did excellent research and identified how local businesses are contributing to climate change in Moldova. Also, students reflected on their personal impact on the climate. They are looking forward to sharing their findings and reflections with peers around the world, after the break. Also, they are going to participate in the Climate Action Day 2025 conference online.



View all materials at the link:

[Link](#)

Tatiana Popa to Speak at Ayb Teachers Conference

On October 25-26, Tatiana Popa, Deputy Academic Director and Head of Secondary School, will present on **“Promoting Valuable Education in Schools through Community Cooperation.”** She will discuss creating engaging school environments, practical steps for teachers and student councils, and how community collaboration can drive educational reforms.



Student Leadership

A huge well done to our Student Council for this week's effort in organising the Autumn Fun Fair! Not only the Events Committee, but the entire team of School Council members contributed to making it such a successful and fun event to end the week and to go on autumn break!

Congratulations! You rock! The costumes of the day were fabulous, too!



Student Leadership

Honoring Our Heroes: A Joyful Teacher's Day at Heritage

Last week, Heritage International School was filled with joy, gratitude, and celebration as our incredible Student Council led the way in honoring Teacher's Day. With courage, creativity, and heartfelt dedication, students across all three schools came together to show appreciation for the educators who inspire them every day.

From the moment teachers arrived, they were greeted with warm wishes and smiles on a red carpet rolled out just for them. Throughout the day, Student Council members stepped into classrooms, taking on the role of substitute teachers with enthusiasm and care, creating memorable learning moments for their peers.

This year saw a record number of students involved, a testament to the strength of our community and the deep respect our learners hold for their mentors. The photos captured during the celebration reflect the beauty of the day—moments of laughter, connection, and admiration.

To all our teachers: Happy Teacher's Day! Your dedication shapes futures, and your impact is felt far beyond the classroom walls. Thank you for everything you do.



University Destinations



Art Competition

Theme: Through Another's Eyes

Submission Deadline: 5 November 2025

cobis.org.uk/art



Student Leadership

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>

Clubs & Extracurricular Activities

Gymnastics club



BOOKS RECOMMENDATION



AURELIU BUSUIOC

Culori

Aureliu Busuioac a reprezentat întotdeauna imaginea scriitorului liber și emancipat, sincronizat în toate cu spiritul literar general românesc, dar și cu esențele literaturii moderne și postmoderne. Istoria literară îl reține ca pe unul dintre cei mai valoroși creatori din întreg arealul limbii și literaturii române.



OSCAR WILDE

I can resist everything except temptation

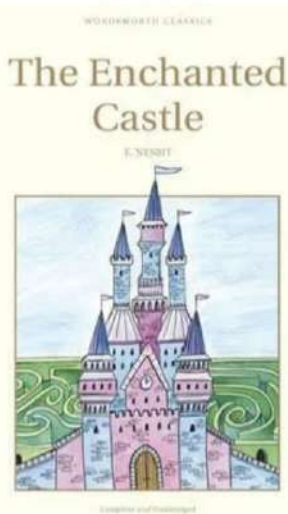
"I like scandals about other people, but not about myself. They have no novelty," says one character, and another remarks, "I never travel without my diary. You should always have something sensational to read on the train." Wilde is sought after for his extravagance, his sparkling conversations, and his sophisticated humor.

EDITH NESBIT

The Enchanted Castle

When Jerry, Jimmy and Cathy discover a tunnel leading to a castle, they pretend it's enchanted. But they discover a Sleeping Princess in the middle of a maze, and amazing things start to happen.

Then they discover a ring that grants wishes. But wishes granted aren't always wishes granted...



ИВАН БУНИН

Чаша жизни

В книгу вошли широко известные произведения классика русской литературы: "Жизнь Арсеньева", "Суходол", "Сны Чанга", "Грамматики любви", "Господин из Сан-Франциско" и другие, - в которых с огромной художественной силой выражена любовь писателя к России..



МАРИНА ЦВЕТАЕВА

Малое собрание сочинений

В настоящее издание вошел весь основной корпус стихотворений Цветаевой, поэмы, проза автобиографическая проза "Дом у Старого Пимена", "Башня в плюще", "Мать и музыка" и воспоминания о современниках "Живое о живом", "Пленный дух", "Повесть о Сонечке", а также эссе.



POVEȘTI ȘI SNOAVE Cele mai căutate perle folclorice

acest volum include mici istorioare cu talc adânc, din care se desprinde un mesaj etic. Ca în toate poveștile, înving întotdeauna cei buni, isteți, harnici și viteji: fata cea înțeleaptă, Pepelea cel neîntrecut sau flăcăul cel sărac. Fiecare dintre piese ne transmite o lecție de viață și este recomandată pentru toate vârstele, de la copii la adulți.

Autumn Reading Recommendation

Looking for inspiring books to enjoy over the autumn break? Check out the [New Release Spotlight: October 14, 2025](#) on Mrs. ReaderPants. It's packed with exciting new children's and YA titles that are perfect for cozy fall reading!



**NEW RELEASE
SPOTLIGHT**

OCTOBER 14, 2025

New Release Spotlight: October 14,

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 concerning how 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

Introducing our safeguarding team

What is the role of a safeguarding team?

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

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

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

MEET the Safeguarding Team

Keeping you safe is our No. 1 priority!

We are here to help!

LARISA MIRZA
DSL 1
Head of Pastoral Care&Student Wellbeing

INGA CHIOSA
DSL 2
Academic Director

ADRIANA BUJAG
DEPUTY DSL
Head of Primary

TATIANA POPA
DEPUTY DSL
Head of Secondary

DORINA CALINOVSCAIA
DEPUTY DSL
Head of Lyceum

IF YOU ARE WORRIED, SPEAK TO A TRUSTED ADULT!

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
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Students at all levels experience less stress with good attendance!

School Information

Measures for preventing the spread of COVID-19 infection

According to the Letter from the General Directorate for Education, Youth, and Sports no. 01/16-6/2701 dated 11.09.25, “in order to ensure compliance with the measures for preventing the spread of COVID-19 infection, access to educational institutions is restricted for individuals from outside the institution. In exceptional situations, access is permitted only with shoe covers and a face mask.”

Therefore, parents' access to the school will be allowed only in cases of strict necessity, provided that masks and shoe covers are worn inside the school premises.

Best regards,

Submission of the medical certificate from the family doctor

The medical certificate issued by the family doctor must be submitted to the school if the child has shown symptoms of seasonal respiratory infections or other infectious diseases, including cases identified within the school. In case of absence for reasons other than illness, the parent must submit a signed statement on their own responsibility (in free form) confirming that the child is clinically healthy.

Water Bottles for Children

To avoid accidents caused by broken glass and to prevent injuries from hard objects, we kindly ask you to provide your child with a **reusable water bottle made of food-grade plastic**.

Birthday Celebrations

It is **not allowed to bring food from sources** other than the school canteen or cafeteria for birthdays or other events.

PREVENTION



WASH HANDS
OFTEN



AVOID
TOUCHING



AVOID
CROWDS



WEAR
FACE MASK



SOCIAL
DISTANCING



DISINFECT
FREQUENTLY



USE
ALCOHOL BASED



STAY HOME
IF SICK

MAIN CONTACTS

Social Media:

[facebook](#)

[instagram](#)

[twitter](#)

[linkedIn](#)

Contact us:

+373 620 222 10

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

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Head of Primary School:
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