



HERITAGE  
International School



# THE INTERNATIONAL HERITAGE HERALD

January 20, 2023



## THOUGHT FOR THE WEEK

*"Every human being is a repeated question asked to the spirit of the Universe." - Mihai Eminescu*

## DIRECTOR'S WEEKLY NOTES

*Semester 2 and 2023 are both well under way and we have reached the halfway point of the academic year already. The weather has felt like Spring for most of this week. It was wonderful to welcome everyone back after the Winter break. I want to say thank you to everyone who was involved or who supported all the events at the end of Semester 1. It has been a very long time since we had productions like the Primary Play, and it was wonderful to see so many families come and celebrate our remarkable students. The student leadership of this school continues to impress me daily and we finally got to hold our 1st ever Winter Ball for senior students, all organised by the students. I know they are in the process of planning their Summer Prom and all being well, they will be finally moving into their brand new Lyceum school in mid-March. Very much needed as the school continues to grow and we are at our highest number of students. Student admissions are underway for 2023-24 and we are already having to increase capacity to meet demand. We also have made sure we have continued to celebrate moments in the school year as a key school priority.*



*The start of 2023 saw Heritage become the first school in Moldova to be awarded the UK's National Online Safety school accreditation. As education continues to be challenged and adapt to changes, especially from the digitalisation of society with game changers like ChatGPT for learning, it is important we continue to evolve here. This week, Mrs. Tatiana presented to the ISC and the other shortlist finalists for the "Sustainability" category in the ISC's prestigious international education awards. We will know on Tuesday if we have won the award but we know the level we are operating at and our ambition as a school to continue to put this at the heart of our education and organisation. This week, the focus for assembly was on the life and work of Martin Luther King for MLK Day. Our values as an international school for social justice, equality, social responsibility, international mindedness and for a World that lives in peace, continues to be our lodestar. The horrors of the senseless war on Ukraine continue to shock and appall all of us and trying to explain the attack on Dnipro or any other mindless terror challenges us all as parents, educators and human beings. Next week, we will commemorate Holocaust Remembrance Day and lay flowers in honour of the victims of our country at the national memorial in Chisinau. February is Black History Month and we educate students to make sense of this World and prepare our young people to make a better world, through education.*



*On Thursday, we had one of those mornings in education which is just a joy to be in education as we celebrated national culture week and Eminescu Day. I first came to Heritage, to see the school and community, exactly four years ago, this January. The vision of Natalia Cecetova and Sinan Bora, our two founders, had me hooked at the potential and place of Heritage in Moldova and the wider region, to transform education and innovate learning, truly preparing students for the challenges of the 2020s and the future, some of those challenges such as the pandemic, war, energy crisis, none of us could have predicted. I listened to Josh Peterson, of the US Embassy, speak this week in the Eminescu library to our students and students across Moldova, about the importance of international mindedness, dialogue, languages and being open minded. It was a very powerful message to hear and exactly in the spirit of the mission of our school. Next weekend, we host leaders and teachers from across the national education community in Moldova, as we share our story and success and learn and support one another to improve education for all.*

*To those who are celebrating the Chinese/Lunar Year on Sunday, the Year of the Rabbit, we wish you a very happy new year. To all of us, we wish for a hopeful and prosperous 2023.*

Rob Ford



# HERITAGE IN THE WIDER WORLD

Heritage 5 Year Anniversary video here; <https://youtu.be/kK1dhwwkxVc>



## Mail from Moldova

- Reflections as a Global Educator -



2021

### Life; it goes on

January 8, 2023 Rob Ford

"In three words I can sum up everything I have learned about life; it goes on" Robert Frost

I've decided not to go all out with New Year's resolutions for 2023. If the 2020s has taught us anything so far, it is the sheer unpredictability of our global society and almost the fear of it cannot get any worse as well as the fear of what comes next.



ȘCOALA INTERNAȚIONALĂ HERITAGE VĂ INVITĂ SĂ PARTICIPAȚI LA ATELIERUL DE FORMARE PENTRU DIRECTORI ADJUNCTI SI CADRE DIDACTICE

**PROFESORUL MODERN: CARIERA DIDACTICĂ ÎNTR-O ERĂ NOUĂ**

**Agenda evenimentului**

9.30-10.00 ÎNREGISTRAREA PARTICIPANȚILOR  
10.00 CUVÂNT DE BUN VENIT

**Robert Ford**  
Director, Școala Internațională Heritage

**Viorica Andrițchi**  
Director al Centrului Formare Continuă și Leadership UPSIC, doctor, nobeliste, profesor universitar

10.15 FORMAREA/DEZVOLTAREA PROFESIONALĂ A PERSONALULUI DIDACTIC LA NIVELUL INSTITUȚIEI ȘCOLARE

11.15 STAREA DE BINE ȘI ECHILIBRUL EMOTIONAL AL CADRULUI DIDACTIC

**Tatiana Verdeș**  
Șef Departament Educație Adultă și Dezvoltare Personală, CFCL UPSIC, doctor, conferențier universitar

**Inga Chiosa**  
Director adjunct pentru Instruire, Școala Internațională Heritage

**Tatiana Turchină**  
Șef Departamentă Științe Continuu, Universitatea de Stat din Moldova, psiholog, lector universitar

12.15 EDUCAȚIA GLOBALĂ ȘI DEZVOLTAREA PROFESIONALĂ CONTINUĂ A CADRELOR DIDACTICE

**Tatiana Popa**  
Director adjunct pentru educație, Școala Internațională Heritage

**John Rolfe**  
Manager Parteneriate și Comunitate Școlară Globale la Global School Alliance

**28 Ianuarie, 2023**  
10:00am - 13:00am  
bd. Dacia 45A  
062022210

PARTICIPAREA GRATUITĂ  
ELIBERAREA CERTIFICATELOR DE PARTICIPARE  
Numărul participanților este limitat



Great to see that the first batch of cards to @HeritagePrimary have arrived, a larger package is somewhere between the UK and Moldova!

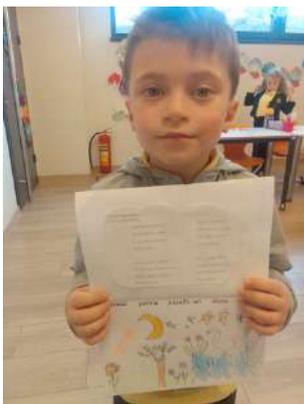
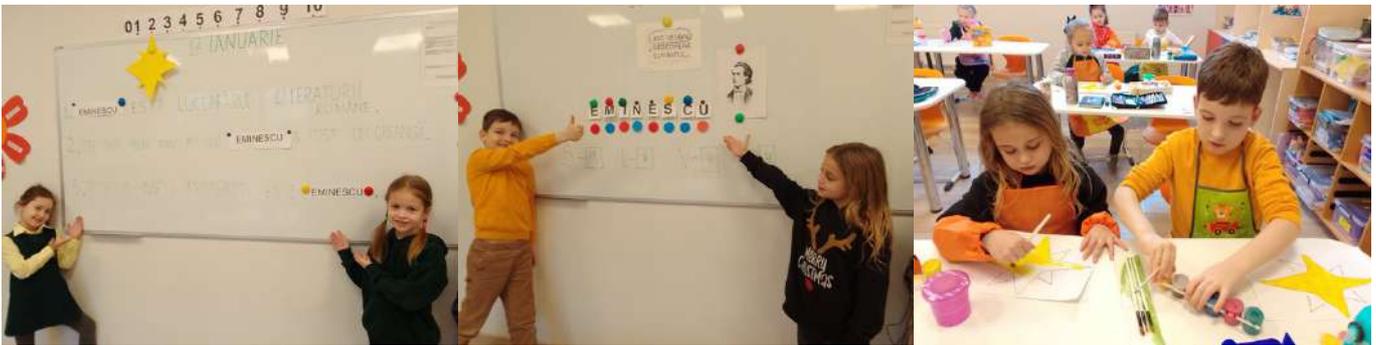


## ARTICLES/STORIES OF INTEREST

- Lecturers urged to review assessments in UK amid concerns over new AI tool | Artificial intelligence (AI) | The Guardian; <https://www.theguardian.com/technology/2023/jan/13/end-of-the-essay-uk-lecturers-assessments-chatgpt-concerns-ai>
- Chinese/Lunar new year 2023, The Year of the Rabbit; <https://chinesenewyear.net/>
- From behind the sofa. Sophie, the rescue dog who stole the nation's hearts; <https://www.cam.ac.uk/stories/sophie-from-romania>
- Kaufland launched the first guide to prevent food waste in Moldova, together with the Food Bank and the City Hall Chișinău. This aims to teach people how to become more responsible when it comes to food waste. Check the link to see the guide; <https://despre.kaufland.md/ro/responsabilitate/implicarea-face-diferenta/evitarea-risipei-alimentare.html>
- Train of Hope from Ukraine to the Republic of Moldova; <https://moldova.unfpa.org/en/news/train-hope-ukraine-republic-moldova-0>
- The top 1% captured nearly twice as much new wealth as the rest of the world over the last two years; <https://edition.cnn.com/2023/01/15/business/top-1-wealth-oxfam-davos/index.html>
- Director's latest Mail from Moldova blog; <https://mailfrommoldova.home.blog/2023/01/08/life-it-goes-on/>
- A Woman Has Won the 'Nobel Prize of Math' for the First Time Ever; <https://blog.physics-astronomy.com/2023/01/a-woman-has-won-nobel-prize-of-math-for.html>
- The Good Life - with Prof. Robert Waldinger. Join Prof. Robert Waldinger to learn what the longest ever scientific study of happiness can teach us about living a good life. Free Action for Happiness online webinar, 26th January 19:00 GMT; <https://www.eventbrite.co.uk/e/the-good-life-with-prof-robert-waldinger-tickets-483701824177>
- The January blues: 7 ways to beat it | [happiness.com](https://www.happiness.com/magazine/inspiration-spirituality/january-blues-new-year-depression-beat-it/); <https://www.happiness.com/magazine/inspiration-spirituality/january-blues-new-year-depression-beat-it/>
- Rebuild 100s of Lives and Communities in Ukraine by ChildAid to Eastern Europe; <https://www.globalgiving.org/projects/help-rebuild-ukraine/>

## NEWS FROM PRIMARY

*In primary, this week was full of activities. Starting Monday, the students in Romanian language classes talked about the great Eminescu, who was celebrated on Sunday, January 15. The students created posters that we could see on the hallways. Romanian language teachers involved the students in foreign language classes in listening to Eminescu's poems, illustrating, dramatizing and memorizing them. School Starter students actively participate in all school events.*

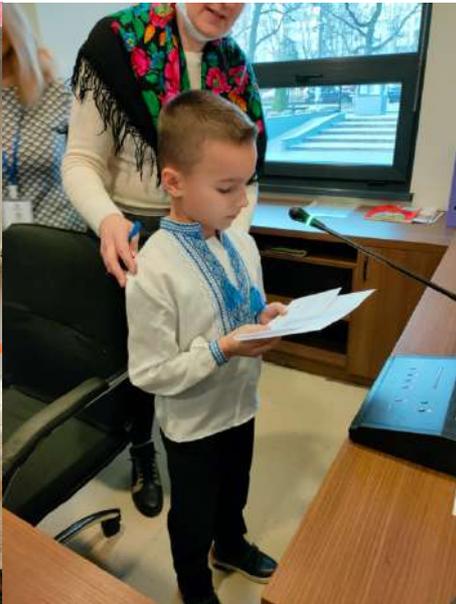


Students in class 1A were active participants in Culture week



Fantastic exhibition Casa Mare brought the beauty of authenticity and childhood memories  
In a traditional Moldovan house, the Casa Mare is the largest and most beautiful room, this room is always elegantly decorated with hand-made carpets and embroidered towels.









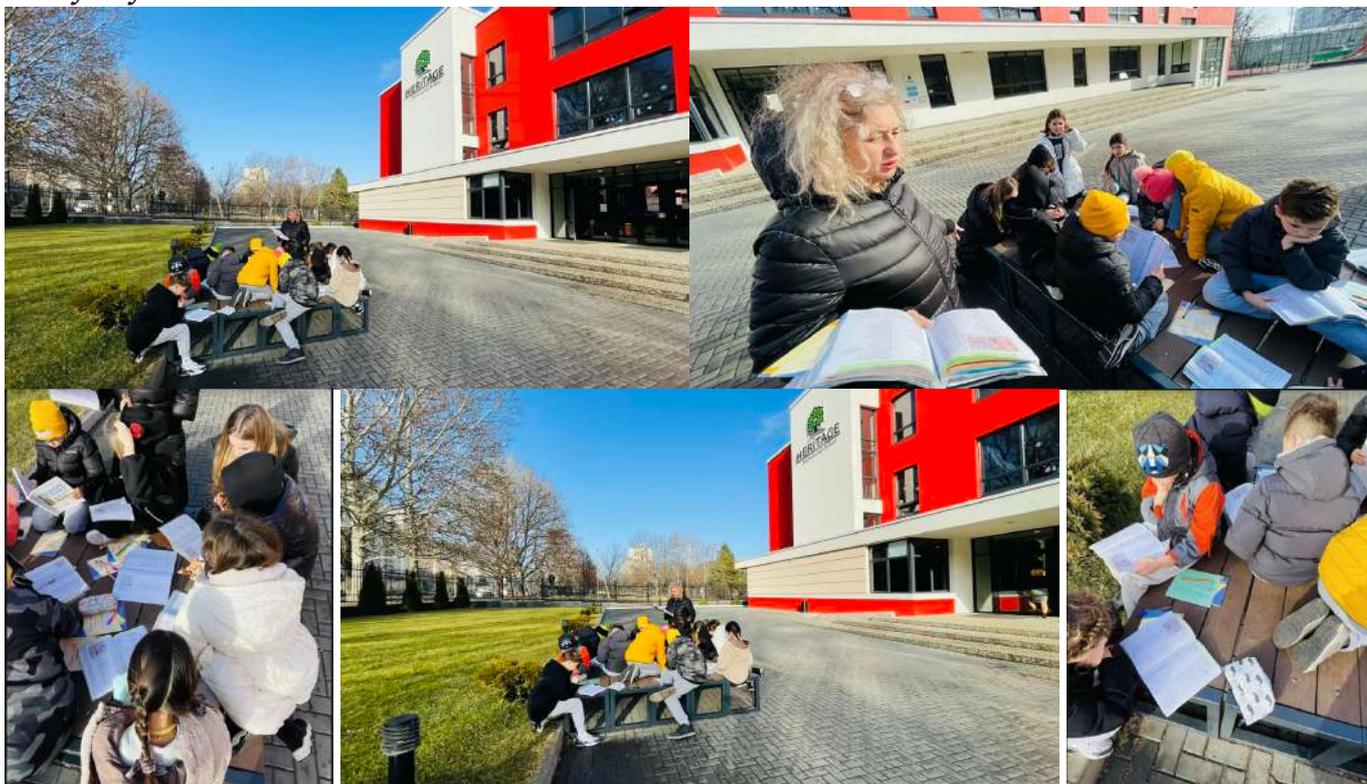




National art is a part of culture. Culture week is an opportunity to learn as much as possible about ie, the national blouse. The students from 5E decorated the IA in romanian folk motifs with ornaments.



When the temperature is +15 degrees in January, the weather is great for outdoor learning. 4B students with their teacher Natalia Digori held a Russian language class outside and enjoyed the nice sunny day.

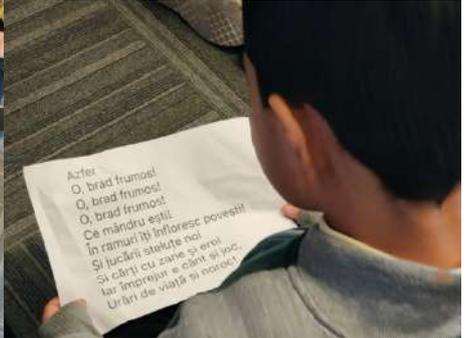


4A students created a newspaper page about Eminescu



Poetry recital





Azfer  
O, brad frumos!  
O, brad frumos!  
O, brad frumos!  
Ce mândru eşti  
În ramuri îți înflorește poezia  
Și cărții cu zăne și eroi  
Iar împreună e cânt și joc  
Urări de viață și noroc!









*Dramatizing poetry*





*Traditional costumes day*



*2nd Grade IPC Exit Point " Earth, Space and time ". Group project " Sun & Moon fun facts.*



Students from 3E made a gas called carbon dioxide and they poured gas on the candle. After the experiment, they learned that the flame is going out, because it needs oxygen gas to burn, not carbon dioxide.



International Thank You Day is celebrated on January 11. It is a day that serves as a reminder that we ought to express our gratitude to those who have made our lives better in some way. What better month to reflect on this than the beginning of the year? The students from 1A & 4A had interesting activities dedicated to this day.





4th grade students are preparing their geodesic dome



2nd grade are learning about countable and uncountable nouns.

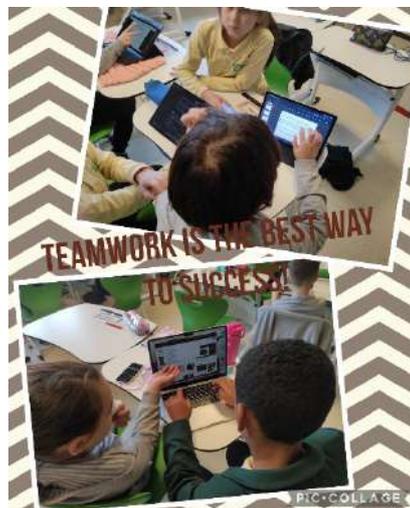




*There was a surprise in 4A class, because the students received congratulations from their friends from Folkestone St Mary's Church of England Primary Academy. After participating in projects, students learn, collaborate, create and make the world better. Thank you, Colette Cotton, International coordinator at Folkestone St Mary's Church of England Primary Academy!*



*This week we learned about how chocolate is made around the world and our class researched on the history of chocolate.*



2B students enjoyed reading "The Tale of Codru" by Mihai Eminescu and created the quilling works "Moldovan Codru"



A busy fortnight for 5E, comprising 'seeing the sound' investigation and a national ethnographic museum at the doorstep.



## NEWS FROM GYMNASIUM

Gymnasium Assembly



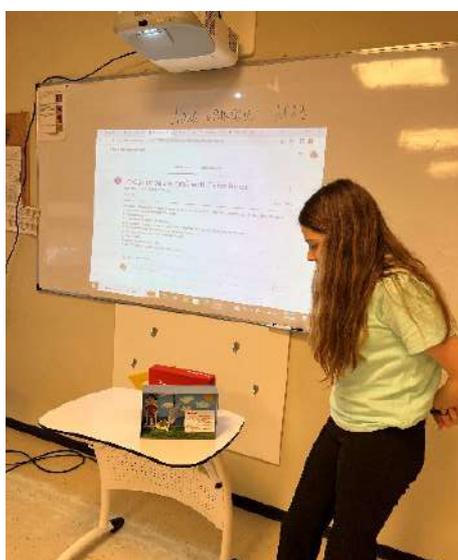
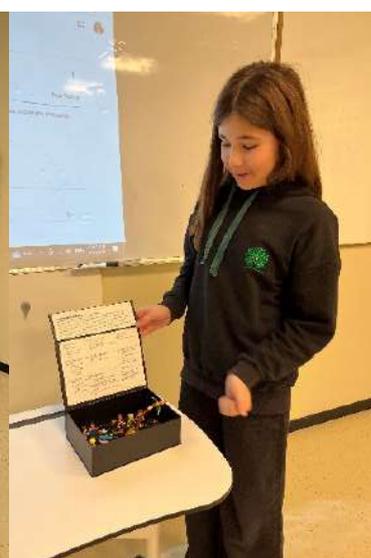
*Gymnasium students love chemistry!*



*Dmitrii and Makar ,both from 5B, have created outstanding 3D model of the ice and aquatic habitats for science.*



*Do you know what smart kids do on holiday? They read tales! And they collect everything they've learned, that's new and interesting, in a literary treasure chest!*





*On National Culture Day, the VI A students made symbolic bookmarks and gave them to their beloved teachers.*



“Longing for Eminescu” lesson in 5B



  
**National Culture Day**  
Or #EminescuDay2023

“Multe flori sunt, dar puține  
Rod în lume o să poarte,  
Toate bat la poarta vieții,  
Dar se scutur multe moarte.

E ușor a scrie versuri  
Când nimic nu ai a spune,  
Înșirând cuvinte goale  
Ce din coadă au să sune.”

*Mihai Eminescu*  


What is your favorite poem written by M.Eminescu?

## NEWS FROM LYCEUM



*Our AS students will have to start working on their Digital Portfolios. Students will build on these portfolios over the next 12 months with all that they do outside of their lessons: volunteering, reading buddies, duties around school, school initiatives, projects they are part of outside of school - all sorts! These portfolios can be attached to university applications to allow potential institutions to see that the student is about more than good grades.*

### *Lyceum IELTS preparation*

*Wednesday, October, 12, 13.00 - 14.30*

*Friday, October, 14, 10.05 - 11.05*

### *Personal Statement for a university application*

*Writing a Convincing Personal Statement to Successfully Apply to Universities:*

*Friday, 15.30 till 17.00 (lesson 8 and 9).*

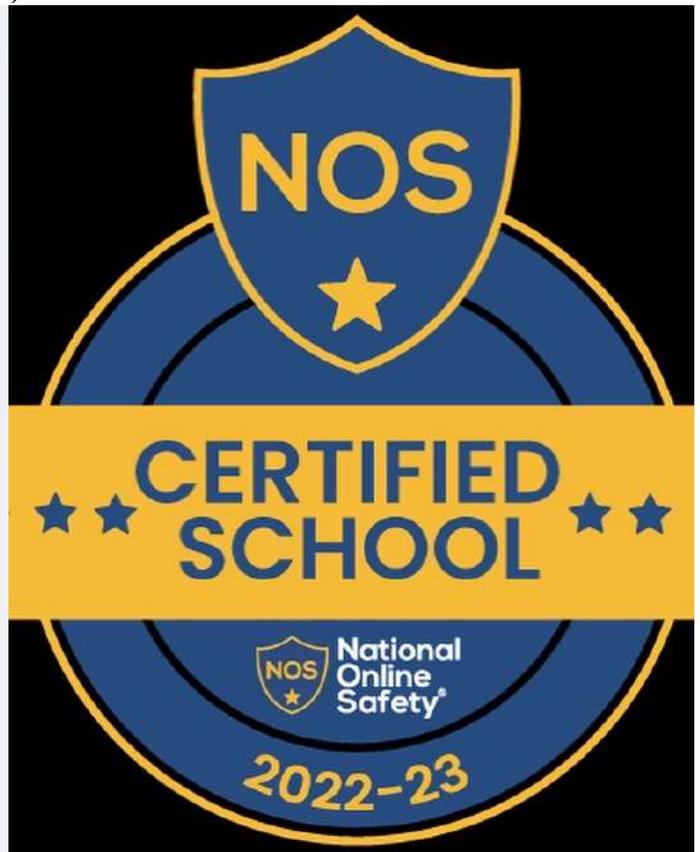
### *Career and University Admission Guidance*

*Tuesday // Thursday at 8.30*

*A-level students are supposed to have their badges with violet braids so that the guards at school gates can identify them entering and leaving the school grounds.*



Heritage recognised as *National Online Safety* certified school

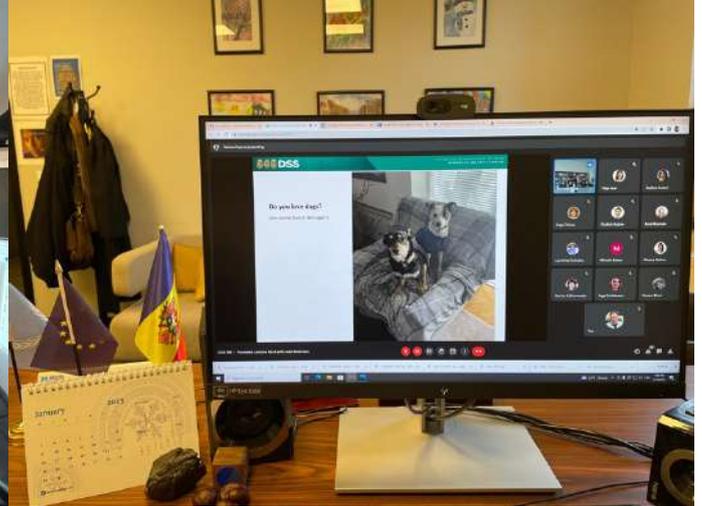


## Founders' Lectures

On the 18th of January, we held our 4th **Founders' Lecture** of this academic year. Our guest speaker was Mr Josh Peterson, Special Agent and the Head of Security at the US Embassy in Moldova.

Josh gave an impressive speech, as he appealed to the students to follow their dreams no matter what others say. He told the students gathered in the library about jobs he had before getting to Moldova and where his next mission would be. Q&A session was long and interesting, with students asking questions about anything they were curious about: from culture shock to types of weapons, to studies and possible career paths. Finally, Josh spoke about his personal connection to Heritage. More exactly, how our students' civic responsibility led to him going to the animal shelter and adopting two dogs, which they still own to the day.

The graphic is for a 'FOUNDERS' LECTURE NO. 4'. It features a circular portrait of Mr. Josh Peterson, a man in a suit. To the right of the portrait, the text reads 'Heritage International School' with the HERITAGE logo. Below that, it says 'FOUNDERS' LECTURE NO. 4'. A small paragraph describes Mr. Peterson: 'Before arriving in Moldova, Agent Peterson worked in New York, Albania, Afghanistan, Denver, and Washington DC. He has also worked at a prison, a police department, and the U.S. Secret Service. He speaks English and Romanian.' A red banner indicates the date and time: 'WEDNESDAY 18 JANUARY 2023, AT 3PM'. Below this, it says 'Schools in Moldova join us on Google Meet!'. A yellow button says 'JOIN ONLINE'. At the bottom, it says 'Visit Our Website www.heritage.md' with a globe icon.



## ISA Awards

ISC Research ran the finalist sessions for International School Awards, where Heritage is one of the 5 schools in the world shortlisted. Our deputy academic director, Tatiana Popa, spoke about Heritage school's sustainability approach and it was highly appreciated by the audience.

The award ceremony will take on Tuesday, January 24, when the winners will be announced.

Wednesday 18th January 2023

10:30 - 11:00 AM  
2023 Sustainability Award

SHORTLISTED SCHOOLS:

- Heritage International School, Moldova
- International College Hong Kong (ICHK), China
- Jerudong International School, Brunei Darussalam
- Wellington College International Shanghai, China

Sponsored by:

THE INTERNATIONAL SCHOOL AWARDS  
HOSTED BY ISC RESEARCH

A screenshot of a Zoom meeting grid showing six participants. The bottom right tile is labeled "Dr Louise Gray" and features the ISC RESEARCH logo. The bottom center tile also features the ISC RESEARCH logo.

A screenshot of a Zoom meeting grid showing six participants. The bottom right tile is labeled "Daniel Solomon" and features the ISC RESEARCH logo. The bottom center tile also features the ISC RESEARCH logo. A message at the top of the grid reads "You are in a practice session".

Also on Tuesday, Tatiana Popa is co-chairing the first session of the COBIS Sustainability group, where COBIS educators from all countries will participate.

Link to details here:

<https://www.cobis.org.uk/our-network/cobisconnected/connected-sustainability>



## STUDENT LEADERSHIP

*Dear Heritage Community*

*Once again you have shown cohesion and that together we can do wonderful things.*

*I have great pleasure to inform you that following the "Bake & Sale" event organized in December, together we managed to help the Bacalu family, a single mother with 4 children. Following the donations, 19,000 lei were collected, from which a set of furniture was purchased for this family: bunk bed, table, chairs, wardrobe.*

*Thank you once again for the contribution of each of you to the organization and participation in this event.*

*As well, many thanks to our partners from CCF Moldova for all their support in this process.*

*Dragă Comunitate Heritage,*

*Încă odată ați dat dovada de coeziune și că împreună putem să facem lucruri minunate.*

*Am mare plăcere să vă informez că în urma evenimentului "Bake & Sale" organizat în luna decembrie în incinta școlii, împreună am reușit să ajutăm familia Bacalu, o mamă singură cu 4 copilași. În urma donațiilor au fost adunate 19 000 lei, din care s-a procurat un set de mobilă pentru aceasta familie: pat supraetajat, masa, scaune, dulap.*

*Vă mulțumim încă odată pentru aportul fiecăruia din voi pentru organizare și participare în evenimentul dat.*

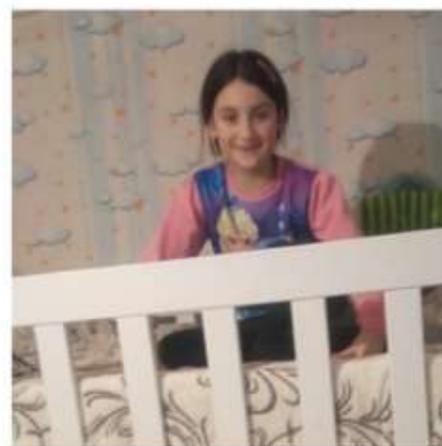
*La fel, îi mulțumim partenerilor de la CCF Moldova pentru tot suportul lor în acest proces.*

*Уважаемое сообщество Heritage,*

*Еще раз вы продемонстрировали сплоченность и то, что вместе мы можем творить замечательные вещи.*

*С большим удовольствием сообщаю вам, что в результате мероприятия «Bake & Sale», организованного в нашей школе в декабре, нам вместе удалось помочь семье Бакалу, одинокой*

маме с 4 детьми. В результате пожертвований было собрано 19 000 леев, из которых был приобретен набор мебели для этой семьи: двухъярусная кровать, стол, стулья, шкаф. Еще раз спасибо за вклад каждого из вас в организацию и участие в данном мероприятии. Мы также благодарим партнеров CCF Moldova за их содействие в данном процессе.



# HERITAGE CREATIVITY

**BLACK SEA SCHOOLS GROUP**

**BLACK SEA SCHOOLS  
CREATIVE WRITING COMPETITION 2023**

Students in KS2, KS3, KS4, and KS5 from all Black Sea Schools are invited to write a 100-word story on this year's theme:

**'BOUNDARIES,  
BORDERS AND  
BELONGING'**

Schools can submit up to **THREE** pieces of work in each age category:

- Under 11 (UK KS2)
- 11-14 (UK KS3)
- 14-19 (UK KS4&5)

**SUBMISSION DEADLINE:  
14th February 2023**

Winners will be announced February 28th, 2023.  
All winning entries will be published in the Black Sea Schools Creative Writing Anthology.

*Positive and negative spaces in art!*





**SPORTS, CLUBS and ACTIVITIES**

*5A and 3B students explore the musical instruments*





*In the music lesson, the week of national culture started with the songs on poetry of Mihai Eminescu, we approached the connection between Eminescu's creation and music and we met remarkable personalities in the field of national musical culture.*



The students from the eTwinning club had a new adventure. After learning a lot about pyramids, they chose one that they made from strips of recycled paper. They tried to render a diorama, a natural setting that would encompass the flora and fauna around the pyramids. The creativity and eloquence of students has no limits!



**Outside Notice:** "An English speaking coach is looking to restart football training and coaching for English speaking children, aged between 7-14 years old. There are a few interested families already but we need more to restart it successfully, as was the case for the last 2 years. As before, training would take place once a week, 1,5 hours, most probably near the Telecentru area. If you are interested please contact the coach directly on: 078133100, Clubul Sportiv Royal Chişinău, [royalchisinau@gmail.com](mailto:royalchisinau@gmail.com)"

# The Heritage 10 Golden Rules



HERITAGE  
INTERNATIONAL SCHOOL

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 make sure everyone is kept safe and we enjoy our school.

1. WE LISTEN TO & RESPECT THOSE LOOKING AFTER US, TEACHING US AND ALWAYS FOLLOW THEIR INSTRUCTIONS

2. WE RESPECT AND LOOK AFTER EACH OTHER AS STUDENTS OF HERITAGE. WE ARE A CARING COMMUNITY.

7. WE MAKE SURE WE HAVE THE RIGHT CLOTHES AND EQUIPMENT FOR EACH DAY.

3. IF WE ARE NOT SURE, WE ASK ONE OF OUR TEACHERS OR SUPPORT STAFF.

8. WE MAKE SURE WE ARE ON TIME AND IF WE ARE LATE WE MAKE SURE PEOPLE LOOKING AFTER US KNOW.

4. WE ARE ALWAYS AWARE OF BEING SAFE ESPECIALLY AROUND PHYSICAL & PRACTICAL ACTIVITIES

9. WE ARE RESPONSIBLE FOR OUR BEHAVIOUR AS A STUDENT OF HERITAGE.

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

10. WE MAKE SURE WE ENGAGE IN OUR LEARNING, GROW IN OUR KNOWLEDGE AND UNDERSTANDING, ACHIEVE OUR BEST AND POTENTIAL, BE A CONTRIBUTING AND VALUED MEMBER OF OUR COMMUNITY, AND GET THE MOST OUT OF OUR SCHOOL OPPORTUNITIES.

## School Improvement Priorities Headlines 2022-23:

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuQK3znedxCuifXHrIk9oQtq6dNbFaY/edit?usp=sharing>

<p><b>Vision and Aims:</b></p> <p>Sustaining our ambitious culture and vision for World Class education as a growing, international school in Moldova to meet future challenges.</p> <p>A belief in people as our best assets and a positive school culture - Cohesion, Community, Communication, Compassion, Care</p> <p>A leading innovative school and World Class, professional educational organisation in Moldova, Europe &amp; Globally</p> <p>A World Class, nurturing, outward facing 21<sup>st</sup> Century curriculum &amp; learning for all that prepares students confidently for the challenges of the future as global citizens, socially responsible &amp; leaders in their communities.</p> <p>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...</p>	<p>Heritage International School <b>School Improvement Plan</b> 2022-2023</p> 	<p><b>Key framing Questions for all staff</b></p> <p>How do we measure our key outcomes? Is safeguarding &amp; 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 &amp; Globally? What value do our partnerships &amp; 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?</p>			
<p>Student Progress, Personal Development, Attainment &amp; Achievements</p>					
<p>School Improvement Priorities for 2022-23</p>					
<p><b>1 Leadership, Organisation &amp; Governance</b></p>	<p><b>2 Quality of Teaching, Learning, Assessment and curriculum</b></p>	<p><b>3 Personal Development, Growth, Nurture, Wellbeing, effective &amp; challenging learning environment</b></p>	<p><b>4 Successful Outcomes for Students as active citizens, fulfilled, balanced life long learners</b></p>		
<p>What does success look like for us</p>	<p>Living our Values</p>	<p>Concentrate &amp; Consolidate Core</p>	<p>Our strategy matches our organisation</p>	<p>Making Moments</p>	<p>Building &amp; sustaining legacy for the future</p>
<p>Qualifications &amp; Skills through holistic, challenging &amp; rigorous education</p> <p>A World Class School that is outward facing</p> <p>Supporting &amp; sharing innovation with our national education community</p> <p>Developing future leaders &amp; global citizens</p> <p>Our communities working with us for all students</p>	<p>Our ethos and values as an international school permeate everything we do in our school culture</p> <p>Diversity, equality, kindness, respect, global citizenship, trust, honour, leadership, social responsibility, are the hallmark of our education</p> <p>Our teachers, staff and community uphold these values and we live them daily in our school culture</p>	<p>Our organisation is held against the highest standards of a World Class school delivering international education</p> <p>Our duty of care is for a safe, happy and caring environment for all students</p> <p>Our organisation operates effectively and efficiently based on structure, systems and policies</p> <p>We are a school people want to be a part of our community</p>	<p>Our education is about substance not gimmicks</p> <p>We continue to develop as a unique, innovative international school in Moldova</p> <p>Our international partnerships and accreditation such as Cambridge, COBIS, the international community, as well as local such as UTM, define us and help us grow further</p> <p>We build on our legacy but we look outward and forward for our education, not backwards.</p>	<p>A focus on celebrating key moments in education &amp; school life</p> <p>To continue to find ways to engage and bring all our communities together</p> <p>To continue our success in bringing the World into classrooms daily</p> <p>To link the wider curriculum to the formal, daily classroom for holistic education</p>	<p>Our new lyceum is built this year as we grow as a World Class school</p> <p>To put sustainability solutions at the heart of our organisation</p> <p>To recruit and retain the best people and to invest in skills and leadership for the future</p> <p>To continue to meet and adapt to the anticipated challenges of the 2020s with success</p>



*You can do better!*

*Speak a foreign language (or advance) in 2 months!*



# Happier January 2023

SUNDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

MONDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

TUESDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

WEDNESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down

THURSDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today

FRIDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside

SATURDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently



ACTION FOR HAPPINESS

Happier · Kinder · Together

**TUITION FEES**

Kindly reminder to close all your obligations.

# Attendance Ladder

How close is your child to 100%?

0 days off school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight Concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	Very Concerned

## UPCOMING EVENTS

[Primary checkpoint exam dates](#)

[Lower Secondary Exam dates 9E](#)

[Lower Secondary Exam dates 8A/8B](#)

[IGCSE /AS/A Level exam dates](#)

16th-27th January 2023

27th January 2023

7th February 2023

13th-17th February 2023

Arts Week

Holocaust Remembrance Day

Safer Internet Day

Literature Week

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