



HERITAGE
International School

October 10th, 2025

THE INTERNATIONAL HERITAGE HERALD

**WE'VE
CHANGED—
TAKE A LOOK
INSIDE! ✨**



THOUGHT FOR THE WEEK

*“ One book, one pen, one child, and one teacher can
change the world. ”*

Malala Yousafzai



WHAT'S NEW?

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Director's notes

Dear Parents and Caregivers,

Thank you for your continued support of Heritage and your child's learning. I would like to also thank all those parents and students who shared so much appreciation for our teachers on Teacher's Day. Your kindness, support, and warmth was felt by the whole community. Thank you.

Occasionally, we are honored to have special guests speak with and share their expertise with our students. This week, I would like to share a special "Thank You" to Mr. Ali Abbas, for speaking to our 5E and 6E classes about internet safety. This is a very important topic and very valuable for our students to learn about. Thank you, Mr. Ali Abbas, for giving you time to share with our students and for being such a supportive member of our parent community.

As lifelong learners, our team at Heritage is committed to continuous development. This is visible across the school in our classrooms, in our athletic programmes, our clubs, and in our students' achievement. Knowing your opinion and understanding of the school's functions, learning programmes, and available resources is valuable to us. In the coming weeks, we will be publishing a community survey to learn more from you about how you view the school and your understanding of the structure and programmes. Please be on the lookout for this survey because your voice matters to us and we want to ensure that we are hearing from a large sample of our community.

Today, I am pleased to share with you a simple Net Promoter Score survey. 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. [Parent Survey](#)

Thank you all again for your ongoing support of our school and for being integral in the growing partnership between school and home. It is when the school and the home hold hands that we best support children.



The Future starts here.

**Casey M. Barnes,
Heritage Director**



“We Belong Here “ Initiative

*We are excited to launch our new "We **Belong Here**" initiative, which honors diversity and fosters a sense of belonging in our school community. The "We **Belong Here**" initiative is a fantastic way to encourage community and inclusion at Heritage International School.*

This initiative aims to instill respect, understanding, and inclusiveness among all students, staff, and families. Our goal is to make everyone feel respected and accepted for their uniqueness through various events, stories, and activities. We invite parents to join us in this vital journey of building a warm, welcoming environment in which every child feels truly included.

Mission: *At Heritage International School, it is our goal to foster an environment where all students, irrespective of their background, culture, or beliefs, feel at home. We work to develop mutual tolerance, understanding, and appreciation for diversity as well as a sense of belonging.*

Slogan: *“ Wherever you come from, whoever you are, you belong here.”*

Together, we can create a stronger, more connected community!



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.*

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

1st -31st October 2025	Internet Safety Month
14th of October 2025 (Tuesday)	Chisinau City Day
20th-24th October 2025 (TBC)	World Education Week T4
1st-23rd October 2025	COBIS Poetry Competition
13th -26th October 2025	EU Code Week
20th -24th October 2025	STEAM Autumn Fest

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

Adriana Bujag- Head of Primary

I have over 30 years of experience in education and have been part of the Heritage International School team since its founding. My career has been driven by a passion for meaningful, globally oriented learning and supporting student development.



I enjoy the open and dynamic culture at Heritage, where innovation in education is encouraged and every day brings new opportunities for growth – both for students and teachers. Being part of an international community that values collaboration and professional development is truly motivating.

I'm proud to be an eTwinning Ambassador for Moldova, promoting international collaboration in education. My involvement in various eTwinning projects has connected Heritage students with peers across Europe, encouraging intercultural dialogue, digital skills, and global citizenship.

Outside of school, I enjoy being active in international educational communities, attending conferences, and exploring new ideas in teaching and learning. I'm passionate about learning foreign languages, reading, cultural events, and spending time with my family. I have a black kitten named Calipso, who makes me not to believe in superstitions!

I was also part of the first group of teachers in Moldova to teach Media Literacy, contributing to the development of critical thinking and media skills among students.

“Education is the most powerful weapon which you can use to change the world.” – Nelson Mandela

Stela Ciorba- Primary School Teacher

For 35 years, I have dedicated my life to this beautiful mission of educating generations of children with love and patience. Over all these years, I have learned that every child has their own unique light, and my role is to help it shine.

I chose the teaching profession because it gives me the unique joy of shaping characters, inspiring curiosity, and laying the foundations for their entire development as individuals and citizens.



Throughout the years, I have actively contributed to school life through involvement in educational projects, extracurricular activities, and personal development programs for students. I have promoted a learning environment based on respect, empathy, and cooperation, always supporting the spirit of teamwork among colleagues, students, and parents. Additionally, I have participated in trainings and workshops that have added value to the educational process at our school.

A special place in my work is held by the project “The Fascination of Books and Encouraging Reading Among Children.” I strongly believe that reading develops imagination, empathy, and critical thinking. That is why I have initiated numerous activities aimed at making reading a delightful adventure: reading workshops, book clubs, meetings with authors, and book exhibitions created by children. Through this project, I aim to cultivate a love of books and a desire to discover the world through words.

“Every day, I learn to believe, to forgive, to understand, to heal, and to allow myself to be better than yesterday.”

Faces of Our School

Ana-Maria Mincu- Art and Design Teacher (Gymnasium and Lyceum Teacher)

I am an Art & Design Teacher at Heritage International School, working within the Gymnasium and Lyceum departments. I bring over 16 years of experience as a plastic artist and illustrator, and I am the founder of Artsensia Art Studio. With five years in education, I have developed a deep understanding of the vital role art plays in child development and apply a holistic teaching approach to support students' growth.

Joining Heritage International School, I look forward to guiding students in their artistic expression, sharing my creative experience, and fostering their confidence and creativity.

One of my notable achievements is founding Artsensia Art Studio during the pandemic, which began as an online project and later expanded into a physical space. This initiative highlighted the importance of creative art practices in children's early development and ongoing personal growth. The studio emphasizes a step-by-step, holistic teaching methodology designed to help students explore creativity, build confidence, and express themselves through art.

I am passionate about helping students discover their creative potential and thrive within a supportive international community.

"It is the supreme art of the teacher to awaken joy in creative expression and knowledge." — Albert Einstein





Tatiana Arnautu - Chief Operating Officer

As Chief Operating Officer, with nearly 7 years of experience at Heritage school, my role is to ensure the smooth and efficient daily operation of the institution. Together with our dedicated team, I oversee administrative processes and coordinate across departments to enhance the experiences of students, parents, and staff. We work collaboratively to create a well-organized, safe, and welcoming environment where learning and growth can thrive.

My previous experience also includes extensive expertise in operations management. Now, I can confidently say that working in an environment surrounded by children is truly something special. I take great joy in seeing them in the hallways, classrooms, and during various activities and events—watching how they grow, mature, and become better prepared for life beyond school.

One of my passions is both road and trail running. Over the course of various running events, I have completed several full marathons, with my longest distance being a 65 km run through the mountains of Gran Canaria.

One of the guiding principles I follow at work is to think globally and act locally. In life, I believe that what stays in your thoughts is worth pursuing with persistence and care.

Diana Hacina - Receptionist

I have been working at the school for 3 years.

What I appreciate most about my workplace is being part of this organization. The policies and values promoted by this institution resonate deeply with my own. I absolutely love the team I'm part of and the colleagues I collaborate with – they are truly special.

I come to work every day with great pleasure; I really enjoy the lively atmosphere and energy at the reception. The fact that I interact daily with school staff, parents, and students – and that I can be helpful to them – makes me genuinely happy.

The smiles and energy of the students around me lift my mood every single day.

Traveling and hiking are my favorite hobbies.

I'm also a pretty good karaoke singer!

“The real taste of life is found within you.” – Osho





Valeria Butuc – Psychologist / School Counselor

I have 5 years of professional experience in the field of psychology, out of which I have been working within this institution for the past 2 years. I hold a Bachelor's degree in Psychology and a Master's degree in Clinical Psychology. I am currently a PhD candidate in General Psychology and undergoing professional training in Cognitive Behavioral Psychotherapy.

I value the close collaboration with my colleagues and the organizational culture focused on development and mutual support.

I am involved in developing and implementing self-awareness and social integration activities for students, carried out mainly through individual counseling, as well as group activities aimed at supporting the development of socio-emotional skills and facilitating inclusion within the community.

Another important area of interest is scientific research, particularly regarding coping mechanisms and eating behavior disorders. My work also includes participation in scientific events, conferences, and workshops to combine professional practice with theoretical and scientific development.

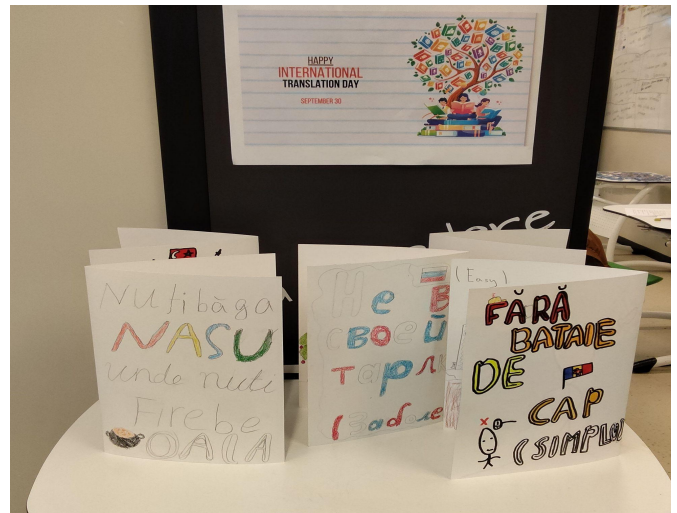
I love scientific research and study, clinical psychology, reading, and traveling. I wake up at 5 AM and always get strange looks when I explain that I actually enjoy it.

My motto: "When we are no longer able to change a situation, we are challenged to change ourselves." – Viktor Frankl

News from Primary

5E Entry

After reading and discussing traditional fables, 5E students prepared expressive readings for 4E and 6E, bringing each story—and its moral—to life. They also created mini booklets translating English figurative language into their home languages. To reinforce their learning about the plant life cycle, they've started growing their own potatoes in class—a hands-on way to watch learning take root!

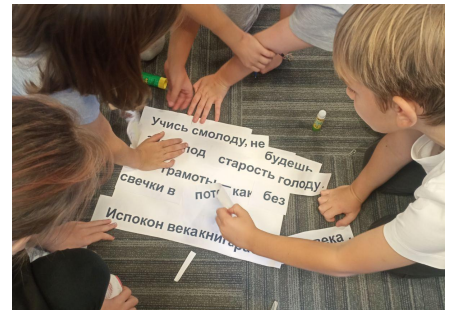


"My favourite thing was reading fables in the library" - Josh 5E

"We planted potatoes and maybe soon we can eat them" - Rosa 5E

The Values of the Russian Language

During the Decade of Language events at our school, classes 2C, 3V, and 4V gathered to hold a wonderful and remarkable event titled "**The Values of the Russian Language**." The event took place on Friday, September 26. It was a friendly journey through different stations — a competition where everyone became a winner. The outcome of the event was a variety of practical tasks aimed at developing and expanding interest in the native language. The well-coordinated and creative work of the teachers from these classes — **Natalia Perepelyuk, Alyona Sinchenko, and Natalia Digor** — was truly impressive.



View all materials at the link:

[link](#)

Exploring the World Through Water

As part of a “World Around Us” lesson, the students of class 3B conducted experiments with water. The lesson was interesting and engaging for everyone.



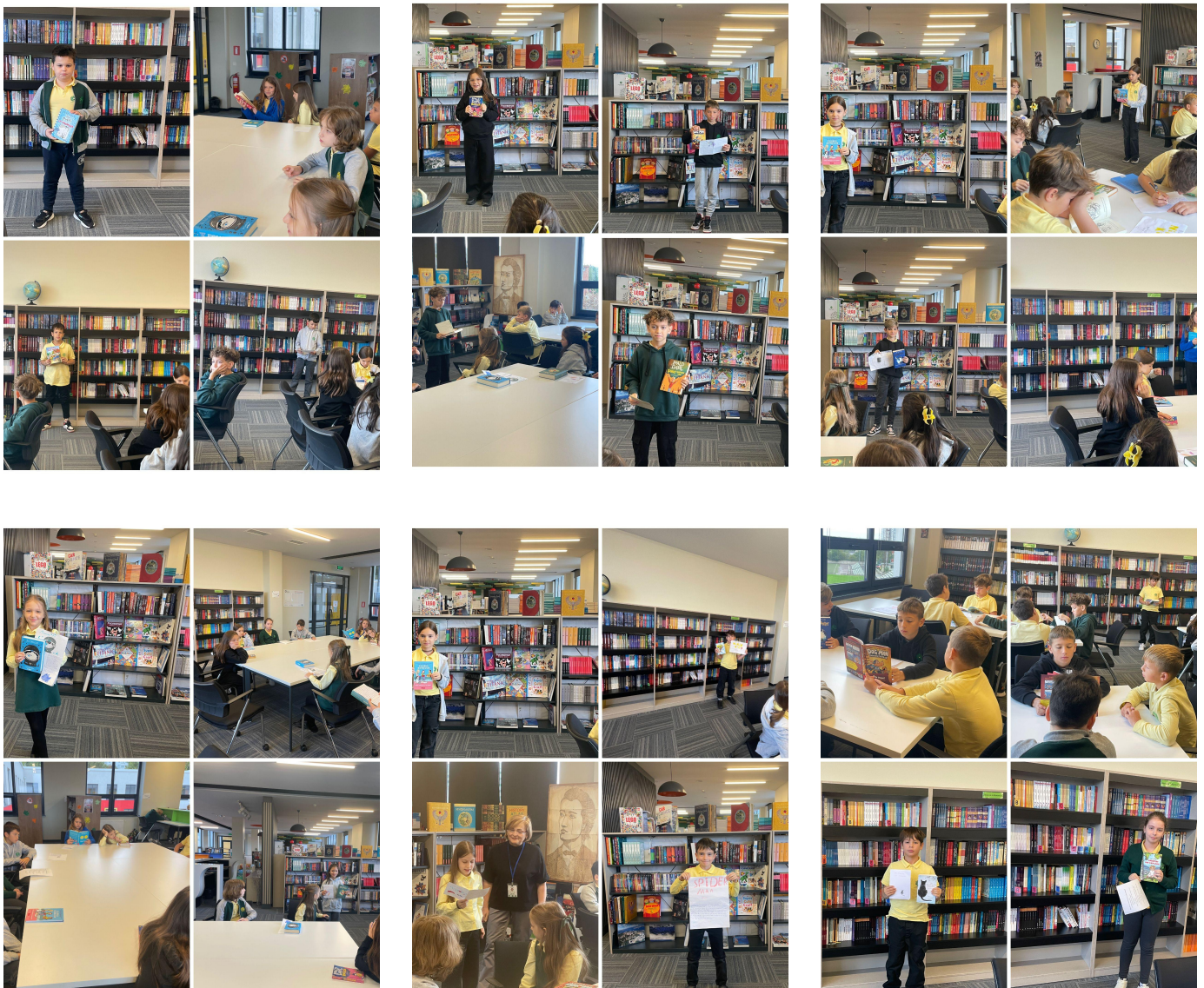
View all materials at the link:

[link](#)

News from Primary

Reading Brings Us Together!

Class 4A transformed the school library into a space of stories and shared emotions. Students enthusiastically presented the books they had read, recommended them to classmates, and spoke about their favorite characters and the lessons they learned. Each child brought a personal perspective, making the exchange rich and meaningful. The workshop showed that reading is more than gathering information — it's an emotional journey that helps us understand ourselves and the world around us.



News from Primary

Living Museum: Learning Comes to Life!

Our curious learners from 2E & 3E turned the stage into a Living Museum! With enthusiasm and creativity, they presented “How Plants Grow” and “Animals’ Habitats” through engaging displays, interesting facts, and thoughtful questions. It was a wonderful celebration of learning, teamwork, and imagination!



View all materials at the link:

[link](#)

News from Primary

Little Teachers for a Day!

On International Teacher's Day, the 4th-grade students became little teachers for a day!

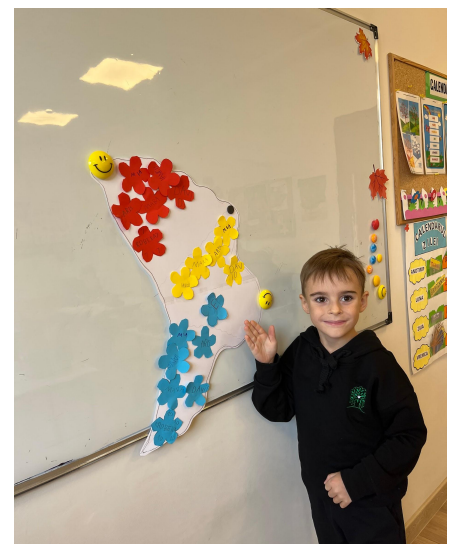
With enthusiasm, creativity, and lots of joy, they taught fun and engaging lessons to their younger classmates.

It was a day full of learning, emotions, and gratitude for all the teachers who inspire us every single day!



Moldova, You Are a Proud Flower!

As part of the project, the children expanded their knowledge about their homeland. They learned the legend of Moldova's founding, discovered what people living in the Republic of Moldova are called, what language they speak, which countries border Moldova, and many other interesting facts!



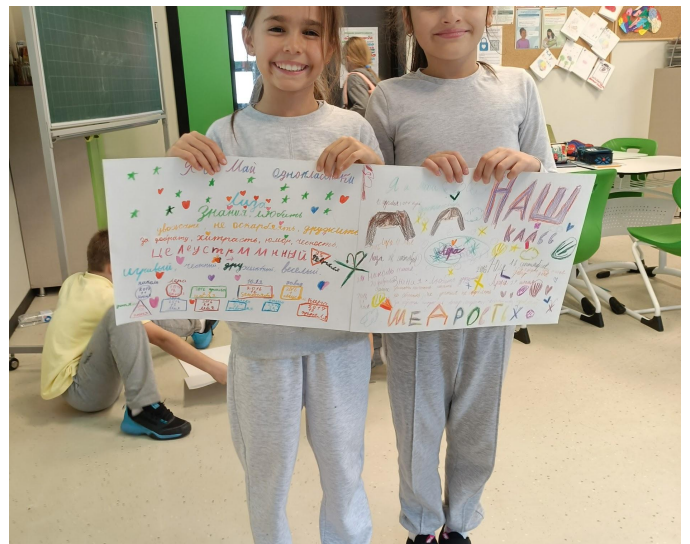
View all materials at the link:

[link](#)

News from Primary

Me and My Classmates: Exploring What Matters

Today, the students worked on a project called "Me and My Classmates." The 3V class identified the values of our school, as well as the values of each classmate, including themselves. It turned out that the hardest part was defining their own personal value.



View all materials at the link:

[link](#)

News from Primary

The Book: A Child's Best Friend

A group project, "The Book -Children's Friend " for tgird grade students in Romanian Language and Literature. The students created the group 's book, then presented it to their classmates and first grade students.



A Journey Through Time at Nicolae Costin Gallery

On October 9, our friendly group visited the Nicolae Costin Gallery in Ialoveni. It was an interesting journey into the past, as if we traveled back in time to see rare items from a bygone era. The visit was organized as a quest, which made it very engaging for the children. The organizers also held a soap-making workshop where they created an image of a tree — a symbol of family and heritage, reflecting the values of our children.



View all materials at the link:

[link](#)

Exploring Soils: A Hands-On Science Lesson

On October 10, during their “World Around Us” lesson, class 3B explored the similarities and differences between chernozem, clay, and sand through hands-on experiments. The students observed and tested the soils, then mixed them with water. They drew conclusions about the composition and consistency of each type of soil. The lesson became a scientific investigation, allowing the students to feel like real scientists.





Reading with a Giant

We proudly kicked off our very first monthly project “Reading with a Giant!”

To start, our little chefs worked together to bake a giant cinnamon roll, it smelled amazing and tasted even better!

In the afternoon, the adventure continued with our reading and role-playing session, where the children explored new vocabulary, practiced comprehension, and brought the story to life through their imagination and teamwork.



View all materials at the link:

[Link](#)

News from Primary

3AB is learning the present continuous tense using the verb "to be" by jumping and playing.

The 3AB class is actively learning the present continuous tense with the verb "to be" through an engaging physical activity. By jumping and moving around, students practice forming sentences like "I am jumping" and "You are playing," making grammar fun and interactive.





News from Primary

Today our classroom turned into a Fiction Shop!

The children became little shopkeepers and customers, trading fun “items” using fake money they earned. They practiced counting, adding, and decision-making while having so much fun!

At the end, everyone calculated their total earnings and proudly shared what they “bought.” It was a joyful and hands-on way to learn math and teamwork!



News from Secondary

Role Reversal: Teaching for a Day

For Teacher's Day, students took on the role of teachers, leading a dynamic and engaging history lesson. A meaningful way to celebrate and honor their educators.



Founders' Lecture

On Wednesday, October 15th, we are holding our 1st Founders' Lecture of this academic year.

Our guest speaker is Bob (Robert) Easton, Deputy Head of Mission at the British Embassy in Chisinau. Robert Easton was Political Counsellor in the British Embassy Beijing from January 2023 to January 2025, and First Secretary Political from August 2021. Before that he worked on trade policy and European issues at the Foreign and Commonwealth Office, and at HM Treasury as Head of the European Investment Bank Team.

He has previously served in the British Consulate General Chongqing, and the British High Commission Pretoria. Before entering government he worked in the private sector.

Founders' Lecture No.1

Diversity & Inclusion in the UK

 Heritage International School

 **15 October, 2025**

 **At 03:30 PM**

Join us in the Eminescu Library, Heritage.

 British Embassy Chisinau



Speaker :
Bob Easton

**Deputy Head of Mission
at the
British Embassy Chisinau**

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](#)

University Destinations



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.



Art Competition

Theme: Through Another's Eyes

Submission Deadline: 5 November 2025

cobis.org.uk/art



Heritage Globe



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

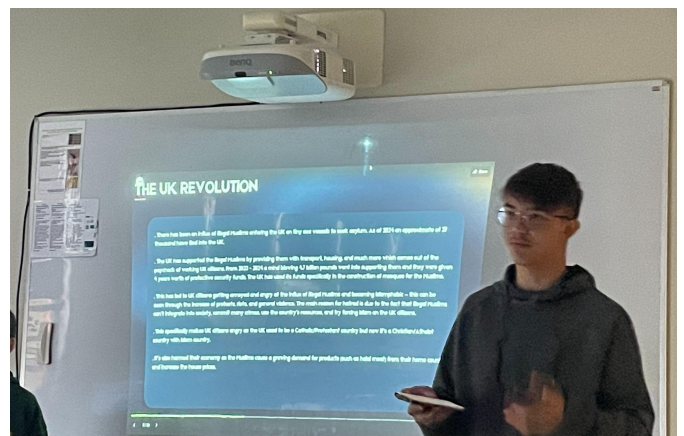
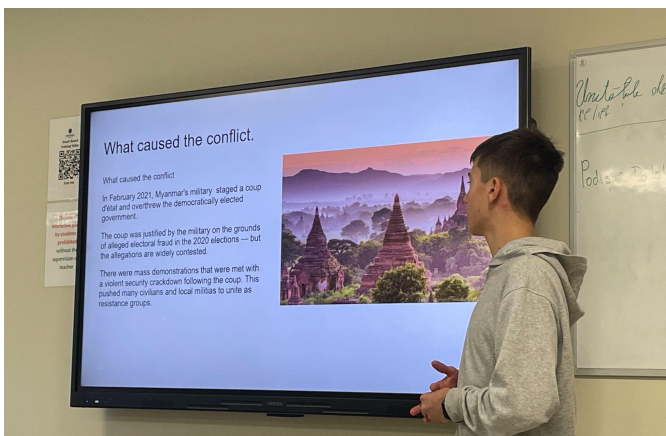
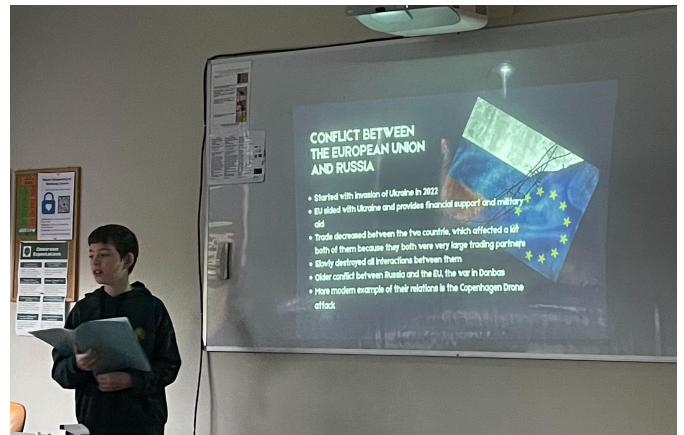
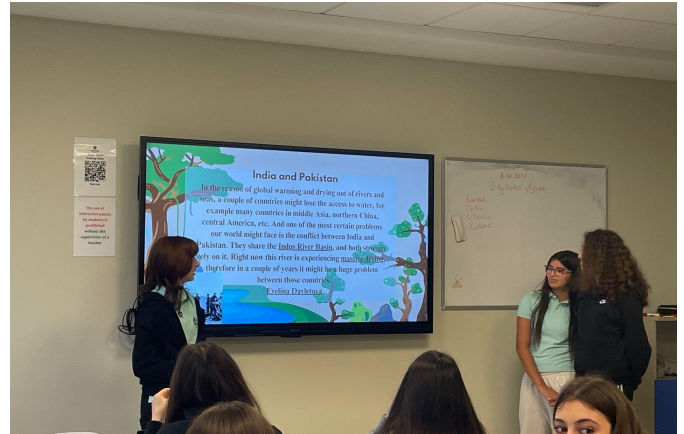
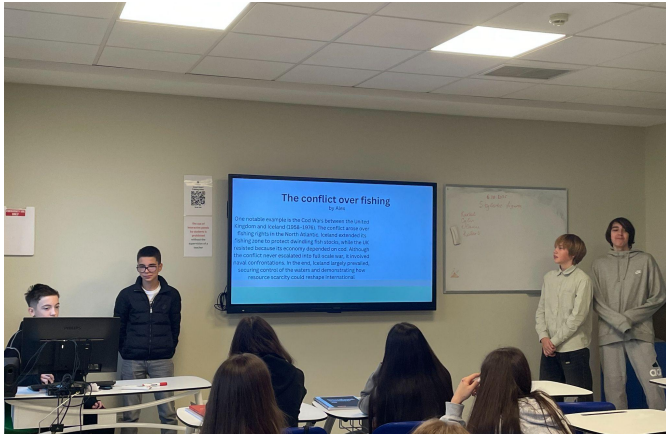
Link here: <https://www.heritage.md/en/school/heritage-herald>

Global Education

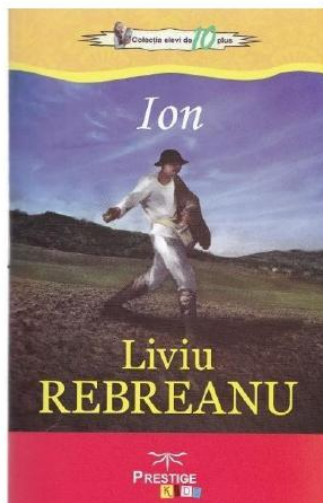
The students in the secondary are fully involved in the Climate Action Project 2025! They work in teams to do research, discovering their own contribution to climate change, as well as that of their families.

Students in grade 9 explore the scarce resources and how these are reasons for conflicts around the world, be it present, past or future.

Excellent job!



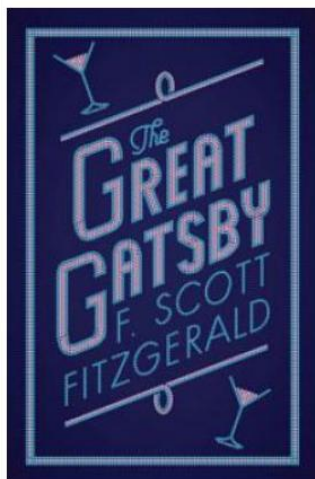
BOOK RECOMMENDATION



LIVIU REBREANU

Ion

Romanul prezintă lupta unui țăran ambițios, Ion, pentru a obține pământ și avere în satul ardelean la începutul secolului al XX-lea. Acțiunea se concentrează pe relațiile sale cu familia Baci, în special cu Ana, pe care o seduce, și cu Florica, pe care o părăsește pentru averea acesteia. Romanul explorează temele dorinței de pământ, dragostei, avuției și ale consecințelor alegerilor sale.

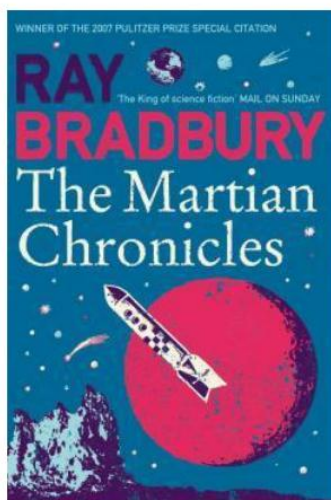


F. SCOTT FITZGERALD The Great Gatsby

A model of the Great American Novel, The Great Gatsby is a tragic love story that captures the empty decadence of the Jazz Age. As events unfold, both Gatsby and the narrator Nick are forced to confront the rot beneath the glossy surface of high society and the unreality of the American dream.

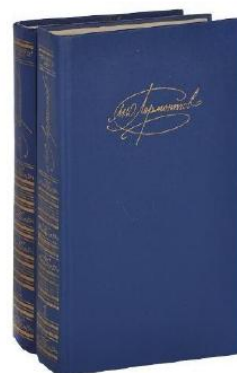
RAY BRADBURY The Martian Chronicles

The strange and wonderful story of man's experiences on Mars, filled with intense imagery and stunning visions. The classic work that made Ray Bradbury a household name. Written in the atomic age, when America and Europe optimistically considered the discovery of life on Mars inevitable.



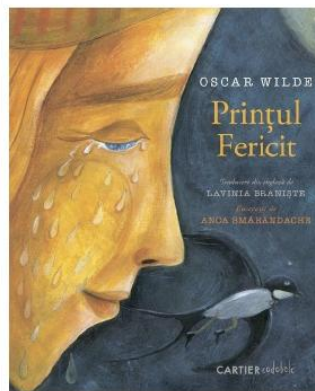
М.Ю. ЛЕРМОНТОВ Сочинения

Россия гордится поэтом Лермонтовым. Явившись вслед за гением Пушкина, он прожил всего 27 лет, но успел создать немало шедевров. В данной книге собраны стихотворения и поэмы М.Ю. Лермонтова, которые составляют золотой фонд и наследие русской литературы.



СЕРГЕЙ ЕСЕНИН Собрание сочинений

Данное собрание сочинений состоит из 5 томов. В первый том настоящего издания вошли поэмы и стихотворения поэта написанные им в период 1910-1917 годах, поэмы, позволяющие высветить все грани поэтического таланта русского любимого автора.



OSCAR WILDE Prințul fericit

Prințul fericit – o poveste despre sacrificiu și bunătate adevărată. Tandre, delicate ca sufletul de copil, povestile lui Oscar Wilde ne invata despre virtuti, ca jertfa de sine si puritatea sentimentelor de prietenie si de dragoste, adevaratele comori sufletesti, condammand egoismul si setea de bogatie.

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>

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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 MÎRZA
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

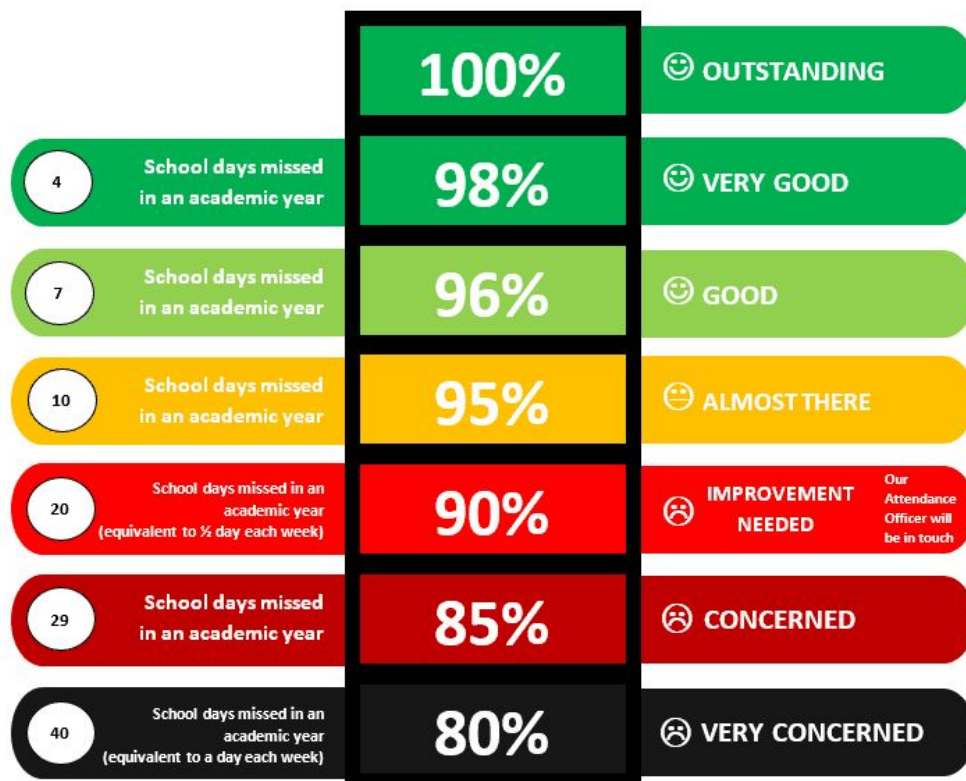
IF YOU ARE WORRIED, SPEAK TO A TRUSTED ADULT!

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	Middle School	High School	College/Work
...increase reading, math and foundational skills.	...develop meaningful relationships and communication skills	...gain essential life skills needed beyond graduation	...are successful at their jobs and/or earn degrees

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



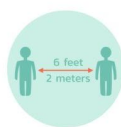
AVOID
TOUCHING



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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