



HERITAGE
International School

October 26, 2024

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ I cannot endure to waste anything so precious as autumnal sunshine by staying in the house. So I have spent almost all the daylight hours in the open air. ”

Nathaniel Hawthorne



WHAT'S NEW?

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The View from Dacia Boulevard, Director's notes

This is still one of my favourite times of the year and as I have been working from home in the UK these past days, walking my dog Dylan daily it has been a joy to see this beautiful season. Much as I am biased to my own country, Moldova always seems to have a spectacular autumn/fall. The mid-semester break, this coming week, will be a good moment for everyone to take some rest, family time and also to enjoy a break from the routine. The amount of events that take place daily at Heritage, outside of the core activities, always leaves me astounded as I reflect on how hard our staff work to create opportunities and go above and beyond always. I am also very grateful for the engagement and support of our school community especially at the key moments of the educational calendar, such as the parent-teacher conferences. Thank you to everyone as we work together as a home-school partnership to support our students and your children. I am really pleased to see Kinderpedia get implemented in school and the highlights of this past week has been seeing the comments and interactions of home and school on there. My sincere thanks to Heritage COO, Mrs. Tatiana and her team, for their work here.

I hope everyone had a good break and I am looking forward to seeing everyone bright and refreshed at the school gate, on Monday 4th November, as we begin the second half of semester 1, into the winter, with colder and darker days to come.

The Future starts here.

Rob Ford
CEO & Director.



Heritage in the Wider World



Heritage CEO & Director, Rob Ford, will be speaking at the @FundacionVarkey @TeachersFor2030 @UNESCO @gschoolleaders event in Nov 🇲🇩

This unique collaboration of school leaders from all sectors, across the World, supports education everywhere!

Link here: globalschoolleaders.org/slmsummit2024



We want to thank everyone who made From Local to Global: Strategies to Develop, Support, and Include Local Educators such a meaningful and inspiring event.

A huge thank you to our incredible speakers, **Hannah Wilson FCCT FRSA ACC, Cecê Ovelar, Rob Ford, Constance Darshea Collins, Lee Wilson and Caroline King** for sharing their wisdom, insights, and real-world strategies to help international schools uplift and empower local educators. Your passion and dedication made this event truly impactful.

A special thank you to **Jamie Ganley** and **The National College** for sponsoring and supporting this important conversation.

And finally, to everyone who joined us—thank you for your time, engagement, and commitment to building more inclusive, sustainable, and thriving educational communities. Your participation makes all the difference! We hope you leave inspired and empowered. Let's get ready for part 2! 🌍🌍

TWO NEW OPPORTUNITIES

School Leadership Matters Summit
5-7th Nov - 11AM UTC Onwards

3rd Global Meeting
27th Nov - 11AM UTC



Voting now open!

ICA Teacher Awards 2024

to IPC"

Inga Corlateanu from Heritage International School
– "Thanks to Inga as an IPC teacher, we have a strong international education foundation that flows through our school, up to IGCSE and A Level. Inga is the type of teacher every school leaders wants in their school and on their team, in front of children"

Heritage in the Wider World

SCHOOL LEADERSHIP MATTERS

UNESCO

SUMMIT — DAY 2
Sesión 3
6 de Nov 1:15 - 2 PM UTC

Potenciando el desarrollo de los equipos directivos

*Sala de equipos directivos:
¿Qué está frenando a los equipos directivos?*

Rob Ford
Director, Moldova

Manuel Urrutia
Director, Chile

Alejandra Yuszczysyn
Directora, Argentina

Eha Julaha
Directora, Indonesia

Disponible en inglés, español, portugués y francés

SCHOOL LEADERSHIP MATTERS

UNESCO

SUMMIT — DAY 2
Session 3
6th Nov 1:15 - 2 PM UTC

Elevating School Leader Development

*School Leaders Lounge:
What's holding school leaders back?*

Rob Ford
School Leader, Moldova

Manuel Urrutia
School Leader, Chile

Alejandra Yuszczysyn
School Leader, Argentina

Eha Julaha
School Leader, Indonesia

Available in English, Spanish, Portuguese and French



Speaker announcement! We're excited to announce Rob Ford, CEO & Director at @HIS_Moldova as a keynote speaker at our fifth birthday event in London next month.

Join us on Friday 29th November. 🎟 Tickets are free but going very quickly! Register at: globalschoolalliance.com/celebrating-fi...

Keynote Speaker
Celebrating Five Years - London, 29 November

Rob Ford
CEO & Director
Heritage International School Moldova

Secure your free ticket!

Global School Alliance

Heritage in the Wider World

RF visit to Heritage's UK partner, St Brendan's A Level College, Bristol, to talk to staff and students, look at their Career & University advice department, as well as visit the campus.



Heritage in the Wider World

Teachers from BISU Visit Chisinau: Strengthening International Ties

On October 22nd, teachers from our sister COBIS school, BISU, made a visit to Chisinau, fostering connections and collaboration between our institutions. This visit aimed to share best practices in education, enhance cultural understanding, and explore opportunities for future partnerships.

During their time in Chisinau, the BISU team engaged with our staff and students, participating in discussions about innovative teaching methods and curriculum development. The teachers also toured our campus, taking the time to appreciate our facilities and the vibrant atmosphere of our school community.



Articles/Stories of Interest:

1

Heman Bekele Is TIME's 2024 Kid of the Year;

[link](#)

2

Parent-Teacher Conference By Karen Chee;

[link](#)

3

K-pop, K-movies, a Nobel prize ... and now K-poetry: book of wise words adds to Korea's cultural glory;

[link](#)

4

NOBEL PRIZES 2024;

[link](#)

5

I went to Europe's least-visited country – here's what I found;

[link](#)

6

Why the most iconic sight in Moldova won't make it to the UNESCO list;

[link](#)

7

55 Best Kids Halloween Movies;

[link](#)

8

Autumn recipes. 102 Recipes. Tuck into an autumnal feast of soups, stews, pies and risottos with our seasonal selection of comforting autumn recipes. Perfect for when the nights draw in;

[link](#)

9

7 awesome autumn activities for younger kids;

[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

4B - STEAM

As part of our ongoing STEAM project, I have prepared the first section, focusing on the theme of the sunflower. The sunflower was chosen for its deep symbolism, representing positivity, strength, and loyalty. The symbolism of the sunflower aligns well with the ideas of growth, resilience, and energy, making it an ideal theme for our project.

Today, we successfully completed the first part of our project by conducting a macramé workshop. During the session, students were introduced to the art of macramé, where they learned basic knotting techniques and created beautiful designs inspired by sunflowers. This hands-on activity allowed them to not only express their creativity but also develop fine motor skills and patience, which are essential for both artistic and scientific endeavors.

This was an excellent start to our STEAM journey, and we look forward to exploring the scientific and creative aspects of the sunflower in the upcoming stages of the project.



View all materials at the link:

[link](#)

4B STEAM

As part of the second phase of our STEAM project, we conducted a tapestry embroidery workshop aimed at developing students' creative and manual skills. During the session, the children were introduced to the basics of tapestry embroidery techniques, learned about different types of stitches and materials used in this craft. The participants created their first small compositions, applying their newly acquired knowledge in practice. The workshop helped enhance fine motor skills, foster creative thinking, and cultivate an aesthetic sense, while also strengthening teamwork through collaborative project work.



View all materials at the link:

[link](#)

4B STEAM

As part of the third phase of our STEAM project, we conducted a hands-on biology activity where students planted sunflower seeds in pots. This workshop focused on teaching the life cycle of plants and the basic principles of plant care. The children had the opportunity to apply their knowledge about what plants need to grow: sunlight, water, and nutrients from the soil. Each student planted their own seed and will observe its development over the coming weeks, documenting the changes in a journal. This activity helped foster a sense of responsibility, curiosity about natural processes, and skills in working with living organisms



View all materials at the link:

[link](#)

News from Primary

Q&U wedding

In a heartwarming celebration, the adorable letters of 1E came together to joyfully honor the special union of Q and U. This enchanting wedding was filled with delightful guests, charming outfits, and delicious treats that made everyone smile. The event beautifully illustrated the rule that in English, the letter Q is almost always accompanied by the letter U, showcasing their perfect partnership. The festivities radiated warmth and joy, reminding us all of the magic that happens when letters—and friends—come together in harmony



View all materials at the link:

[link](#)

Pumpkin Activity- 2 A

2nd grade A students explored the pumpkin, read information, measured the diameter of the pumpkin, weighing its mass, then counted the seeds. At the end they served roasted pumpkin. STEAM is awesome!



View all materials at the link:

[link](#)

STEM Activity- Energy from a Pumpkin

A STEM activity that led to an amazing discovery for Class 2A students, fruits and vegetables generate energy, so they can replace a battery



View all materials at the link:

[link](#)

Autumn STEM Activity in Class 3E

Class 3E recently enjoyed an exciting STEM activity centered around the theme of autumn.



View all materials at the link:

[link](#)

News from Primary

Creative STEM: Crafting Artistic Pumpkins

In a recent STEM activity, students integrated arts and sciences to create their own Artistic Pumpkins. This fun project combined creativity with scientific concepts, allowing students to explore the properties of pumpkins while expressing their artistic flair



View all materials at the link:

[link](#)

News from Primary

A Visit from a Real Pilot: Commander Fedor Zhovmir in Class 2B

Class 2B had the exciting opportunity to host a real pilot, Commander Fedor Zhovmir. The meeting was both engaging and unique, sparking a lively discussion as students eagerly asked questions. They even tried on pilot uniforms and watched videos of turbulence!

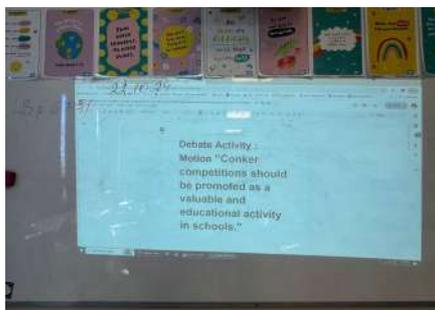
A big thank you to Fedor Zhovmir, who is also Leo's dad, for this fascinating journey into the world of aviation. We appreciate your time and the inspiration you brought to our classroom!



News from Primary

Debate Activity in 6E

Stage 6E students recently had a debate activity where they had a lively conversation about the topic "Conker competitions should be promoted as a valuable and educational activity in schools." The discussion centered on the educational benefits of classic games like conkers, focusing on how they help students develop important skills like co-ordination and critical thinking. Students investigated how these games create a feeling of community by encouraging participation and social interaction. Concerns about safety were also raised, and some pushed for more modern options that might work better in today's learning setting. This was an attempt to find a balance between custom and modern concerns.



View all materials at the link:

[link](#)

News from Primary

Autumn Fairy Visits Class 1B

In October, the Autumn Fairy has been a frequent visitor to Class 1B, led by Teacher Olga Stratan. During this delightful activity, students engaged with colorful leaves while learning about numbers



Creating Patterns: Where Art Meets Math in Class 2A

The Geoboard allows students to create their own patterns and shapes, which stimulates their imagination and creativity. Class 2A students integrated art and math, working together to create a group product. The playful atmosphere promoted relaxed and fun learning



View all materials at the link:

[link](#)

Pumpkin Tower

An exciting activity took place in class 2A. Pupils worked in groups. For 12 minutes they built a tower with pumpkin cubes and 20 wooden sticks each. It's important to be listened to and to cooperate, is their conclusion at the end of the activity.



View all materials at the link:

[link](#)

STEAM Project "The Apple" at the "Golden Autumn" Event: Class 3A

As part of the "Golden Autumn" celebration, Class 3A showcased their innovative STEAM project titled "The Apple." Students engaged in a hands-on exploration of science, technology, engineering, arts, and mathematics, using apples as a central theme.



View all materials at the link:

[link](#)

Exploring Roman Numerals in Class 4A

In their recent math lesson, Class 4A focused on Roman numerals. Students became familiar with this ancient numbering system, discovering its significance in Roman civilization.



View all materials at the link:

[link](#)

News from Primary

STEAM Activity in 6E

It was an exciting day for our 6E students as they immersed themselves in a hands-on STEAM activity, designing and launching their conker comets! Taking their creations outdoors, they eagerly observed them in action, blending creativity with scientific exploration. This project emphasized both teamwork and curiosity, sparking a deeper interest in scientific inquiry.

Meanwhile, our students also showcased their artistic flair by crafting intricate spider webs. Each web reflected their imagination and collaborative spirit, bringing creativity to life. This activity not only encouraged creative expression but also underscored the value of interdisciplinary learning in a truly engaging way



View all materials at the link:

[link](#)

Creativity in Action: Art Week Across the School

This week, students from School Starter up to Grade 6 showcased their artistic talents through various projects using both traditional and unconventional techniques. They experimented with bubble wrap, natural and artificial stamps, corks, and a mix of classic and modern drawing and painting methods.



View all materials at the link:

[link](#)

STEM Fest: Class 1 Explores the Journey of Water

During STEM Fest, Class 1 chose to study the journey of water. Students learned about the different forms of water in nature and explored how its state changes depending on various factors



View all materials at the link:

[link](#)

2E Stem Pro

The students in 2E worked intensively on their Alley of Hedgehogs stem project. They have used natural resources to display a prickly of hedgehogs gathering the fall harvest and getting ready for winter



View all materials at the link:

[link](#)

"Healing with Pumpkin": A Culinary Adventure in Class 4A

In their Romanian language and literature lesson, Class 4A delved into the story "The Pumpkin and the Grape Vine" by A. Mitru. Students explored the moral, cultural, culinary, and therapeutic values of pumpkin, gaining a deeper appreciation for this versatile fruit.

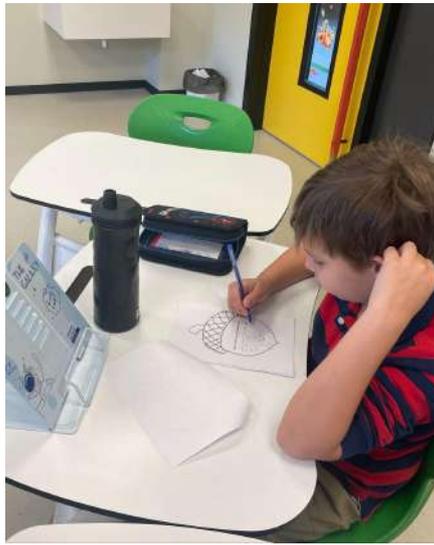


View all materials at the link:

[link](#)

Autumn-Themed Math Activity in Class 3A

Class 3A recently enjoyed an engaging math activity centered around the autumn season. Students explored various mathematical concepts through fun, hands-on projects that incorporated leaves, pumpkins, and other fall elements.



News from Secondary

Exploring the Climate Action Box with 6E

Class 6E recently engaged with the Climate Action Box as part of their GP studies. This interactive resource provided students with a hands-on approach to understanding climate change and its impacts



View all materials at the link:

[link](#)

News from Primary

An Unforgettable Visit to Sparta Equestrian School by Classes 1A and 1B

Classes 1A and 1B recently enjoyed a memorable visit to Sparta Equestrian School. The students had an amazing time feeding the animals at the mini-zoo and learning fascinating facts about horses.

The highlight of the trip was the exciting invitation to ride! This hands-on experience not only deepened their appreciation for animals but also created lasting memories for everyone involved. It was a wonderful day of exploration and fun!



View all materials at the link:

[link](#)

Apple tasting!

The apple experts of 1E had the opportunity to taste and rank different types of apples based on their colours: red, green, and yellow. They explored apples in their fresh form, as juice, and as dried chips too. Our connoisseurs found that red and green apples each scored 39 points, while the yellow apple received 36. The diverse rankings remind us that everyone has unique tastes and preferences!



Autumn and Halloween Classroom Decorations

A heartfelt thank you to all the parents, teachers, and everyone involved in our wonderful autumn and Halloween decorations! Your creativity and effort have transformed our classrooms into vibrant spaces that truly capture the spirit of the season.



View all materials at the link:

[link](#)

STEAM Autumn Fest: A Celebration of Creativity and Learning

Our recent STEAM Autumn Fest was a fantastic celebration of creativity, innovation, and seasonal fun! Students explored various hands-on activities that combined science, technology, engineering, arts, and mathematics, all themed around the beauty of autumn



View all materials at the link:

[link](#)

Conquer Competition: A Cherished Tradition in Our School



View all materials at the link:

[link](#)

UN Day Assembly: Celebrating Global Unity on October 24

This week, our assembly was dedicated to commemorating United Nations Day on October 24. The event emphasized the importance of global cooperation and the UN's vital role in promoting peace, human rights, and sustainable development.

Week 8 Gymnasium & Lyceum Assembly

“UN Day, 24th October”

WE THE PEOPLES OF THE UNITED NATIONS
determined

to save succeeding generations from the scourge of war, which has inflicted on mankind the greatest calamity since the beginning of time;

to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women, and in the brotherhood of all peoples;

to establish worldwide peace and security and to bring about the best conditions of social, economic and cultural cooperation and development for all;

to promote and encourage economic cooperation among all States;

and for these ends:

to practice tolerance and to live together in peace with one another as good neighbours and to unite our strength to maintain international peace and security, and

to ensure for the maintenance of justice and the observance of human rights that we shall act in co-operation with the United Nations;

to uphold international law and to promote the observance of the Charter by all Members of the United Nations;

have resolved to combine our efforts to accomplish these aims.

Heritage International School is a member of the International Council of Educational Institutions (ICEI) and is a member of the International Council of Schools (ICS).

UNITED NATIONS

HERITAGE
International School

CHARTER of THE UNITED NATIONS

News from Secondary

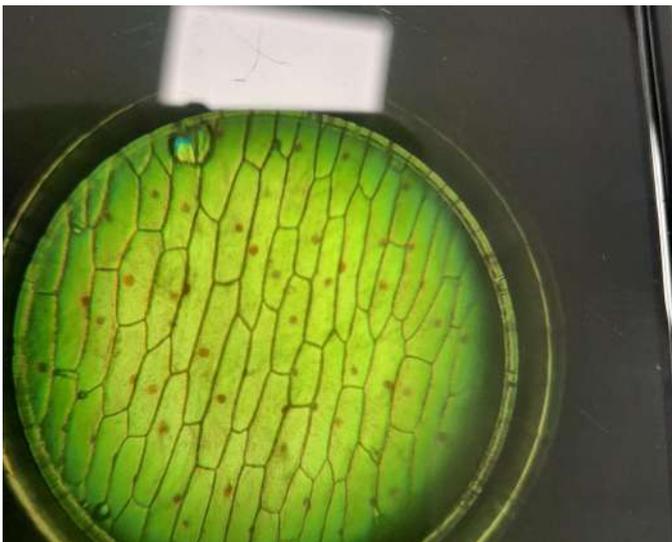
Debates in the GP Segment of the Climate Action Project

As part of the Climate Action Project, students engaged in lively debates during the General Project (GP) segment. This interactive format allowed participants to explore various perspectives on pressing climate issues, fostering critical thinking and effective communication skills.



IGCSE Science Practical Activities: Engaging Hands-On Learning

In IGCSE Science, students have been actively participating in a variety of practical activities that enhance their understanding of key concepts





Support your child on the path to success

Your child's school has invested in the award winning resource, **GCSEPod**, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision throughout their secondary school journey.



The correlation between success and failure was made almost 100% clear with the use of GCSEPod.

Head of MFL at Yateley School

I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive.

Student

My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved the Pods and this style of revising.

Parent



- 30+ GCSE subjects
- 4 KS3 subjects
- Available online and offline
- Audio visual learning
- Builds confidence
- Revision & learning videos
- Knowledge checkers to test understanding

Want to find out how you can support your child with GCSEPod?

Join one of our **free webinars** by visiting:

<https://www.theaccessgroup.com/en-gb/education/resources/gcsepod-teacher-parent-and-student-webinars/>



Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account:

1. Go to GCSEPod.com and click '**LOG IN**'
2. Click '**New to GCSEPod? Get Started**'
3. Enter your child's details and confirm the name of the school they attend
4. Create a username and password



www.gcsepod.com

Cambridge International Qualifications

Facts and figures About Cambridge International Qualifications:

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

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

Programmes and qualifications offer at Cambridge International:

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

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

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

[link](#)

Student Leadership

Teodor Zaporojan Hosts Meeting on the Washington Naval Treaty

One of our dedicated students, Teodor Zaporojan, recently volunteered to host a meeting at the American House focused on the Washington Naval Treaty. His initiative provided a valuable opportunity for participants to learn about this significant historical agreement and its impact on naval arms reduction in the early 20th century.



University Destinations 2024



Heritage Globe



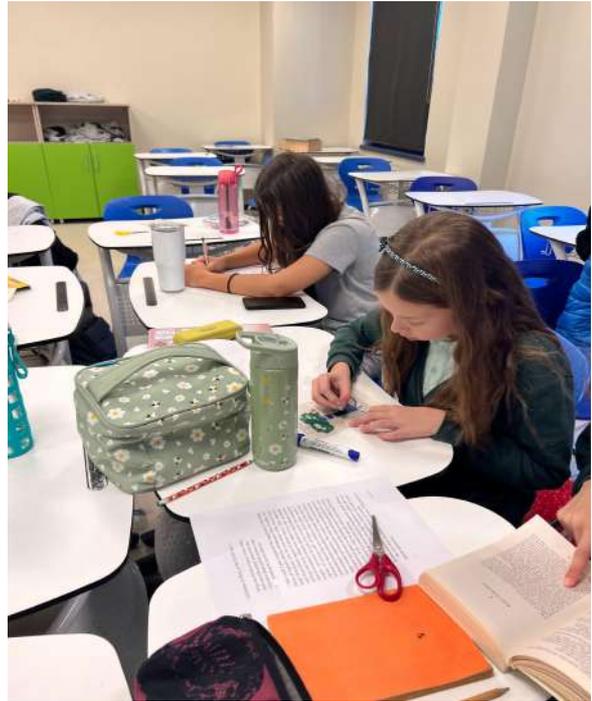
Back copies of the International Heritage Herald can be found on our website.

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

Sport. Clubs and Activities

Blackout Poetry in the Creative Writing Club

The Creative Writing Club recently explored the art of blackout poetry, a unique and expressive form of writing. Students used pages from old books, newspapers, and magazines to create new poems by selectively blacking out words and phrases, transforming existing text into original works of art.



Sport. Clubs and Activities

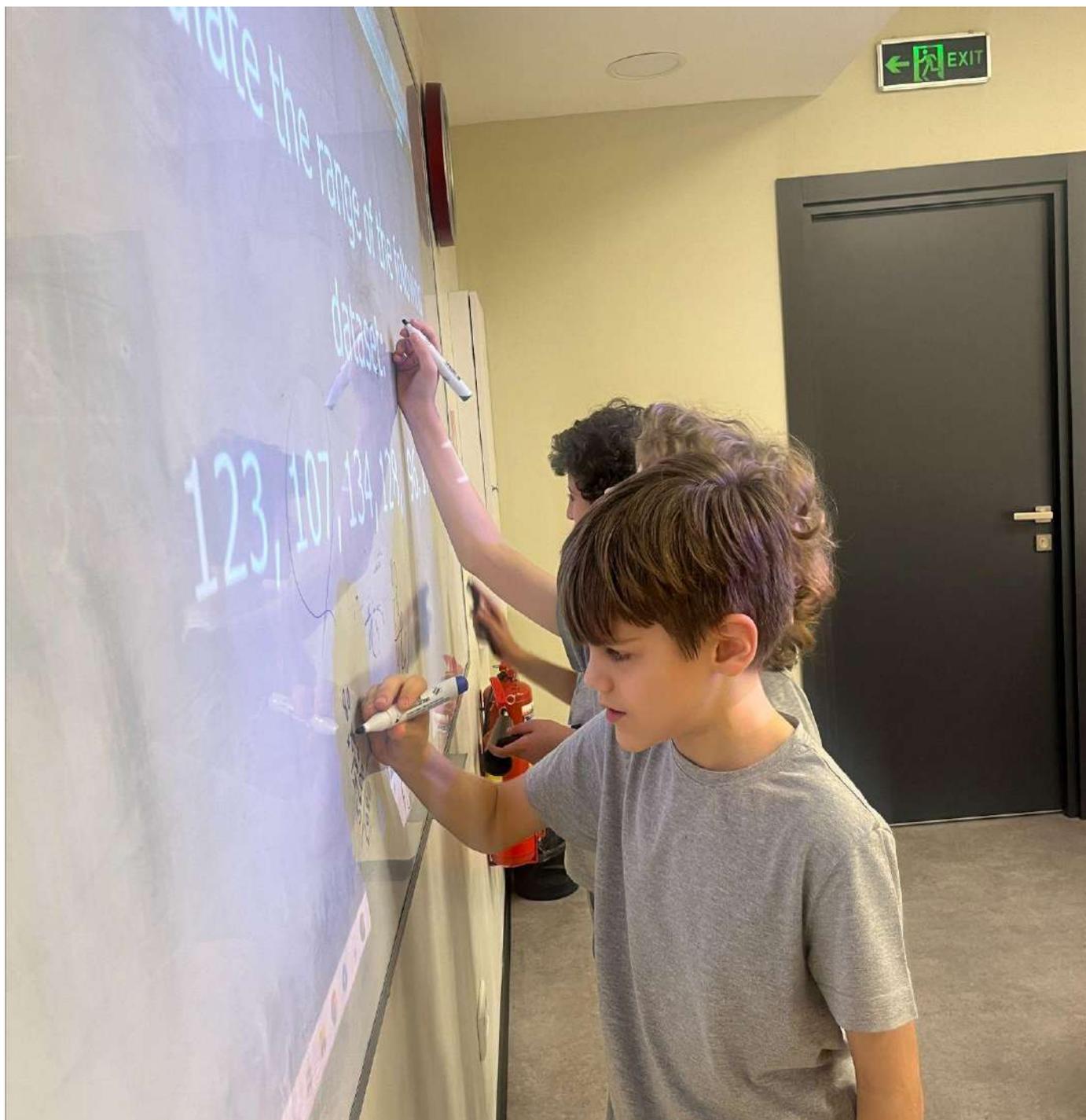
Building Dreams: Primary Students Create with LEGO!

In an exciting hands-on activity, primary students unleashed their creativity and imagination with LEGO! This engaging session encouraged them to construct their own dream designs, from imaginative houses to fantastical vehicles. As they collaborated in teams, students learned the value of teamwork and problem-solving while honing their fine motor skills.



Sport. Clubs and Activities

Math Club Activities





Art Competition

Theme: Magical Moments

Submission Deadline: 6 November 2024

cobis.org.uk/art



Calling all COBIS musicians!



Music Festival

Park House English School, Doha

7-9 February 2025



Sponsored by



Registration is now open for our online and in-person Music Festival!

Register by Thursday 24 October 2024.

[More information and register](#)

10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.

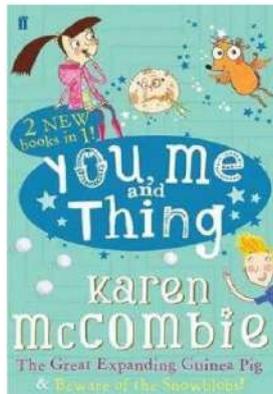


#WakeUpWednesday

The National College

BOOKS RECOMMENDATION

“Books are the quietest and most constant friends, the most accessible and wisest counselors, and the most patient teachers.” - Charles William Eliot



KAREN McCOMBIE
You Me and Thing: The Great Expanding Guinea Pig & Beware of the Snowblobs!

Two great books in one featuring magic, mix-ups and muddles! Join Ruby, Jackson and Thing on not one but two great adventures in this brilliant bumper book.

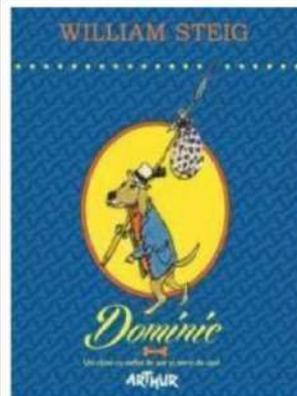


Grumpy Cat and Pokey

Grumpy cat, the internet's hottest curmudgeon, takes the world by storm with her comic book misadventures!

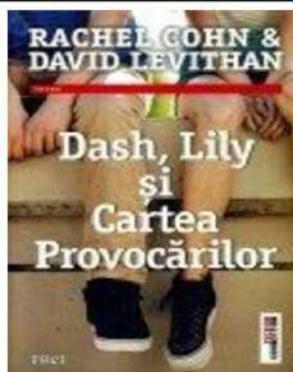
WILLIAM STEIG
Dominic

Dominic este povestea unui câine vesel, curios și însetat de aventura care pleacă într-o bună zi în lume să-și caute norocul.



Сказки о лунтике и его друзьях

В этой книге собраны лучшие сказки о Лунтике и его верных друзьях. Каждый день дарит Лунтику и его друзьям удивительные события. Им предстоит узнать много нового и интересного.



RACHEL COHN & DAVID LEVITHAN

Ce ai face dacă ai găsi o carte ce te-ar provoca la un joc de-a v-ați ascunselea cu indicii? Ai accepta provocarea sau ai pune cartea înapoi în raft?



ВЕРОНИКА РОТ
Инсургент

Сделанный выбор может изменить тебя- или разрушить... Но что бы ты ни выбрала, последствия неизбежны.

Supporting Kids' Mental Health: Q&A for Parents

Pastoral Team is pleased to announce the creation of a new Padlet, "Supporting Kids' Mental Health: Q&A for Parents." This platform provides a safe and confidential environment in which you can share your concerns, ask questions, and get advice on how to best support your child's mental health and well-being.

Our dedicated School Counsellor and Head of Pastoral Care & Student Wellbeing will be constantly monitoring the Padlet and will be able to respond to all of your inquiries. We believe that this project will increase our collaborative efforts to promote our children's well-being.

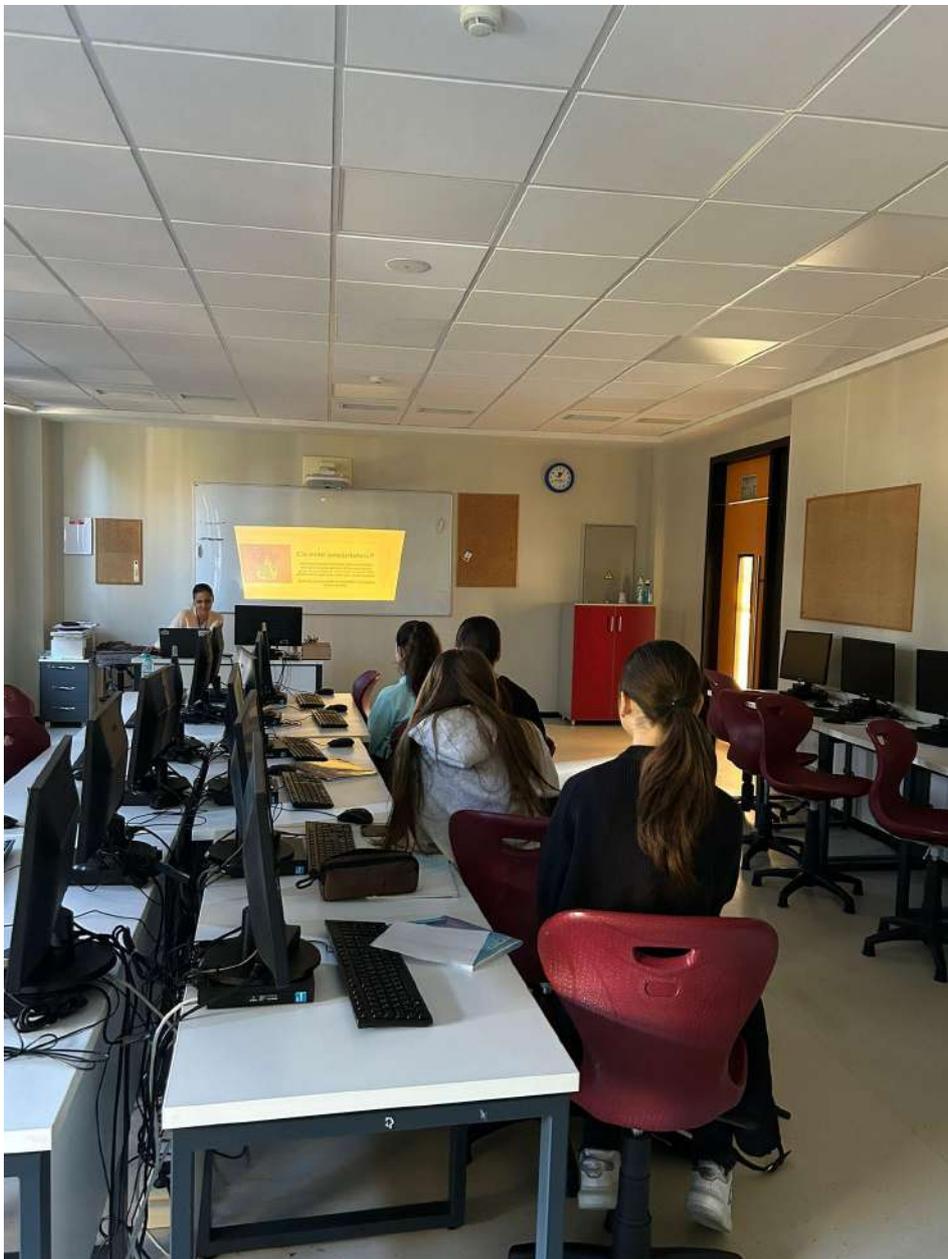
You can access the Padlet via the provided [Link](#) or QR code



We would be grateful for your continued support and encourage you to contribute.

Informative Seminar for 9th Grade Students: Managing Learning Anxiety

Recently, our 9th-grade students participated in an informative seminar focused on learning anxiety, specifically related to testing. The event aimed to provide them with practical tools to manage school-related stress.



Exploring Emotions: "Wheel of Emotions" Activity in Class 6

Sixth-grade students participated in the engaging activity "Wheel of Emotions," dedicated to exploring the diversity of feelings. Each child selected and mimicked an emotion for their classmates to guess



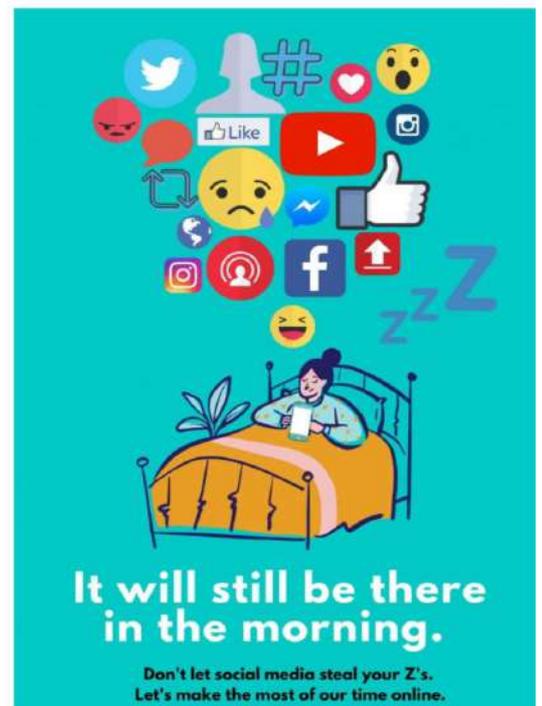
Positive Aspects of Social Media

- Communicate with family and friends globally
- Find new friends and communities
- Network with people sharing similar interests
- Join or promote worthwhile causes
- Seek emotional support during tough times
- Find social connections if isolated
- Express creativity and self-expression
- Discover valuable information and learning opportunities



Healthy Social Media Habits

- Set time limits for social media use
- Use apps to track and manage screen time
- Turn off notifications to reduce distractions
- Take regular breaks from social media
- Engage in offline activities and hobbies



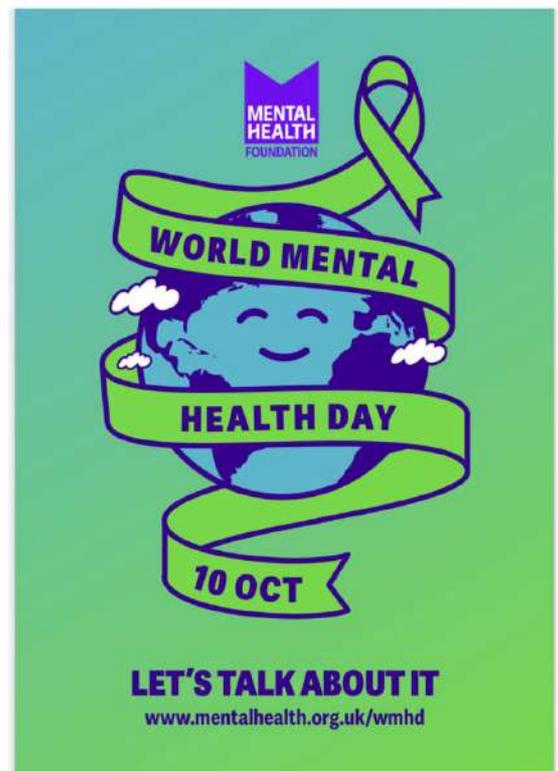
Recognising Social Media Addiction

- Signs include:
- Constantly checking your phone
- Feeling anxious when you can't access social media
- Neglecting schoolwork or other responsibilities
- If concerned, talk to a parent, teacher, or counselor



Seeking Help and Support

- It's okay to ask for help if social media is affecting you
- Talk to trusted adults about your online experiences
- School counselors can provide support and resources
- **Remember:** Your mental health is more important than likes



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



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

1 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

0 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

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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												



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

Action for Happiness Calendar

Optimistic October 2024

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

28.10-03.11.2024 (7 days)	Autumn Break
6th November 2024	COBIS Art Competition
10th November 2024	Spelling Bee
13th November 2024	World Kindness Day
13th-17th November 2024	International Education Week
15th-17th November 2024	COBIS Student Leadership Weekend

[See the Academic Calendar here](#)



MAIN CONTACTS

Social Media:

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[twitter](#)

[linkedIn](#)

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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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Head of Secondary

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Governors:

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