



HERITAGE
International School

September 26th, 2025

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ Educating the mind without educating the heart is no education at all. ”

Aristotle



WHAT'S NEW?

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Director's notes



Dear Parents and Caregivers,

Thank you for all your ongoing support of Heritage and our learning programmes. It is a delight to walk around this school, visiting lessons, peering into activities, talking with students, and seeing all of the learning and joy that happens every day.

I am pleased to share that our students are thinking and acting on our universal values of compassion, kindness, responsibility, safety, and respect. I see these values in action every day and I thank all of our community members for the sharing and teaching of kindness and inclusivity.

Over the past weeks, I have had the great pleasure of participating in student assemblies on the concept of “Belonging.” For a school community, I believe this is the most powerful and most essential element of culture. Every student deserves to feel that they belong to a community and feel safe expressing themselves and being who they are. Belonging is the foundation of learning and growth; when students feel valued and connected, they thrive academically, socially, and emotionally. There are many elements to developing a culture of Belonging and I am so impressed to learn that this is important to our students. Our school is not only a place of academic excellence but also a community that fosters respect, empathy, and collaboration. Across the school, it is evident that our students want to develop a community of Belonging and to participate every day in this good work. Thank you, parents and caregivers, for instilling these values in our students. It is evident to me that this is one of the great strengths of the Heritage community.

I would like to thank all of our community members who are committed to regular attendance and supporting our uniforms. Much peer reviewed research suggests a strong positive correlation between attendance and academic achievement. That is, students who know every day counts and who attend regularly largely have higher rates of achievement. Students who wear the uniform tend to feel a stronger sense of belonging to a community, usually feel a stronger sense of support from their friends, see their environment as more equitable, and even save valuable time in the morning when deciding what to wear! So, thank you to all the parents and caregivers for your support in providing the very best for your children.

Next week the world celebrates World Teachers' Day. I encourage our community to write a simple "Thank You" note to your child's teachers. This is one of the most powerful reminders to teachers that what they do really matters and really does make a positive impact on a community. Gratitude is great for everyone.

Thank you again for all of our support and community partnership. I look forward to more learning as the term progresses.

The Future starts here.

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.*

News from Primary

Heritage Primary students readopted Hujan

Symbolic adoptions are an engaging way to contribute towards conserving the critically endangered Bornean orangutan by following the progress of a rescued individual at Sepilok Orangutan Rehabilitation Centre.



News from Primary

3B Russian Language lessons Lapbook project

The students revised the program creating lapbooks, the students were excited to work in groups.



View all materials at the link:

[Link](#)

News from Primary

3B Learn about the jobs

3B students learned about the noble profession of medicine from Dmitry Dmitrenko, the father of our student. The children found it very interesting to participate in this project, learn how to listen to a heartbeat using a stethoscope. It was so exciting that many of them decided to become doctors. Thanks to their parents, 3B students continue to learn about various professions.



View all materials at the link:

[Link](#)

News from Primary

Moldova -a country like a bunch of grapes

4A students explored Moldova within their Romanian language project

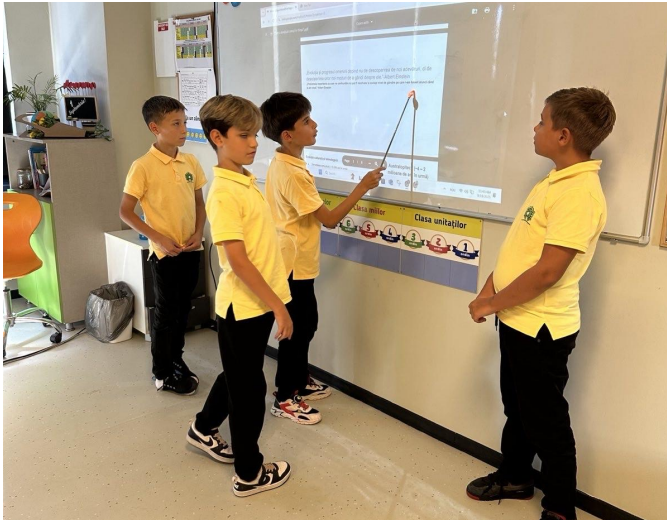


View all materials at the link:

[Link](#)

News from Primary

4A Science project



View all materials at the link:

[Link](#)

News from Primary

International Peace Day in School Starter

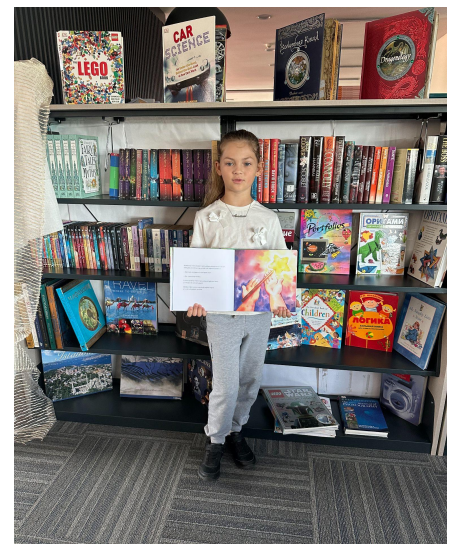
The children paid tribute to Peace, one of the supreme values of Life. As part of the project, the children listened to poems, songs about peace, modeled the word "peace", identified adjectives for the word "peace".



News from Primary

2B Romanian Lesson in the Library

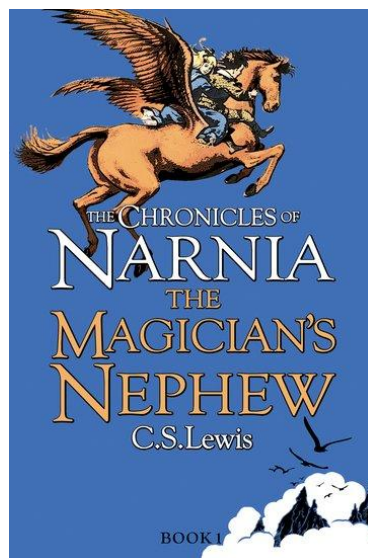
During the Romanian language lesson, 2B students visited the school library and students presented the book they had chosen to read, guided by the teacher and librarian, Ms. Olga. The students were responsibly involved in the preparation and eager to share the joy of reading and choose a book recommended by classmates.



News from Primary

Reading Fun in 4E

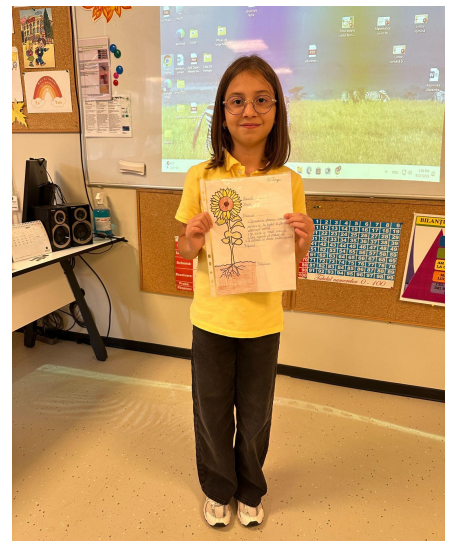
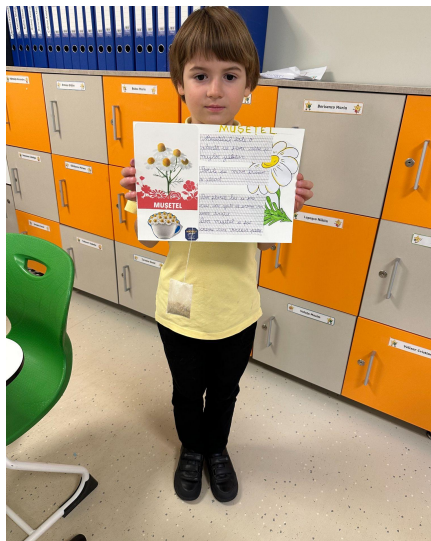
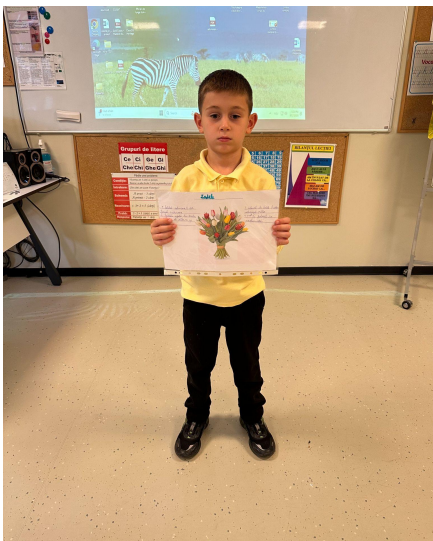
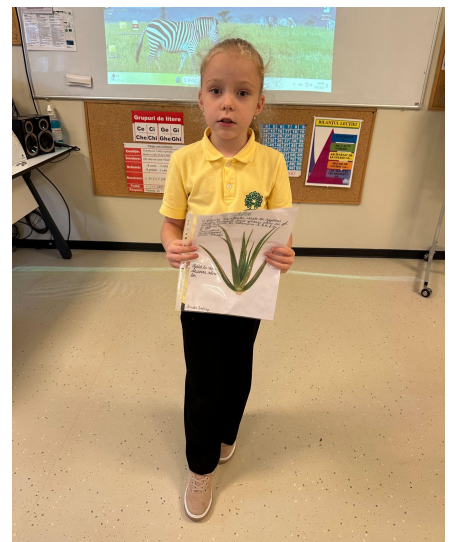
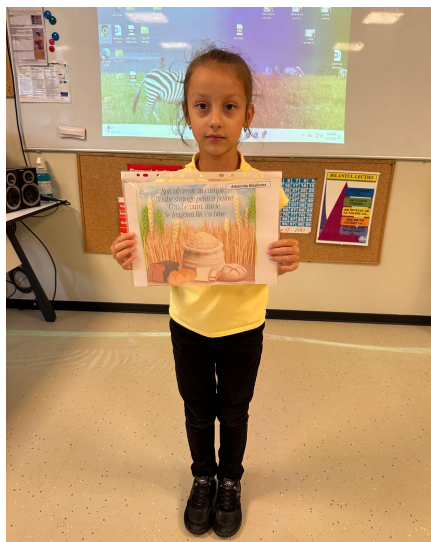
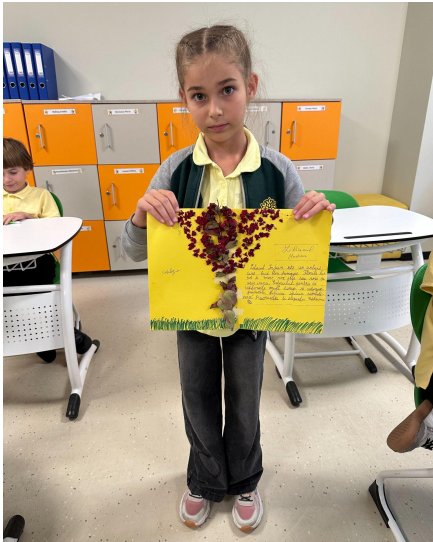
4E Class has begun a wonderful reading adventure with The Chronicles of Narnia. The first book, The Magician's Nephew, is set in London in the early 1900s. To help the children imagine what life was like back then, Mr. Andrew Goga, our high-school history teacher, visited our class and spoke about fashion, lifestyle, the bustle of the "Big Smoke," and other aspects of life at the time. The children loved hearing these details and are excited to keep exploring both history and their reading journey.



News from Primary

Science in 2B

In the Science subject, students from class 2B completed the first project, with the topic "Cultivated and uncultivated plants". The children prepared captivating information accompanied by drawings, images and applications from different materials



News from Primary

Primary School Assembly

Students from classes 3A, 4A, and 6E came together to celebrate Moldova's culture through an engaging event titled "What Do You Know About Moldova?". They presented their research in both English and Romanian, sharing interesting facts about the country's history, traditions and symbols. The event encouraged curiosity and active participation, as students asked and answered questions to reinforce their learning. It was a meaningful opportunity for all to connect more deeply with the country they currently call home.



News from Secondary

Belonging and Kindness Assembly

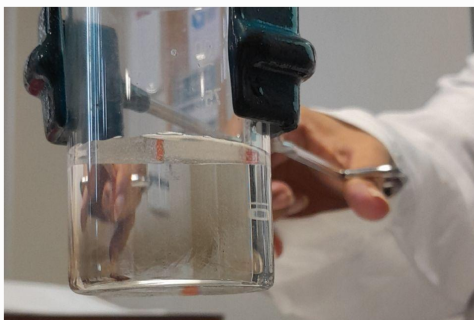
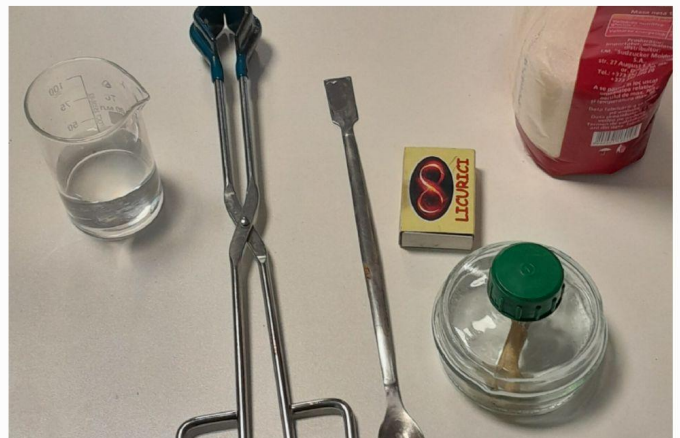
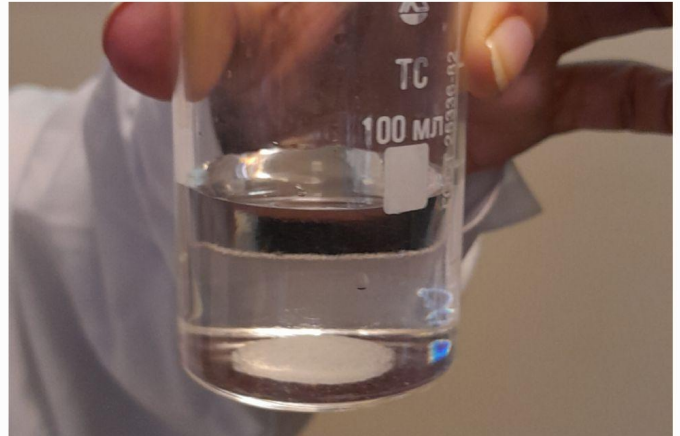
We are happy to share some of the best parts of our recent Belonging and Kindness Assembly. It was wonderful to see students and staff come together to highlight how important it is to be kind and respectful and make the school a friendly place. Thank you to everyone who helped make the event special.



News from Secondary

8E Science Lessons

Experiment about solution and solubility with 8E



News from Secondary

Global Perspectives classes

Students in 9E are exploring conflicts over scarce resources. They learn to collaborate, research and analyse information. They also propose a solution to each issue or case study and advise other teams how to solve a potential conflict. But the cherry on the cake was the role-playing! They enjoyed it a lot. The photos speak more than words!



News from Secondary

IGCSE Graduation

We warmly congratulate our IGCSE graduates on their achievements and extend our best wishes as you move forward into post-16 education. May this next stage of your learning journey bring you new challenges, opportunities, and continued success.





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

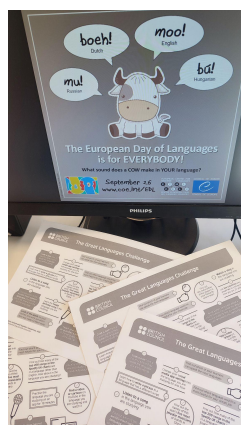
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University Destinations 2023-2024



European Day of Languages

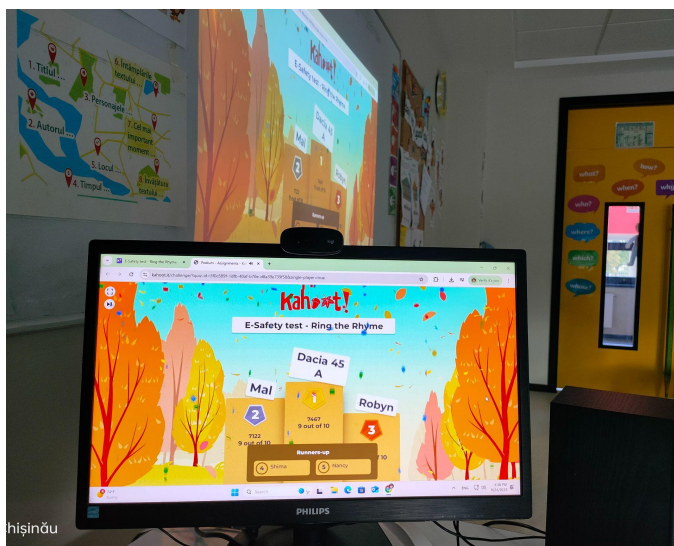
Celebrating the European Day of Languages at Heritage! Students listened to the same song in multiple languages, explored how to say everyday phrases in different tongues, and discussed the importance of being multilingual and respecting the languages of other countries. They even challenged themselves with tongue twisters in unfamiliar languages!



Student Leadership

eTwinning Club 2025 has officially started at Heritage

We're excited to announce that the eTwinning Club is up and running for the new academic year! Our students have been introduced to the first international project of the year, titled "Break the Spell with a Rhyme", where they'll collaborate with peers from 14 different European countries. To kick things off, our students created their first collage, helping them introduce themselves and connect with fellow participants across Europe. As part of our commitment to digital citizenship, we also took part in a fun and educational Kahoot quiz that taught us valuable lessons about online safety.



Student Leadership

Dog Shelter Support Drive

The Heritage community collected food donations for the FOMS animal shelter in Strasenji this week. At the end of Friday, we couldn't be prouder of our students and their families. This is values-based education in action, at its best! Many thanks to all our families! Together for a better world!



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>

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



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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 MİRZA
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!

“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!



Emotional Intelligence

Emotional Intelligence helps people to perceive emotions in themselves and others, take control of stress and overwhelming emotions and build and maintain better relationships.

So how can you help your pupils to become more emotionally intelligent and manage exam stress, conflict and promote good mental health?

1. DEVELOP SELF-AWARENESS THROUGH THE CURRICULUM

Provide opportunities through the curriculum for pupils to widen their emotional vocabulary, and understand the emotions of characters through literacy texts and current news.



2. DEVELOP SELF-AWARENESS THROUGH PSHE

Explicitly teach pupils to connect emotional vocabulary with their own physiological experience. Teach pupils that feelings give us information that is helpful, and there are no good or bad feelings, just uncomfortable or comfortable ones.



6. APPLY TO CONFLICT SITUATIONS

At times of conflict, it is helpful to remind pupils that they can use these skills to understand, empathize and regulate their own emotions. They can also use problem solving skills to resolve conflict.



5. HELP PUPILS TO PROBLEM SOLVE

Once pupils can understand and regulate their emotions, they can then make healthier choices and problem solve more effectively because they are not hijacked by strong emotions. Help pupils develop the skill of problem solving regularly.



3. DEVELOP SELF-AWARENESS IN THE MOMENT

When pupils display a particular emotion, help them name it. When you can name it you can tame it.



4. MODEL HEALTHY SELF-REGULATION

Self-awareness leads to regulation. Provide pupils, through modelling and discussion, ways of managing and regulating overwhelming feelings i.e. calming down techniques, mindfulness, safe space or walk and talk.



The National College

This guide is part of
**The National College
staffroom poster series**
A collection of information posters
for your school staffroom.



Meet the Expert: Anna Bateman
Anna Bateman, subject matter expert
on mental health & wellbeing and
school improvement adviser

The National College | Remote video CPD to empower school leaders & teachers

www.thenationalcollege.co.uk Email: support@thenationalcollege.co.uk Twitter: @TheNatCollege Facebook: @thenationalcollegeuk

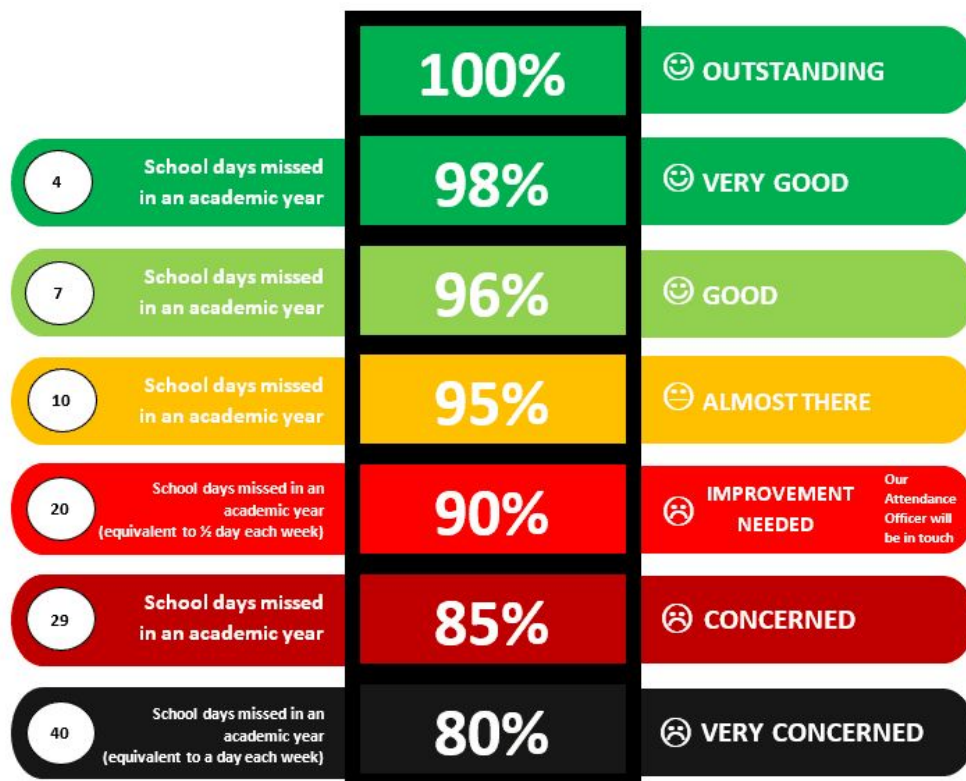
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School Information

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



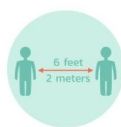
AVOID
TOUCHING



AVOID
CROWDS



WEAR
FACE MASK



SOCIAL
DISTANCING



DISINFECT
FREQUENTLY



USE
ALCOHOL BASED



STAY HOME
IF SICK

Action for Happiness Calendar

Self-Care September 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Find time for self-care. It's not selfish, it's essential
- 2 Notice the things you do well, however small
- 3 Let go of self-criticism and speak to yourself kindly
- 4 Plan a fun or relaxing activity and make time for it
- 5 Forgive yourself when things go wrong. Everyone makes mistakes
- 6 Focus on the basics: eat well, exercise and go to bed on time
- 7 Give yourself permission to say 'no'
- 8 Be willing to share how you feel and ask for help when needed
- 9 Aim to be good enough, rather than perfect
- 10 When you find things hard, remember it's ok not to be ok
- 11 Make time to do something you really enjoy
- 12 Get active outside and give your mind and body a natural boost
- 13 Be as kind to yourself as you would to a loved one
- 14 If you're busy, allow yourself to pause and take a break
- 15 Find a caring, calming phrase to use when you feel low
- 16 Leave positive messages for yourself to see regularly
- 17 No plans day. Make time to slow down and be kind to yourself
- 18 Ask a trusted friend to tell you what strengths they see in you
- 19 Notice what you are feeling, without any judgement
- 20 Enjoy photos from a time with happy memories
- 21 Don't compare how you feel inside to how others appear outside
- 22 Take your time. Make space to just breathe and be still
- 23 Let go of other people's expectations of you
- 24 Accept yourself and remember that you are worthy of love
- 25 Avoid saying 'I should' and make time to do nothing
- 26 Find a new way to use one of your strengths or talents
- 27 Free up time by cancelling any unnecessary plans
- 28 Choose to see your mistakes as steps to help you learn
- 29 Write down three things you appreciate about yourself
- 30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together



Key Dates

1st -31st October 2025	Internet Safety Month
1st October 2025	International Music Day
5th October 2025	UN World Teachers Day
6th-10th October 2025	World AI Week
6th-10th October 2025	World AI Week
13th -26th October 2025	EU Code Week

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

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