



HERITAGE  
International School



# THE INTERNATIONAL HERITAGE HERALD

November 18, 2022



## THOUGHT FOR THE WEEK

*"I am often asked what can people do to become a good global citizen. I reply that it begins in your own community"-Kofi Annan*

## DIRECTOR'S WEEKLY NOTES

### *"The view from Dacia Boulevard"*

*Weeks 10 and 11 have certainly been two very full weeks with so many activities in school. I want to start off by saying a huge well done to the Grade 10 Debating Team in the Winston Churchill competition in Bucharest, going against some very accomplished European teams. My thanks also to Mrs. Olga for giving up her time to accompany them. Mrs. Adriana and the primary team did a wonderful job on "Kindness Day": and the student agency from our student councils is one of the most impressive things I see daily. The campaigns they are running for raising awareness this semester are on a range of issues and I am particularly pleased to see their social responsibility in the food drive campaign linked to Thanksgiving aimed at collecting for the vulnerable elderly in our society. We marked "Remembrance" on the 11th of November, all of us praying and wishing for our corner of Europe to live in prosperity, safety, freedom, and peace. This week, we celebrated International Education Week in school, and you will see from the IHH newsletter, the activities, the countries connected and the fun in school. As we get ready to enter winter officially soon the darker and colder days means we need to have such moments in school to stave off the gloom. Students need to be in the habit of good learning routines at this stage of semester 1, especially exam classes and especially on having good attendance.*



*As ever, we have a number of things to celebrate in school including our global membership of ECIS, the success of the football championships in school and especially to our own Mrs. Livia State for being honoured by President Sandu for her long service and dedication to education in Moldova. We are really proud of this achievement of Mrs. Livia. I am very proud to see our school's recognition for the work we do on Climate Change action and well done to Mrs. Tatiana and all her team here. Mrs. Anna Maria has been very successful working with Tekwell and has achieved recognition for her work in IT and Coding. In some of the global education conferences I have been speaking over these past two weeks, the common theme from school leaders is the importance of the school culture, the common, shared purpose and the partnership between school and home. As we have grown, become more complex and developed further, we need to always ensure these are our strengths at Heritage as we continue to give certainty to the students in these uncertain times.*

*Finally, on a personal note, thank you for all the kind, generous and warm messages of support on the news of the death of my father on the 9th of November. They were very appreciated, and I shared them with my family.*

*Thank you for all of your support of Heritage,  
Going Strong, Going Forward, Going Global  
Rob Ford  
Director*



# HERITAGE IN THE WIDER WORLD



**Tatiana Popa**

Tatiana Popa is an English teacher and Head of Global Learning at Heritage International School in Chişinău, Moldova. She is also an eTwinning Ambassador and a member of the Global School Alliance. She was shortlisted in Top 75 Global Education Influencers for 2021 from ISC Research, placed 58. Also in 2021 she won the Global Teacher Award from AKS Education. She does a lot of work for sustainability in her school. She has spoken at many global conferences and webinars about how to teach sustainability through PBL. Her school became a finalist in the International School Awards in the Sustainability category this autumn. Tatiana is the very definition of a global educator. In her free time, Tatiana enjoys reading and spending time with her two daughters.



International Education Week

**AMERICA HOUSE**

**WORKSHOP**  
**TOEFL Exam Tips and Strategies**

November 17 | 17:00 | BLENDED



Dorina Calinovaşcaia,  
English Language Instructor



1 like

ahchisinau International Education Week #IEW2022 Day three was accompanied by Consuelo Maria Johnson and her extremely useful tips for writing the most engaging admission essay.

Applying to college can be very exciting, but also require a lot of dedication, research, and hard work. But, the yeasterdays workshop participants are well packed and know how to make their essay shine.




**WEBINAR**

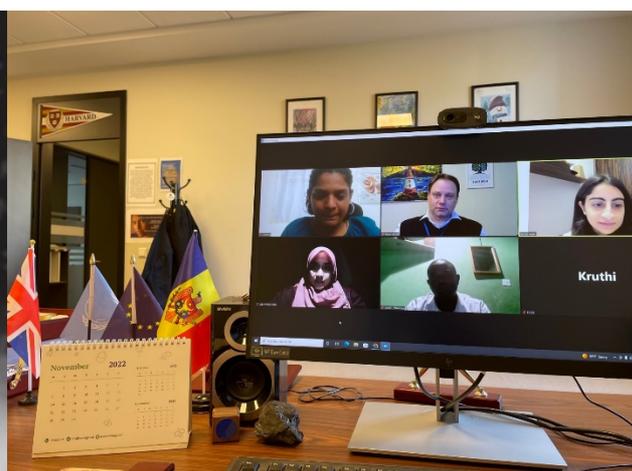
**BUILDING A CULTURE OF SAFETY & TRUST**

16th November, 5.30 pm IST

In conversation with 4 School Leaders from various parts of the world.

TEACH FOR INDIA ONLINE

GLOBAL LEADERS





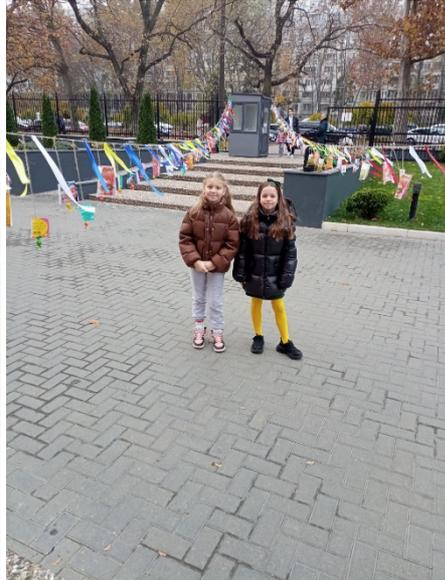
## ARTICLES/STORIES OF INTEREST

- *How to Actually Change Someone's Mind* | Time; <https://time.com/6224300/how-to-change-someones-mind/>
- *29 Thanksgiving Facts for Kids and Students of All Ages*; <https://www.weareteachers.com/thanksgiving-facts/>
- *One of the last Shropshire coal miners who was buried underground several times as a teenager dies aged 82*; <https://www.shropshirestar.com/news/2022/11/15/one-of-the-last-of-the-shropshire-coalminers-dies-aged-82/>
- *Casa Bunicului, a guesthouse in Manta commune that values local traditions*; <https://www.undp.org/moldova/stories/casa-bunicului-guesthouse-manta-commune-values-local-traditions>
- *Global Population Size Should Not Be Cause For Alarm, But a Rally Cry For Change*: Time Magazine; <https://time.com/6230848/global-population-8-billion-change/>
- *The Questions We Don't Ask Our Families but Should* - The Atlantic; <https://www.theatlantic.com/family/archive/2022/11/learning-family-history-questions-to-ask-relatives/672115/>
- *Lonely Planet reveals its top destinations for 2023*; <https://edition.cnn.com/travel/article/lonely-planet-best-in-travel-2023/index.html>
- *Banksy artwork appears on damaged buildings in Ukraine*; <https://www.theguardian.com/artanddesign/2022/nov/12/banksy-artwork-appears-on-damaged-building-in-ukraine>
- *Study shows 1 billion young people are at risk for hearing loss. This is how to prevent it*; <https://edition.cnn.com/2022/11/15/health/hearing-loss-headphones-study-wellness/index.html>
- *Qatar 2022 is actually happening: a horrifying but irresistible prospect*; <https://www.theguardian.com/football/2022/nov/17/qatar-2022-is-actually-happening-a-horrifying-but-irresistible-prospect>

- MILLIONS OF TEACHERS AND STUDENTS WORLDWIDE TAKE CLIMATE ACTION TOGETHER; <https://www.heritage.md/en/news/millions-of-teachers-and-students-worldwide-take-climate-action-together>

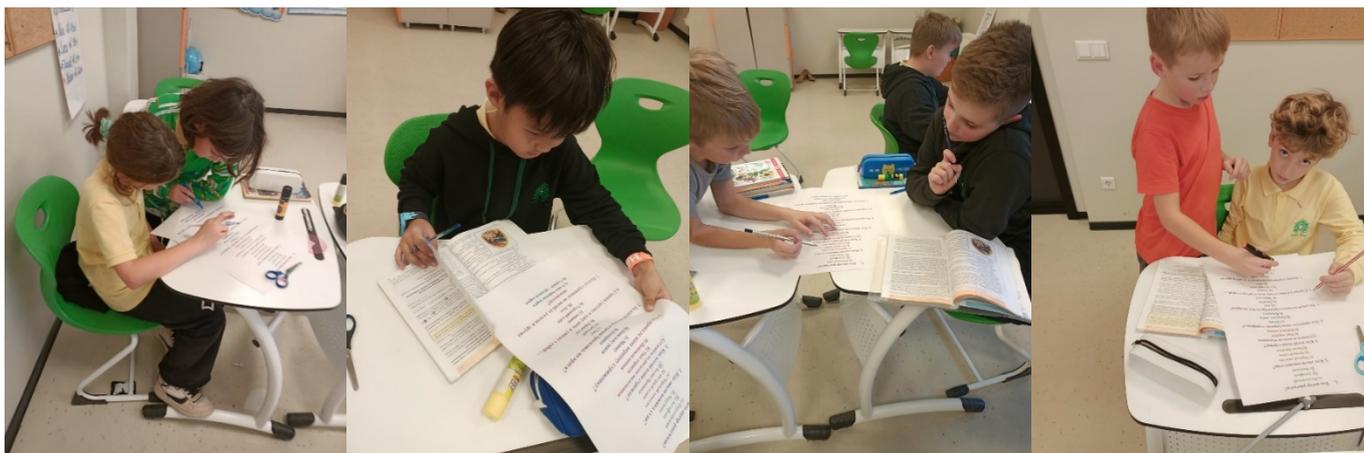
## NEWS FROM PRIMARY

### International Kindness Day





*In Russian language lesson 4B students made sentences, worked in pairs, in teams. The strategies and techniques chosen by Mrs. Digori, their teacher, facilitate learning greatly.*



End of unit IPC presentations in 4E.



During the International week of Education, Primary school organized a meeting with the poet Elena Dereli Nani. At this meeting attended by the 1st and 3rd grade, Mrs. Dereli Nani spoke to the children about the book she had recently released: "Joys for children". The children recited poems written by Mrs. Dereli Nani and tried to write lyrics together. Our guest was pleasantly surprised by the involvement and inspiration of the Heritage students.



*A new eTwinning project for students in class 4A. Students from Poland, Cyprus, Romania, Greece & Moldova met online today and exchanged information about their countries. The conclusion of the meeting is that pets really add joy to our life.*



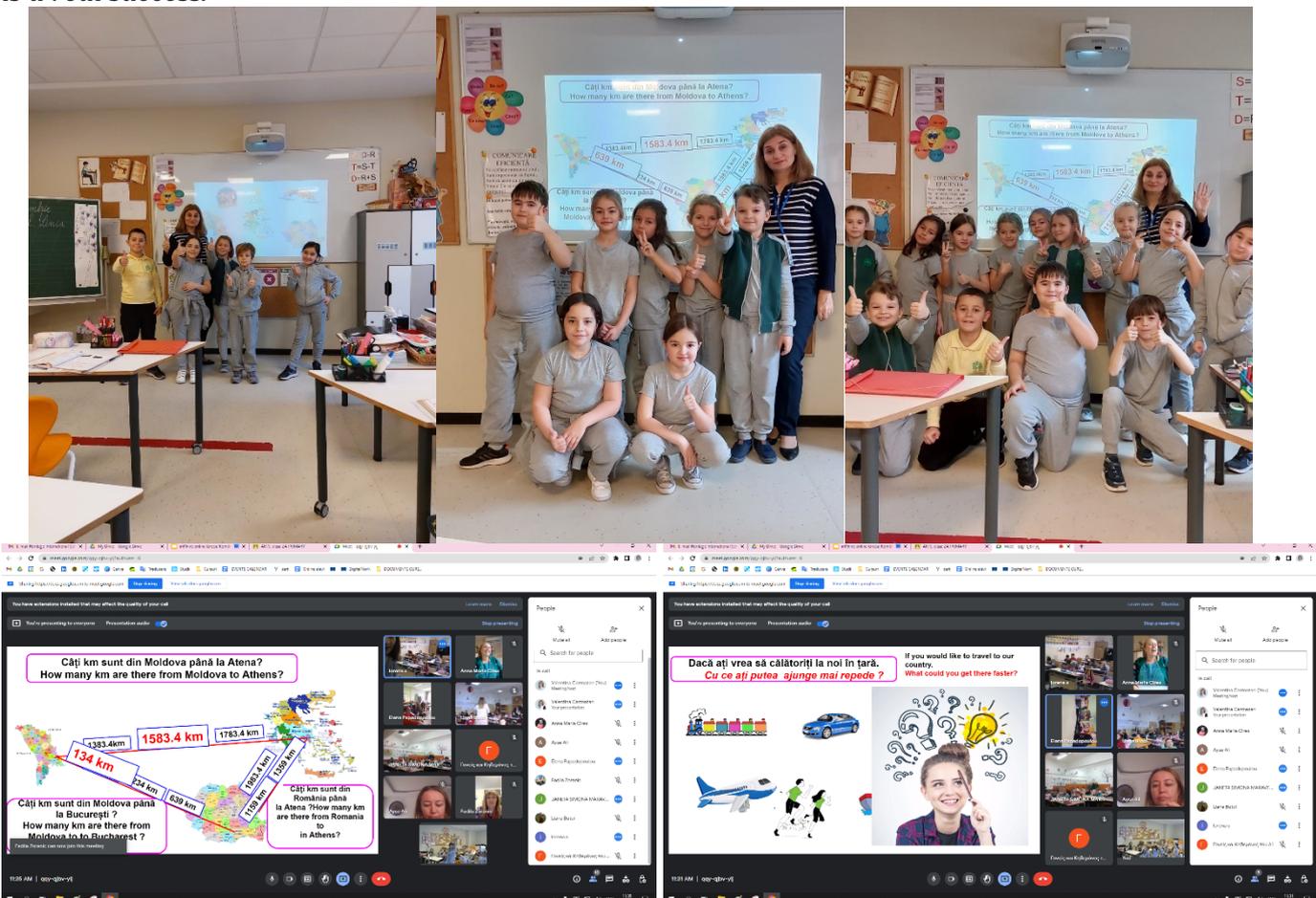
*At Science lesson, 3E students made Lungs Models and observed how our Respiratory System works.*

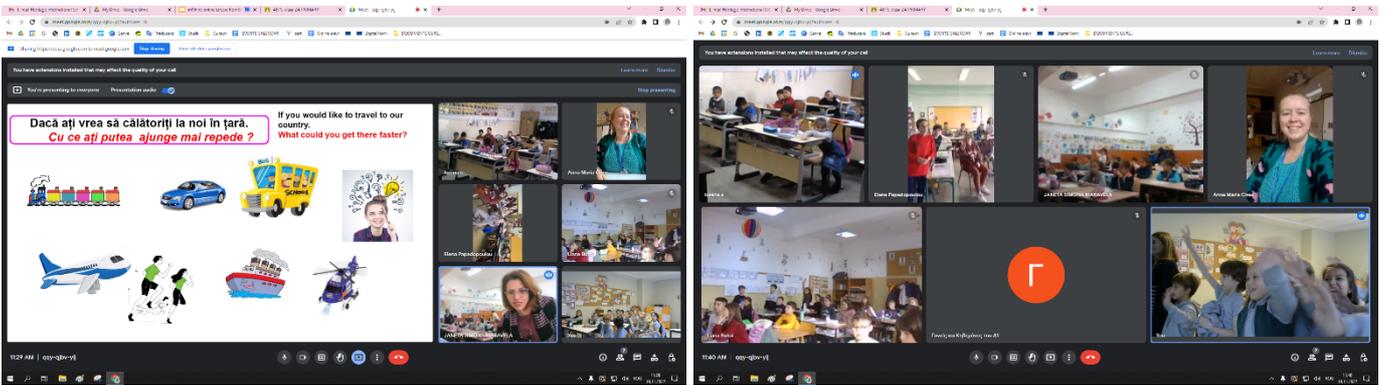


Students from 3E, experienced some team-building games and exercises. By completing these challenges, children learnt about the importance of team- work, trust and support.



International Education Week 2022: Primary students met with the partners from Greece and Romania, their eTwinning Project Digital & Non-digital Activities Approaches in Learning Programming Concepts is a real success.





4E students exploring with energy and its forms



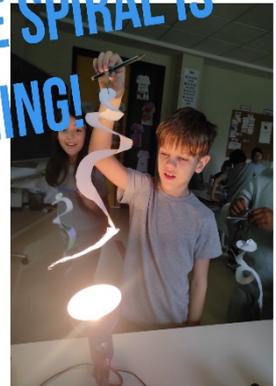


**ENERGY CHANGING FROM ONE FORM TO ANOTHER.**

**ET VOILA! THE SPIRAL IS SPINNING!**



PIC•COLLAGE



PIC•COLLAGE

*Nothing brings learning to life like working with schools in other countries. We had a successful online meet with an eTwinning partner from Poland.*



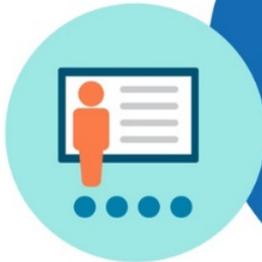
*It is always important to have international video conferences at the end of a project. Folkestone ST Mary's CEP Academy engaged Sousse Tunisia School College and Heritage Primary students in the 'World Weather Watch 2022' project. During the conference, the students analyzed the sheets completed by the students during this week, where they indicated the air temperature at 12.00, the presence of precipitation, wind and other atmospheric phenomena. Then they compared the data from the last three years, because we participated in this project for the third consecutive year.*



**Curriculum**  
The required knowledge, understanding and skills.

Cambridge Assessment International Education

**Cambridge Primary: an aligned approach**



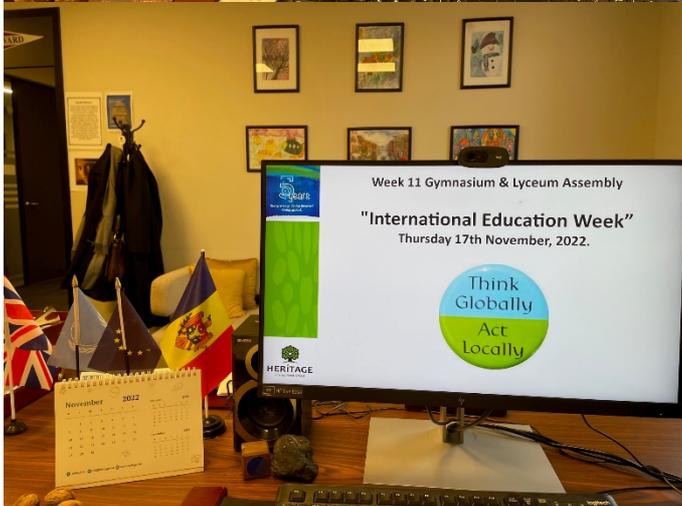
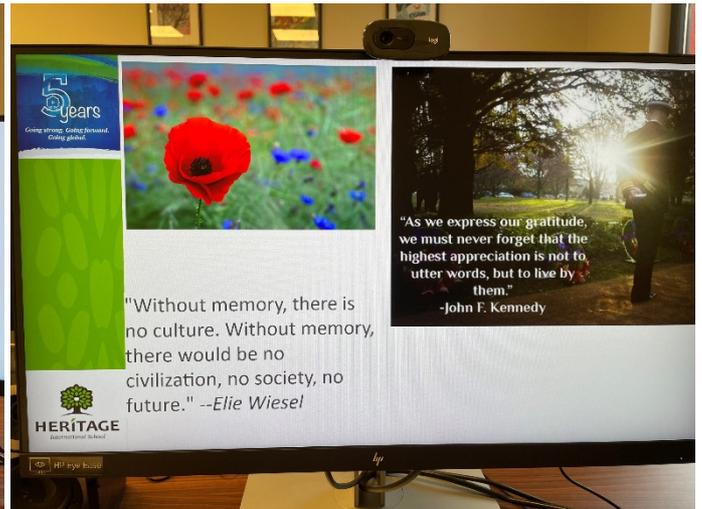
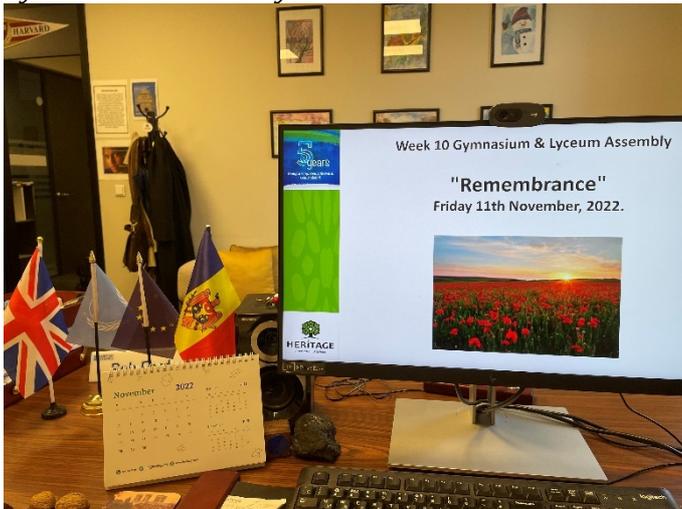
**Teaching & learning**  
The approaches that help teaching and learning to take place.



**Assessment**  
The process of finding out what learners have learned.

# NEWS FROM GYMNASIUM

## Gymnasium Assembly



### A Global Citizen...

- ... is aware of the wider world
- ... lives sustainably
- ... tackles social injustice
- ... recognises our human right to education (UN Convention on the Rights of the Child, Article 28, The Human Rights Act, Protocol 1 Article 2)
- ... respects and values diversity
- ... is open and curious
- ... takes action towards equity

### Public Exams of Cambridge Assessment International Education (CAIE) November 2022 Series:

First ever physical exams of IGCSE and GCE AS Level for the November series were started on October 4, 2022 in Heritage International School. The last exam paper was held on 17th November 2022.

The results will be released by Cambridge International Assessment Education (CAIE) for the qualifications on 10th January 2023 for GCE AS Level and on 18th January 2023 for IGCSE.

The students who sat in the November exams series, have already got their login details. On the day of their results day, they can check their results at this website. <https://myresults.cie.org.uk/cie-candidate-results/login>



**The Heritage Golden 10:** <https://docs.google.com/document/d/19a84QG84nwa-RrbVDPwo9rDDnOSH1OfSAz6aq4F9JIo/edit?usp=sharing>



**IGCSE 2 (10E1/10E2) Mock Exams 1:**

The mock exams for IGCSE 2 will commence from Wednesday 7th December, 2022. Here is the timetable:

IGCSE 2 Mock Exams 1 Timetable 2022					
Exam Date	Session (AM/PM)	Exam Start Time	Syllabus Title	Syllabus Code	Venue
7 Dec 22 (Wed)	AM	9:00	English	500	10E1 (215) / 10E2 (217)
8 Dec 22 (Thu)	AM	9:00	Mathematics	580	10E1 (215) / 10E2 (217)
	PM	12:00	Art and Design	400	215
9 Dec 22 (Fri)	AM	9:00	Geography	460	217
	PM	12:00	Art and Design	400	215
12 Dec 22 (Mon)	AM	9:00	Coordinated Science	654	10E1 (215) / 10E2 (217)
	PM	12:00	Art and Design	400	215
13 Dec 22 (Tue)	AM	9:00	Business Studies	450	10E1 (215) / 10E2 (217)
	PM	12:00	German / French Foreign Language	0525 / 0520	217
14 Dec 22 (Wed)	AM	9:00	History	470	10E1 (215) / 10E2 (217)
	PM	12:00	Economics	455	217
15 Dec 22 (Thu)	AM	9:00	Global Perspectives	457	10E1 (215) / 10E2 (217)
	PM	12:00	Information and Communication Technology	417	217 (Theory) / 209 (Practical)

**Note:**  
If any students have no exam, they will follow their normal lessons.  
Students will join their respective lesson(s) right after finishing of their exams



**Cambridge IGCSE**



Wherever in the world your students want to go, help them get there with Cambridge IGCSE.

We created Cambridge IGCSE more than 30 years ago. Today, it's the world's most popular international qualification for 14 to 16 year olds. Not only is it truly international - it gives students more options than any other international qualification. That means more subjects to choose from, more ways to learn and more ways to succeed.

**Cambridge IGCSE - 14-16 Year Olds International Qualification**

<https://www.cambridgeinternational.org/programmes-and-qualifications/cambridge-upper-secondary/cambridge-igcse/>

**Education Perfect Competition Tips For Students**

- Complete any competition content during the event time frame for extra points**
- You can try out new content & lists**
- In a vocabulary list**
- Look after your wellbeing**
- You can go back the next day**
- For Languages competitions**
- Chase on your friends!**

*In order to prepare for your exams, we are delighted to announce that **Education Perfect IGCSE Revision Challenge** is open for our students.*

*Running for three days (22 - 24 November) this flexible, FREE online event is a great way to engage with IGCSE English, Maths, and Science - and a perfect opportunity to help you to prepare for any upcoming exams or assessments! The Challenge is suitable for students taking any of the following IGCSE courses:*

- Cambridge IGCSE: English First Language 0500, English Literature 0475, Co-ordinated Sciences 0654, Mathematics (Extended) 0580

*Students will earn points for every question correctly answered from the IGCSE content banks (including lessons, parallel papers & exam resources) and they can choose to complete content from one course or several. There are certificates & prizes up for grabs, too!*

*If you are interested to participate then register yourself for this event at below link by November 7, 2022.*

[Education Perfect IGCSE Revision Challenge 2022](https://www.edupert.com/igcse-revision-challenge-2022)

*We look forward to seeing your engagement in this exciting event!*

*Music in Secondary school: in the modern school, musical audition becomes a mandatory component of the musical education process, along with the outline of the principles of the "active musical school" of the 20th century. During the lessons, this is achieved by applying active methods of listening to music (for example Musicogram, Body Percussion), thus students develop their sense of rhythm, attention, concentration and the musical material is memorized much more easily.*



## NEWS FROM LYCEUM



**Recommended  
Cambridge International  
A Level subjects for the  
most popular careers**



*Heritage Lyceum is the only one in Moldova providing the Cambridge curriculum and globally recognized AS and A Level qualifications.*

**Heritage Lyceum  
learners become:**



confident



responsible



reflective



innovative



engaged



**Within the Cambridge  
International AS & A  
Level Program**



*Heritage Lyceum is the only one in Moldova providing the Cambridge curriculum and globally recognized AS and A Level qualifications.*

**Don't miss out: 18 free opportunities for young people in the Republic of Moldova - EU NEIGHBOURS east**

<https://euneighbourseast.eu/news/explainers/dont-miss-out-18-free-opportunities-for-young-people-in-the-republic-of-moldova/>

**Heritage Lyceum building progress:** The construction of the new lyceum building is apparently progressing and we would love all of our lyceum students to be actively involved in creating a wonderful interior that will motivate students and contribute to a productive learning process at the same time helping them feel like they belong here. Please contact your homeroom teacher for more details. Any ideas regarding the decoration inside the building, names of the rooms, etc. are welcome.



### **Lyceum IELTS preparation**

For those interested in IELTS preparation: next week we are planning to start a 4-week **IELTS Preparation Crash course** according to the following schedule:

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

Your children's AS Cambridge Certificates for June 2022 exams are ready and waiting for them downstairs at the secretary's office.

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. Please, make sure your child has one, if not remind him/her to have the picture taken at the ground floor (r. 010) and afterwards obtain the badge from me.

The Heritage 10 Golden Rules

<https://docs.google.com/document/d/19a84QG84nWA-RrbVDPwo9rDDn0SH1QfSAz6aq4F9Jlo/edit?usp=sharing>

## LEARNING HUB

December bring semester summative assessment and Mock exms, this time might be stressful.

You can find some useful study tips :

<https://kidshelpphone.ca/get-info/test-prep-study-tips-you-need-your-next-exam/>

You can also use the revision apps

<https://www.educationalappstore.com/best-apps/best-5-revision-apps>

The best A Level revision apps

<https://insights.gostudent.org/en/11-of-the-best-a-level-revision-apps#seneca>

## GLOBAL EDUCATION

Throughout this week, from 14th to 18th of November, we have celebrated the International Education Week. As a school, we have challenged ourselves to travel virtually to as many countries as possible by having videoconferences with partner schools and discussing various topics, connected to our collaborative projects or activities we do in the classroom. Thus, our teachers Adriana Bujag, Anna-Maria Cires, Valentina Carmazan, Liliana Dugneanu and Tatiana Popa had virtual meetings with Romania, Croatia, the United Kingdom, Finland, Spain, Italy, United States and other countries. They launched new eTwinning projects, or met old partners, and students also took part in the global Kahoot Cup 6. This Kahoot! Game joined students from 85 countries. Our Heritage students at the eTwinning Club on Tuesday participated in the 3rd session, together with 2000 students worldwide. All in all, the 3 sessions united more than 5000 students.



Students in 7E study about education systems in Global Perspectives, they did research on different countries' education systems and on Friday they met a group of students from Mankkaa, Finland. They discussed about school life, uniforms, timetables, extracurricular activities, homework and school facilities. Our students were disappointed to hear that Finnish students also have homework, contrary to the general assumption that children in Finland don't have any.



To end of participation in the Climate Action Project, our students in 7E brought autumn flowers and planted them in the school garden. Students loved the experience and said that it was a special lesson for them.





Also, the national papers picked the story and published about our participation in the news.

<https://civic.md/anunturi/evenimente/66979-milioane-de-profesori-si-elevi-din-intreaga-lume-actioneaza-impreuna-pentru-clima.html>

<https://diez.md/2022/11/16/elevii-si-profesorii-din-moldova-s-au-alaturat-zilei-actiunii-climatice-marcata-in-intreaga-lume/>

<https://realitatea.md/milioane-de-profesori-si-elevi-din-intreaga-lume-actioneaza-impreuna-pentru-clima/>

<https://infomarket.md/ro/infomarket/301499>

[https://youth.md/milioane-de-profesori-si-elevi-din-intreaga-lume-actioneaza-impreuna-pentru-clima/?fbclid=IwAR0BW2PqIEV7L4NUIQNhEZIuxeAPWPI4C6MSnwvoW\\_MTILMGhdtoS0x7qJQ](https://youth.md/milioane-de-profesori-si-elevi-din-intreaga-lume-actioneaza-impreuna-pentru-clima/?fbclid=IwAR0BW2PqIEV7L4NUIQNhEZIuxeAPWPI4C6MSnwvoW_MTILMGhdtoS0x7qJQ)



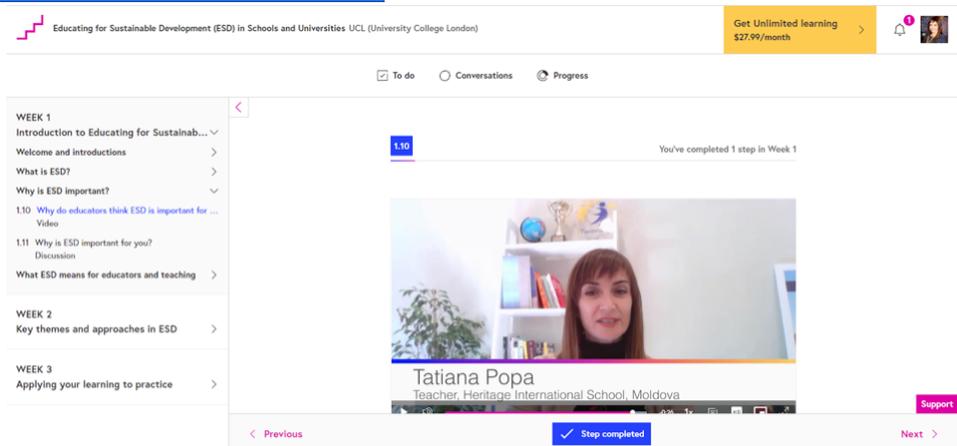
La începutul lunii noiembrie, 3,4 milioane de profesori și elevi din 149 de țări au sărbătorit „Ziua Acțiunii Climatice” (Climate Action Day) – evenimentul-cheie al proiectului „Climate Action Project”, un program al „Take Action Global” (TAG), o organizație lider al educației în domeniul acțiunii climatice.



La începutul lunii noiembrie, 3,4 milioane de profesori și elevi din 149 de țări au sărbătorit „Ziua Acțiunii Climatice” (Climate Action Day) –

As a result of participation in sustainability projects, our teacher Tatiana Popa was asked to contribute to a FutureLearn course on sustainability, entitled "Educating for Sustainable Development in Schools and Universities" by University College London.

To enrol or find out more go to: <https://www.futurelearn.com/courses/educating-for-sustainable-development-in-schools-and-universities>



A group of Heritage students travelled to Romania this week in order to participate in the Winston Churchill Future Leaders European Debating Championships.

Our bright girls managed to win one round, thus all the preparations and travelling for the event felt paid off. This is a very prestigious competition and it's the first time Moldova participated in it. Congratulations, ladies! You made us again very proud!

The next debating event organised by COBIS will take place virtually at the end of February, and we have two Heritage teams already registered.





## STUDENT LEADERSHIP

*A group of student volunteers from Heritage will be attending the International Charity Bazaar at the History Museum on December 4th.*

*Many charities and international embassies will be present, selling a whole range of interesting things. The money we raise will be donated to a number of good causes; a hospital caring for children with eye problems; two hospices providing palliative care for terminally ill patients and a charity caring for Ukrainian refugees in Moldova.*

24th Edition

# International Charity Bazaar

in partnership with Embassies & IOs

**Sunday, 4 December**  
**10:00 - 17:00**

**National Museum of History of Moldova,**  
**Str. 31 August 1989, 121 A**

*Our Primary Student Council voted for the best designed logo that would become the SC logo at our school. Congratulations, Calin Gurau! Yours had a majority of votes and is indeed of high quality - students are extremely happy to wear it soon!*



*The students are planning some volunteering activities for the International Charity Bazaar on December 4th and for Arena Chisinau on December 24th.*



The Secondary Student Council are planning upcoming events and activities: Thanksgiving Day and the Bake & Sale Christmas fair. More details to be announced for both. For the coming week we are collecting food donations for La Via charity organization. Details here:



**HERITAGE**  
*International School*

**THANKSGIVING  
FOOD DRIVE**

**LA VIA CHARITY ORGANISATION**

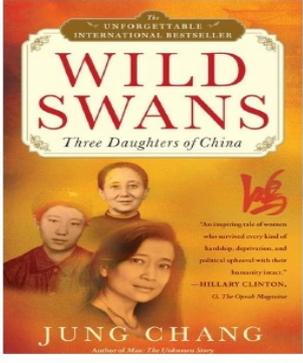
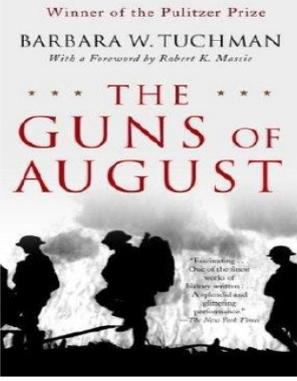
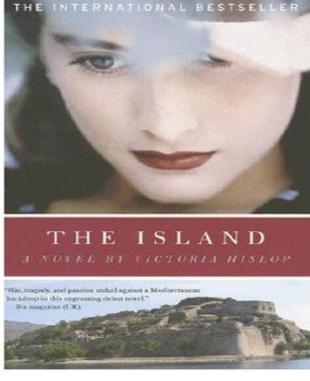
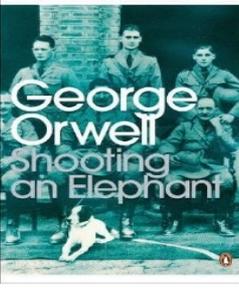
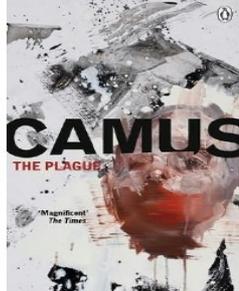
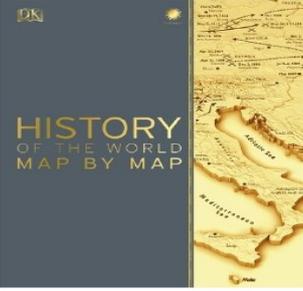
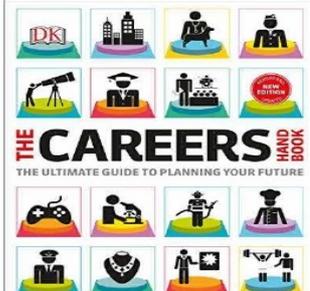
needs your help to offer a warm meal  
to children and families in need!

**Non-Perishable Items List:**

- Condensed milk
- Cornmeal
- Rice
- Wheat flour
- Buckwheat
- Oatmeal
- Semolina
- Pasta
- Sugar
- Paste
- Dried peas
- Pasta
- Tea
- Jam
- Canned meat/fish
- Canned peas
- Canned corn
- Canned beans
- Biscuits
- Candies
- Chocolate
- Oil
- Liquid soap/Dish soap
- Shampoo/Shower gel
- Laundry detergent
- Toothpaste
- Toilet paper

# NEWS FROM EMINESCU LIBRARY

Heritage librarian has some book recommendations for our students (Ages 16-18).

 <p><b>WILD SWANS</b> Three Daughters of China JUNG CHANG</p>	<p><i>Wild Swans: Three Daughters of China</i> is a fascinating description of one family's experiences of China's political upheavals across the 20th century, focusing on Jung Chang's grandmother, mother, and then herself. Although the family are fairly privileged much of the time, they still experience great hardships: being a Party official, was no guarantee of immunity from persecution and sometimes torture.</p>	 <p><b>I MUST BETRAY YOU</b> RUTA SEPETYS</p>	<p>1989, Romania. Communist regimes are starting to crumble all across Europe and Cristian Florescu wants to become a writer. But romanians are ruled by tyranny. In a country governed by isolation and fear under the dictatorship of Nicolae Ceausescu, Cristian is blackmailed to become an informer and he has to choose: to betray everyone he loves or to use it to his advantage but the cost might be far greater than he can afford. Ruta Sepetys - <i>I Must Betray You</i>.</p>
<p>A truly remarkable account of the first month of WWI. If history were taught to high school students the way Barbara Tuchman presents it, perhaps we would not be doomed to repeat it so often. "The Guns of August" is a very readable account of how the Allies almost lost the war in the first 30 days through the bungling due to ego, jealousy, misunderstanding and territorial disputes.</p>	<p>Winner of the Pulitzer Prize BARBARA W. TUCHMAN With a Foreword by Robert K. Massie <b>THE GUNS OF AUGUST</b></p> 	<p>The background to this story is so well researched that you feel as if it is a truthful account of events surrounding the lives of those suffering from leprosy in Crete during the Second World War, and their families and friends. There is love and tragedy, betrayal and loyalty, deceit and courage. Victoria Hislop - <i>The Island</i>.</p>	 <p><b>THE ISLAND</b> A NOVEL BY VICTORIA HISLOP</p>
 <p><b>George Orwell</b> Shooting an Elephant</p>	<p>This outstanding collection again shows Orwell was a major essayist. Displaying an almost unrivalled mastery of English plain prose style, Orwell's essays challenge, move and enlighten. Although he deals with some complex issues, what is most striking about this book is the clean, crisp, easy to read nature. George Orwell - <i>Shooting an Elephant</i>.</p>	 <p><b>CAMUS</b> THE PLAGUE</p>	<p>The plague is a symbol of inevitability of human suffering - crisis, sickness, torture, death that can come up at any moment, at any time. That is existential vulnerability that we as humans have to live with, thought out all ages. But in face of collective adversity, we have the ability to chose with our own distinctive response, that is ours only - that is our fundamental freedom. Albert Camus - <i>The Plague</i>.</p>
<p>More of an encyclopedia than a book this is a wonderfully crafted page by page masterpiece in World History, made to be read more with the "eyes". Every map triggers the reader's imagination without any intrusiveness and imposition of dry information. Awesome, sumptuous and gorgeous reference work that is just what the title describes. This book deserves a spot in any home library. <i>History of the World Map by Map</i>.</p>	 <p><b>HISTORY OF THE WORLD MAP BY MAP</b></p>	<p>Excellent, fully up-to-date career guide for teenagers. More than 400 professions explained. An absolute item for school teachers and career counsellors, career coaches and anybody who accompanies youngsters and adolescents in their educational choices. <i>The Careers Handbook: The Ultimate Guide to Planning Your Future</i>.</p>	 <p><b>THE CAREERS HANDBOOK</b> THE ULTIMATE GUIDE TO PLANNING YOUR FUTURE</p>

Here are some posters and information to share about **cyberbullying**.

Also, an explanatory video here:

<https://nationalonlinesafety.com/hub/view/webinar/online-bullying-explained>

The Diana Award definition of bullying is "repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe." Cyberbullying is bullying which takes place online. It can involve anything from sending messages to posting offensive comments to uploading and sharing private or embarrassing photos. It is classed as an indirect form of bullying when compared to verbal or physical bullying, given it usually takes place through a digital device. However, for those experiencing bullying behaviour, the consequences can be just as serious and have far reaching effects.

# What schools need to know about CYBERBULLYING

## 3 KEY ASPECTS OF BULLYING BEHAVIOUR

There are three key aspects of bullying behaviour, namely that it is repetitive, negative and intentional. These behaviours apply both offline and online. Cyberbullying can almost highlight these behaviours, particularly with access to the internet available 24/7 and the different ways in which those displaying bullying behaviour online can target others. The fact that they can also easily hide their identity online can make cyberbullying much more difficult to stop.



## DIFFERENT DEVICES & CHANNELS

Cyberbullying can take place over any device connected to the internet which allows for two-way communication. This includes mobile phones, tablets, computers and even games consoles as it becomes more and more common for players to chat to other players whilst playing online. From a snapshot of 1,400 students surveyed by the Diana Award in 2018, 33% of young people admitted to have experienced bullying on social media, 11% via text message and 12% whilst online gaming.



## WHAT LEADS TO CYBERBULLYING

There is never any justification for cyberbullying and those who display bullying behaviour need to be held to account for their actions. Nonetheless, it can be useful to try and understand some of the factors that may lead young people into bullying behaviour. For example, family issues, personal difficulties and a lack of positive reinforcement may push some young children into bullying others as a form of coping mechanism. Similarly, those exhibiting bullying behaviour may blame their targets for provoking their behaviour in the first place or engage in bullying behaviour as a call for attention if they lack social skills or understanding. Others may view their position as dominant which makes themselves less vulnerable to being bullied or they replicate behaviour they have experienced themselves in the past.



## SIGNS AND SYMPTOMS

Cyberbullying can affect anyone, at any time, at any place. The impacts of cyberbullying can be long-lasting and leave people feeling scared, anxious and lonely. Some of the more obvious signs that those experiencing bullying behaviour might show include weight loss, crying, mood changes, depression and regularly avoiding school. Other symptoms, which might be less obvious to spot and would be difficult to pick up on in isolation, may include changes in body language like hunched shoulders, walking slower or an inability to make eye-contact. In extreme cases, those experiencing bullying behaviour may have unexplained marks or scars which could be evidence of self-harm.



## Tips for School Staff

### TAKE A WHOLE SCHOOL APPROACH

In taking a whole approach towards cyberbullying, schools can cultivate a culture that relies on positivity and behaviour that is emulated by ALL members of the school community including staff, support staff, senior leaders, governors and parents and carers.



### BUILD CONFIDENCE IN DEALING WITH INCIDENTS

This can be achieved by having clear knowledge of what constitutes bullying behaviour, having clear sanctions and courses of action and continually updating your knowledge of safety procedures regarding online and offline incidents.



### USE CHILDREN AND YOUNG PEOPLE AS A RESOURCE

Ensure you understand what is influencing the behaviour of young people in your community. If schools know what their students are engaging with, it can be easier to develop and implement relevant and effective tactics / strategies to counter cyberbullying issues.



### UNDERSTAND THE CAUSES OF BULLYING

As previously mentioned, sometimes those who are behind the bullying are in need of support just as much as those who being targeted. In better understanding the cause of the issue, schools can better position themselves to tackle the problem and also adequately support both those displaying and experiencing the bullying behaviour. Taking a proactive approach means that schools can gear themselves to tackle issues specific to their school environment, rather than treating each case the same.



### ENSURE ALL STAFF KNOW THEIR ROLES AND RESPONSIBILITIES

All staff have a role to play in educating and supporting children who are affected by cyberbullying, not just those responsible for safeguarding or online safety. Regular training, continuous professional development and clear school policies can help to empower staff in effectively managing any cyberbullying issues and in providing a united staff front on zero tolerance to all bullying behaviour.



#HATE  
#BULLY



### Ask For Help



For further support, advice or guidance to support you students at school, or to sign up to our FREE Anti-Bullying Ambassadors training events, head to [www.antibullyingpro.com](http://www.antibullyingpro.com)



What children need to know about

# ONLINE BULLYING



## What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCHING THEM FOR NO REASON

## BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National Online Safety

#WakeUpWednesday



## Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

## How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



## Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIHNG' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.



## Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCH PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



## How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.



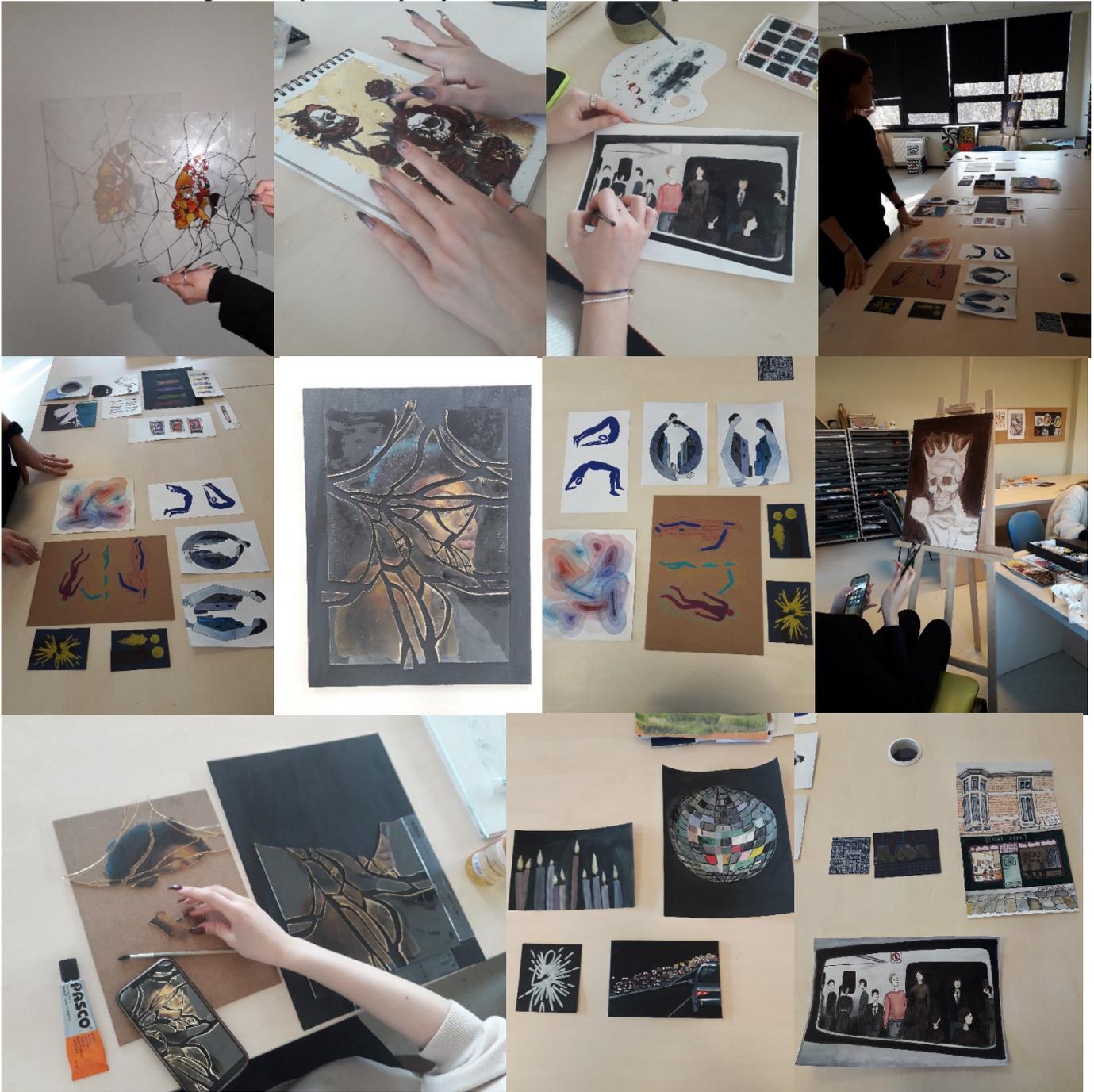
## How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.

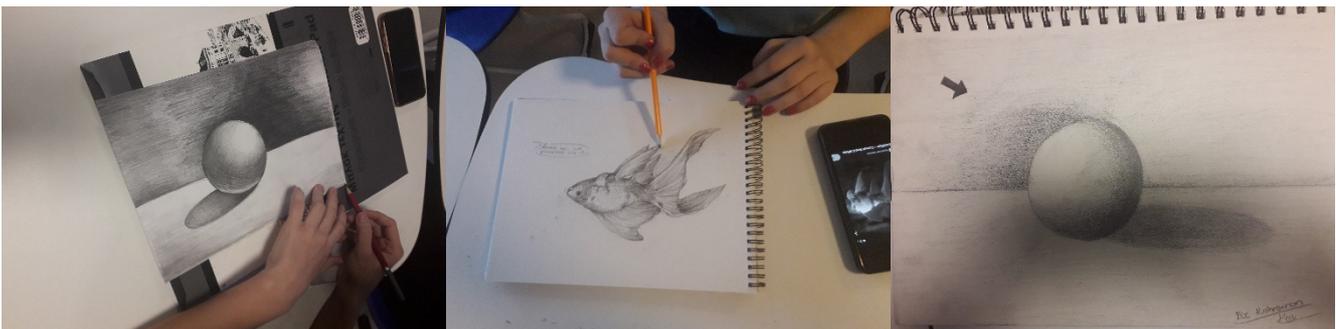


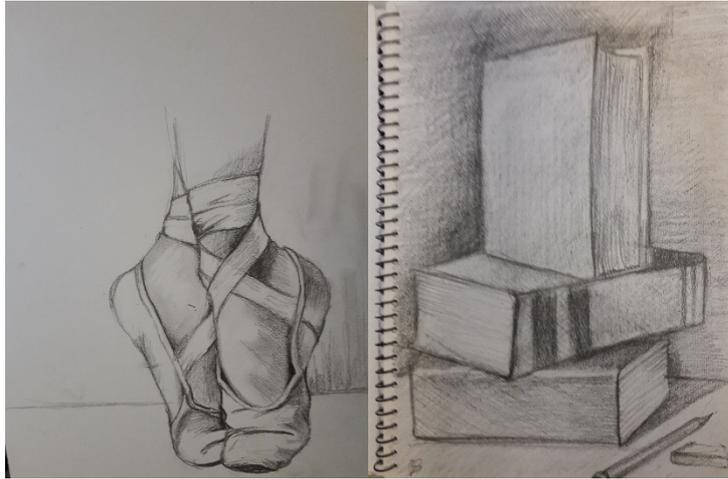
# HERITAGE CREATIVITY

AS level are working on component 1 portfolio, they are creating a lot!

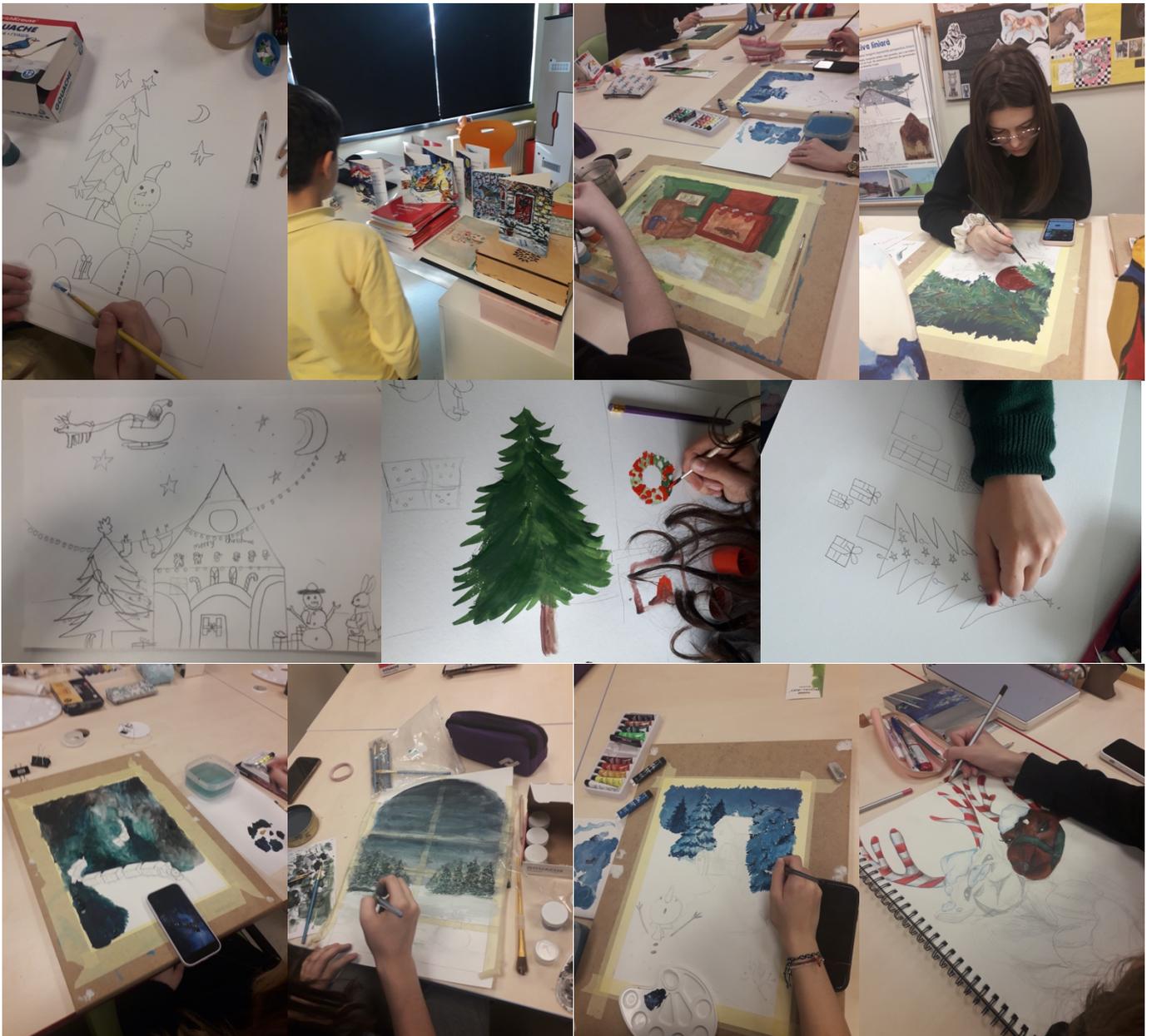


IGCSE practicing on -tonal values topic.





*Each year we have a tradition in our community to organize the most beautiful contest of Christmas Cards. This year is the third year when we involve students starting from primary to lyceum classes to take part in this contest! We have already started to create beautiful paintings or drawing with all classes.*





## SPORTS, CLUBS and ACTIVITIES



*Knitting Club*





If your child is interested in developing your skills in Robotics, Tekwill offers a course in English. <https://tak.md/curs/Robotics%20Course%20in%20English%20%E2%80%9EMILO%E2%80%9D>



**Tekwill Academy kids**

## Robotics Course in English MILO

We hear all the time that Robots will be integrated into our lives everywhere, whether in hospitals, factories, banks or the agricultural industry.

At Tekwill Academy Kids we offer a wide range of unique, educational, and stimulating robotics programs that help our participants to understand the internal logic of the Robots.

The MILO course, designed for kids between 7 and 9 years old, helps participants to develop collaborative skills that are essential for student's success, no matter what subject they choose to pursue in the future.

**Start course**  
14 | 11 | 2022

Schedule of Course:  
November - May, once per week  
Duration of 1 lesson 90 minutes  
Costs & Fees: 800 MDL per month

To register for the course please contact us:  
@tekwillacademykids +373 (79) 744 448

Also, you can find us on [www.tak.md](http://www.tak.md)  
Location: Str. Studentilor 9/11

Let's help your child to do it's best together!

The MILO course, designed for kids between 7 and 9 years old, helps participants to develop collaborative skills that are essential for student's success, no matter what subject they choose to pursue in the future.  
Start course 14/11/2022

**Schedule of Course:**  
November - May, once per week  
Monday: 16.00-17.30  
Duration of 1 lesson 90 minutes

Location: Tekwill, 9/11 Studentilor street

## Energy Conservation

Energy conservation is the effort made to reduce the consumption of energy by using less of an energy service. This can be achieved either by using energy more efficiently or by reducing the amount of service used. Energy conservation is a part of the concept of Eco-sufficiency.

### 10 Easy Ways for Kids to Conserve Energy at Home and School

Conserving energy is just one way we can help the environment and minimize the use of our energy resources. As students, parents, and teachers gear up for back to school season, more energy will be used in homes and classrooms. Here are 10 easy ways that kids can be a part of conserving energy in the home and classroom.

#### Energy Conservation for Kids at Home

##### 1. Take a Shower Instead of a Bath

Taking a bath can use up to 25 gallons of water, that's just for one wash! It takes power and energy to heat the water that is used in both baths and showers. However, taking a shower uses 3.5 times less water than a bath which means a lot less energy is used to heat the water. Switching to showers is a great way to conserve energy while staying squeaky clean.

##### 2. Limit Electronic Usage



Switching to showers is a great way to conserve energy while staying squeaky clean.

The summer months are a great time to get kids off of electronics and outside to play. As we approach the school year and get into the colder months, it may be harder to keep kids off of electronics. However, limited electronic use is a great way to conserve energy.

When devices are used less frequently, they don't require as much charging time. This means that less of our electricity is being used to power electronics. Consider implementing a screen time rule or come up with fun activities, like STEM projects, to do indoors during the winter.

### 3. Turn Everything off When You Aren't in the Room



When lights, TVs, computers, video games, and other devices are left on and aren't being used they waste electricity. A simple way that kids can help conserve energy is to be responsible for turning off all lights and devices when leaving a room for more than a few minutes. This not only makes them more conscious about how their actions affect the environment but also builds in practical ways they can be a part of energy conservation.

### 4. Keep Windows and Blinds Closed

In the warmer months it is especially important to keep our windows and blinds closed during the day. When the windows stay shut, the heat is kept out and the air conditioning stays in. Additionally, blinds can block out heat from the sun and keep our homes cooler on warm days. This also helps conserve energy because the energy being used to power the air conditioning doesn't get wasted on cooling the outdoors. Kids can be a part of this effort by helping check the windows in the morning and making sure they are closed during the day.

### 5. Plant a Tree

Planting trees can provide your home with shade and offer a cooler indoor temperature. The shade from a tree may allow you to use less air conditioning and conserve energy in your home. This can also be a fun family activity and kids can learn about the environmental benefits that planting trees can offer.

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## Conserving Energy at School



*Think before you print!*

### 1. **Ride a Bike or Walk to School**

Driving a car takes a lot of gas to get to our destination and produces many emissions. A great alternative for older students is to ride a bike or walk to school. This allows the oil that would be used in a vehicle to power other things, like electricity for our homes.

### 2. **Use Both Sides of a Piece of Paper**

Going back to school means buying school supplies! It is important to be conscious of how the items we use day to day affect the environment. Producing, disposing of, and wasting paper has many environmental impacts. Just 1 kilogram of paper requires 324 liters of water to produce. The resources that are used to make paper could instead be used to power our homes and give us more electricity. Kids can conserve energy at school by using less paper and making sure they have used both sides to get the most life out of it.

### 3. **Use a Reusable Water Bottle**

Using reusable water bottles is a great way to conserve energy and reduce waste. Plastic bottles take a large amount of oil and energy to produce. They also create massive amounts of waste. In just one week enough plastic bottles are used to wrap around the world five times. With this large amount of waste and energy used to produce plastic bottles, opt for a reusable one this school year and help conserve energy.

### 4. **Recycle**

Recycling not only helps the environment but also saves energy. When materials are recycled, they can be used to create new products. This allows for 30% less energy to be used when making products than if they were produced from scratch. Kids can conserve energy at school by being conscious of what materials they are able to recycle.

### 5. **Ask Your Teacher About Classroom Jobs**

A great way for students to take ownership in school is through classroom jobs. Some great examples of jobs that help conserve energy are 'The Electrician' and 'IT'. The Electrician is in charge of turning on and off the lights at appropriate times as well as when the whole class is not in the room. IT makes sure all of the computers are shut down at the end of the day so that no unnecessary energy is being used. These responsibilities can help all school kids be a part of conserving energy. Ask your teacher to see how these jobs can be implemented into the



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.



# SCHOOL INFORMATION

## School Improvement Priorities Headlines 2022-23:

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuOK3znedxCuifXHrIk9oOtg6dNbFaY/edit?usp=sharing>

### Vision and Aims:

Sustaining our ambitious culture and vision for World Class education as a growing international school in Moldova to meet future challenges.

A belief in people as our best assets and a positive school culture - Cohesion, Community, Communication, Compassion, Care

A leading innovative school and World Class, professional educational organisation in Moldova, Europe & Globally

A World Class, nurturing, outward facing 21<sup>st</sup> Century curriculum & learning for all that prepares students confidently for the challenges of the future as global citizens, socially responsible & leaders in their communities.

Outstanding innovative teaching and learning – a professional learning community that is adaptable to face uncertainty with certainty for our community. A servant team leadership culture that prepares leaders..

## Heritage International School School Improvement Plan

2022-2023



Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2022-23

### Key framing Questions for all staff

How do we measure our key outcomes?  
Is safeguarding & Child Protection effective?  
Are we preparing our young people for the challenges they face in a global society?  
Are compelling learning and innovative opportunities at the heart of our education?  
How are we responding to global challenges to ensure trust, confidence and responsiveness which allows quality meaningful education to continue?  
How are we growing a responsive, sustainable and professional organisation?  
How are we communicating effectively?  
How are we supporting the development of wider education in Moldova, Europe & Globally?  
What value do our partnerships & network bring?  
Do we challenge ourselves enough? Who challenges us?  
Do we know what outstanding international education looks like? Are all our people for "Heritage"? How do we grow them?

1 Leadership, Organisation & Governance

2 Quality of Teaching, Learning, Assessment and curriculum

3 Personal Development, Growth, Nurture, Wellbeing, effective & challenging learning environment

4 Successful Outcomes for Students as active citizens, fulfilled, balanced life long learners

What does success look like for us

Living our Values

Concentrate & Consolidate Core

Our strategy matches our organisation

Making Moments

Building & sustaining legacy for the future

Qualifications & Skills through holistic, challenging & rigorous education

A World Class School that is outward facing

Supporting & sharing innovation with our national education community

Developing future leaders & global citizens

Our communities working with us for all students

Our ethos and values as an international school permeate everything we do in our school culture

Diversity, equality, kindness, respect, global citizenship, trust, honour, leadership, social responsibility, are the hallmark of our education

Our teachers, staff and community uphold these values and we live them daily in our school culture

Our organisation is held against the highest standards of a World Class school delivering international education

Our duty of care is for a safe, happy and caring environment for all students

Our organisation operates effectively and efficiently based on structure, systems and policies

We are a school people want to be a part of our community

Our education is about substance not gimmicks

We continue to develop as a unique, innovative international school in Moldova

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

We build on our legacy but we look outward and forward for our education, not backwards.

A focus on celebrating key moments in education & school life

To continue to find ways to engage and bring all our communities together

To continue our success in bringing the World into classrooms daily

To link the wider curriculum to the formal, daily classroom for holistic education

Our new Lyceum is built this year as we grow as a World Class school

To put sustainability solutions at the heart of our organisation

To recruit and retain the best people and to invest in skills and leadership for the future

To continue to meet and adapt to the anticipated challenges of the 2020s with success

# New Ways November 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Lower Secondary Checkpoint Mock Exams 1:

The mock exams for lower secondary checkpoints are commencing by Tuesday, November 22, 2022. Here is the timetable:

Lower Secondary Checkpoint (Year 9E/ Years 8A & 8B) Mock Exams 1

Dates: 21st - 25th November 2022

Date of Exams of component papers				
	Tuesday November 22, 2022	Wednesday November 23, 2022	Thursday November 24, 2022	Friday November 25, 2022
9E	-			English
8A	English as a Second Language	Mathematics	Science	English as a Second Language
8B				



# MOLDOVA ROUND 3-4 DEC 2022

A GLOBAL COMPETITION FOR STUDENTS

**OWLINS**  
(ages 9-11)

**OWLETS**  
(ages 12-14)

**OWLYS**  
(ages 15-18)



 Art & Design

 Economics & Business

 Literature & Culture

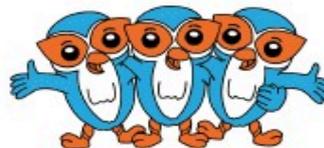
 Science & Technology

 Social Sciences

**GROWTH MINDSET:**

**EMBRACE CHALLENGES**

DISCOUNT CODE  
MOL517



-  Register through Owlypia website
-  Choose your own favourite subject
-  Form a team of 3 with your friends
-  Study the resources together as a team
-  Take four challenges

**FORM YOUR TEAM AND REGISTER NOW!**



[www.owlypia.org](http://www.owlypia.org)



Owlypia  
Globals

CAMBRIDGE

BOSTON

DUBAI

# TUITION FEES

**Don't forget to  
pay  
until 15 December  
2022!**

## UPCOMING EVENTS

*3-4 December 2022  
20 December  
21 December  
22 December*

*Owlypia Moldova Virtual Round  
Heritage Christmas Program Primary/Secondary  
Talent Show/ Secondary  
Winter Party /Upper Secondary*

<https://www.heritage.md/en/learning/academic-calendar>

## MAIN CONTACTS

*Director: director@heritage.md  
Academic/Secondary School inga.chiosa@heritage.md  
Primary School: adriana.bujag@heritage.md  
Hybrid Learning Coordinator: tatiana.popa@heritage.md  
Transportation service: transport@heritage.md  
Catering services: meals@heritage.md  
Admission: admission@heritage.md  
Exam officer: shabbir.anjum@heritage.md*

*Pastoral Care: larisa.mirza@heritage.md  
Cambridge Secondary Coordinator: shabbir.anjum@heritage.md  
National Secondary Coordinator: livia.state@heritage.md  
Head of Lyceum: dorina.calinovscaia@heritage.md  
Absences: school.absences@heritage.md  
Governors: governorsclerk@heritage.md  
English language courses for children and adults: language.academy@heritage.md*