



cannot get over this week the phenomenal innovation in music teaching online that Mrs. Nina continues to astound and develop and I have so many schools and colleagues looking to see how our model of education on the DLP has evolved. We had our first live online Founders' Lecture on Thursday as heard an inspiring story from a young Moldovan, Cristina Lupusor, now working for Google Inc and how her education success and hard work had allowed her to fulfil her ambitions as a school child in Moldova. A huge thanks to Mrs. Tatiana for arranging this lecture. It has been a phenomenal inaugural programme of lectures over the academic year in the name of our Founders to develop unique holistic and intellectual learning for our students. Well done 3/4E and Mrs. Larisa for a wonderful primary school assembly as well. Our Science dept had a really impressive celebration of Science Week, and the experiments the students demonstrated from Sure Start and Grade 1 all the way up to Grade 9, takes your breath away at how this flipped learning has developed so many independent and confident learners. My thanks to Mr. Vasile, Mrs. Monica, Mrs. Elena, Mrs. Larisa and everyone else for a rich and intellectually curious Science week. And yes, we have all read that Isaac Newton's best work was when he was in quarantine in the late 1600s.

I have included here a link to an interview the former hostage, Terry Waite, gave to the BBC this week about what he learnt and reflected on as a hostage for several years in Beirut in the 1980s in that awful civil war in Lebanon. All of us are reflecting increasingly on what our lives mean, the people we are with, our families and our daily routines. I made my assembly to Gymnasium this week deliberately on the theme of what makes us happy as at the very least any child to say, when this is all over, that they are "bored". In "Man's search for meaning", Viktor Frankl wrote; "Everything can be taken from a man but one thing; the last of the human freedoms- to choose one's attitude in any given set of circumstances, to choose one's own way". Our students continue to choose and show their remarkable resilience and my thanks to Mrs Elize and all teachers from primary for organising the lovely posters telling all our students how much we miss them. We also need to be reminded, as we were this week, of the incredible work key workers are doing right now across Moldova and the World in treating people, making sure the lockdown is in force and our shops are open for food. They are the ones who are daily putting themselves at risk for us to get out this as soon as possible. We joined the UNDP, WHO and UN in showing our appreciation as a school community on World Health Day on the 7th April to all these ordinary people who are now doing extraordinary things to keep us all safe. It is not very often I find myself quoting my own monarch, but this week, HM, Queen Elizabeth, an individual of 94 years and a reign of now 68 years, has seen a remarkable near century of global changes in the 20th and 21st century, spoke for us all as Global Citizens in our interdependent and interconnected global society:

*"We will succeed and that success will belong to every one of us. We should take comfort that while we may have more still to endure, better days will return. We will be with our friends again; we will be with our families again and we will meet again". HM Queen Elizabeth II Broadcast 5th April 2020*

Take care, be safe and stay home,

Rob Ford

### ***Heritage in the media:***

*Wonderful from 3B, Mrs. Vladlena & Mrs. Olga Tserulnik with a special guest appearance at the start...*

<https://www.facebook.com/heritage.moldova/videos/we-are-safe-and-we-have-fun-as-a-team-at-home/512123349482022/>

*Available now the latest edition of The Heritage Globe. A newspaper written by students for students. See how the challenges of 'lockdown life' are being tackled here in Moldova □□*

*Great job editor Ernests & Mrs Lynda*

<https://sites.google.com/heritage.md/heritage-globe/home>



**The Heritage Globe**  
Our Student Newspaper: for students and by students  
Read it here:  
<https://sites.google.com/heritage.md/heritage-globe/home>  
(see archive link for previous editions)

### ***FAQs***

***Q1: What does the Education Ministry's announcement from last Friday mean for us?***

*A1: It means we continue on our Distance Learning Plan. We have played a very active role supporting our national education community throughout this crisis and supported the ministry directly with the development of meaningful, daily, interactive distance learning that fits context and community. If school is open before May 31st, we will celebrate and we are ready to commence physical school tomorrow. But we are prepared for the DLP to take us to the end of this academic year. 35 more learning days.*

***Q2: We have 'Easter/Spring' break from the 17th April for a week. Realistically, no one is going anywhere, it is staycation. What support can we have?***

*A2: We are planning now a series of home activities to share with next week's bulletin, to make sure there are lots of suggestions and themes to make sure that our children have nothing to do at home and they are not all based around being online.*

***Q3: Very important - may we ask to introduce regular eye relaxation exercises? Computer time has increased considerably; eyes tend to get tired quickly. The aim here could be to introduce this element in daily routine of kids in such a level, that they do it themselves without reminders. May we ask you to give them advice - every time when 5 min is brake to leave computer and, if it is possible, go outside in fresh air. Or you can do all together some eye exercises.***

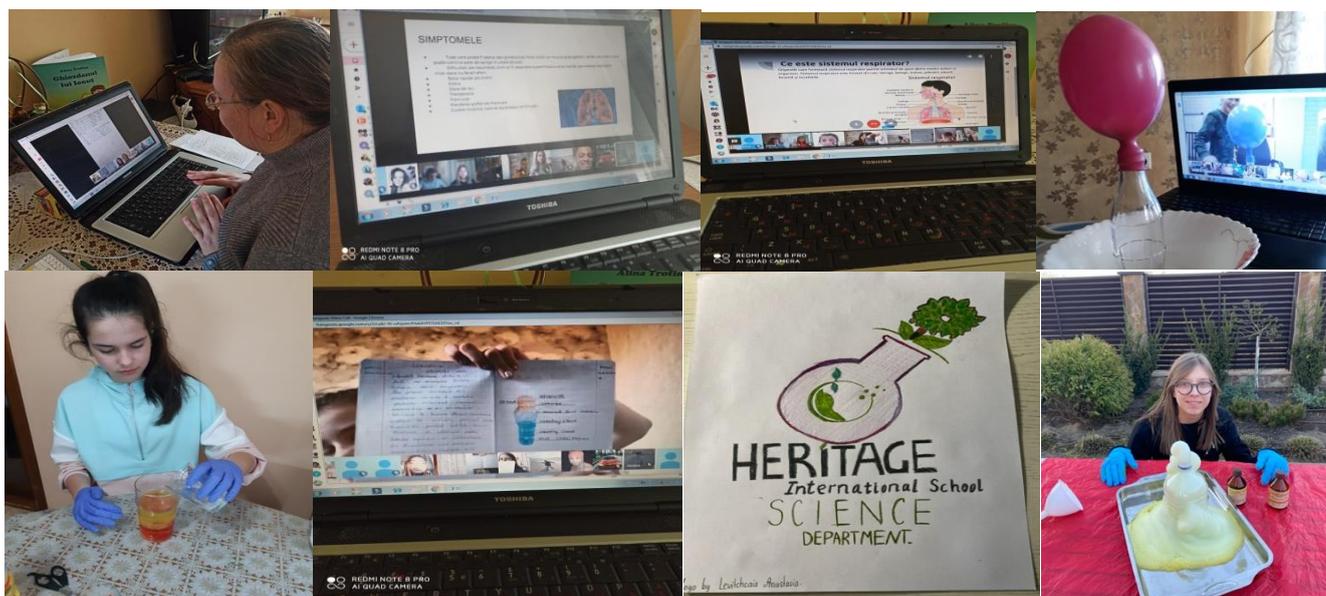
*A3: Eye strain is certainly a concern with Distance Learning. We have recommended that teachers break class time up in the online classroom -- for instance, a shorter meeting the entire class, followed by independent tasks, smaller group chat collaboration meets, and coming back together again for another shorter meeting. Eye health professionals support the idea of breaking up the time we spend focused on one activity into smaller focused tasks. We have also shared this with my colleagues Eye exercises <https://www.lenspure.com/articles/eye-exercises-alleviate-eye-strain>*

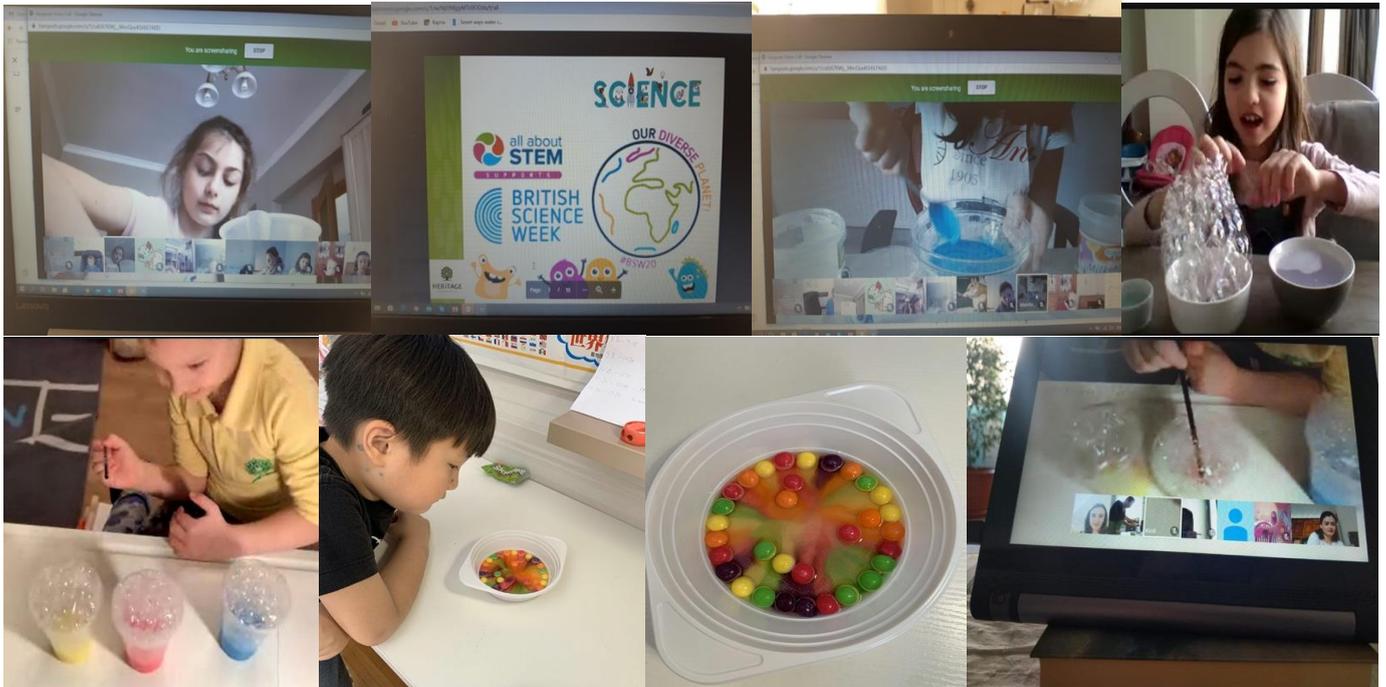
*Q4: Sports. We very much welcome efforts of sport teachers, since sporting from distance is obviously not easy. Meanwhile, this becomes another crucial aspect, since sitting time at the screen of computer has increased considerably. There could be a need to think about bigger variety or more intensity. Perhaps some learning how to breathe correctly during exercising?*

*A4: We cannot tell you how many positive notes and calls from parents I have received about what our PE teachers are doing with our students and their families -- only rave reviews! Try these one for ball sports as well at home: <https://physicsworld.com/a/the-physics-of-football/> <https://www.youtube.com/watch?v=YIPO3W081Hw>*

### **Bright shine students: SCIENCE WEEK**

*Both teachers and students have been waiting for the most magnificent event of this year, where students, small researchers can showcase their best skills, namely at craft experiments. This day has come, the week of science has been welcomed by all. Who if not the students of Heritage International School were the most involved in creating successful experiments! It has once again shown that science is not just an object but a way of life. Many colours, smiles and gorgeous effects were created homemade. Being at home is not a reason to do nothing. The desire to create and be the best is the basic motivator goal among the students.*





**Art&Science artworks** of our students, made during this academic year, the gallery will be completed:  
<https://sites.google.com/heritage.md/artgallery/artscience?authuser=0>

### *Art in the Bathroom Project*



### *Interesting related articles:*

*WHO - Children's story book released to help children and young people cope with COVID-19 - can be downloaded from the link*

<https://www.who.int/news-room/detail/09-04-2020-children-s-story-book-released-to-help-children-and-young-people-cope-with-covid-19>

TED talks for kids - [https://www.ted.com/playlists/86/talks\\_to\\_watch\\_with\\_kid](https://www.ted.com/playlists/86/talks_to_watch_with_kid)

TED talks for Teens- [https://www.ted.com/playlists/129/ted\\_under\\_20](https://www.ted.com/playlists/129/ted_under_20)

Free Future online Learn courses - <https://www.futurelearn.com/courses>

A wonderful app and link that allows you to listen to live radio across the World just by touching a place on a map. Perfect for a global school.

<http://radio.garden/visit/roanne/9uq7SZu4>

You are not as powerless as you think - Harvard Business Review article for Covid19 times  
<https://hbr.org/2020/03/youre-not-powerless-in-the-face-of-uncertainty>

BBC Article-why we have to make sure our school is open and our young people have the certainty and routines of meaningful learning: <https://www.bbc.com/news/stories-52110460>

Learning English. Free online resources from the British Council for children:  
<https://learnenglishteens.britishcouncil.org/vocabulary/beginner-vocabulary>

Rosetta Stone are making all their language course online free for the 3 months (from the 31st March) - link here - ideal for learning Romanian, Russian, English, even Welsh!  
<https://www.rosettastone.com/lp/sbsr/sitewide/>

Former hostage, Terry Waite, talks about what being isolated taught him.  
<https://www.bbc.co.uk/ideas/videos/what-being-a-hostage-taught-me-about-happiness/p06yyqzx>

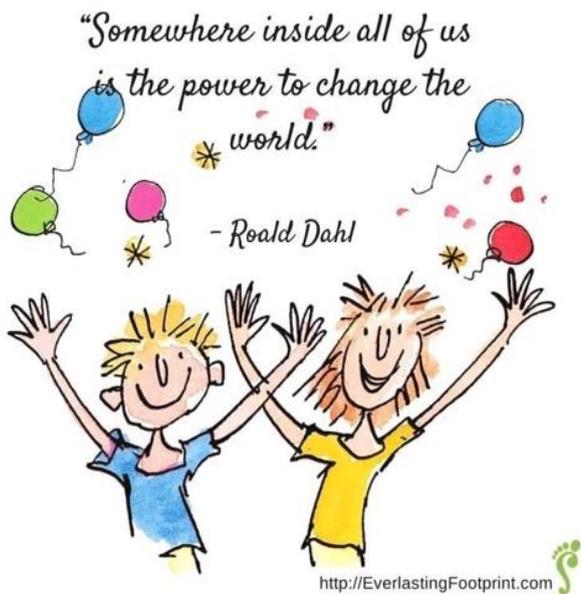
FACE COVID -

How To Respond Effectively To The Corona Crisis - 5mins YouTube  
<https://m.youtube.com/watch?v=BmvNCdpHUYM&feature=share>

Sir Ken Robinson, The Challenges of Learning from Home in Covid19 - YouTube - 5mins  
<https://m.youtube.com/watch?v=R5BX8jtZLTw>

How to sew your own face mask- The Washington Post  
<https://www.washingtonpost.com/health/2020/04/05/how-sew-your-own-fabric-mask/>

Pushkin House, London - see and celebrate incredible Russian culture online.  
<https://www.pushkinhouse.org/>



**Urgent appeal for dog shelter in Moldova to help buy food supplies to feed the 250 dogs/puppies and 50 cats that live at the Areal Stray Dog Rescue Shelter**

<https://www.gofundme.com/f/debbie039s-food-appeal-for-areal-stray-dog-rescue>

Our craft teachers made tutorials for Primary and Gymnasium students-**WEEKEND CRAFT**, enjoy creating things together:

<i>Heritage Weekend Craft</i>	
<i>Primary</i>	<i>Gymnasium</i>
<b><i>Easter Bunny</i></b> <a href="https://www.youtube.com/watch?v=-FdRtx7Ns3s&amp;feature=share">https://www.youtube.com/watch?v=-FdRtx7Ns3s&amp;feature=share</a>	<b><i>Funny Bunny</i></b> <a href="https://www.youtube.com/watch?v=-FdRtx7Ns3s&amp;feature=share">https://www.youtube.com/watch?v=-FdRtx7Ns3s&amp;feature=share</a>
<b><i>Easter Decoration</i></b> <a href="https://www.youtube.com/watch?v=ueAqXDU0-1E&amp;feature=share">https://www.youtube.com/watch?v=ueAqXDU0-1E&amp;feature=share</a>	<b><i>Easter Decoration</i></b> <a href="https://www.youtube.com/watch?v=jBwqfjud9do&amp;feature=share">https://www.youtube.com/watch?v=jBwqfjud9do&amp;feature=share</a>



# 1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers.  
One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

## Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.



## Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

### Ideas with your baby/toddler

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

## Switch off the TV and phone. This is virus-free time

### Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

### Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

Listen to them, look at them.  
Give them your full attention.  
Have fun!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE



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# 2 COVID-19 PARENTING

## Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

### Say the behaviour you want to see

- 1 Use positive words when telling your child what to do, like "Please put your clothes away" (instead of "Don't make a mess")

### It's all in the delivery

- 2 Shouting at your child will just make you and them more stressed and angrier. Get your child's attention by using their name. Speak in a calm voice.

### Praise your child when they are behaving well

- 3 Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.



### Get real

- 4 Can your child actually do what you are asking them? It is very hard for a child to keep quiet inside for a whole day but maybe they can keep quiet for 15 minutes while you are on a call.

### Help your teen stay connected

- 5 Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too!



For more information click below links:

[Parenting tips from WHO](#)

[Parenting tips from UNICEF](#)

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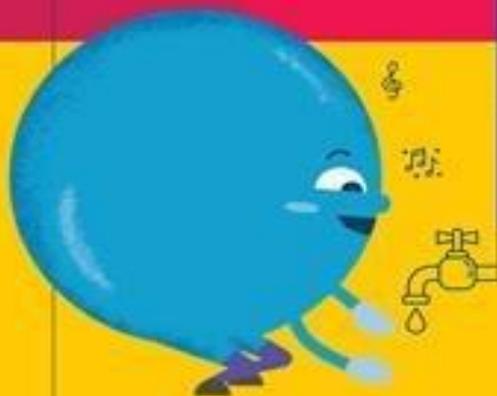
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# 3 COVID-19 PARENTING Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

## Create a flexible but consistent daily routine

- 1 Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- 2 Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.
- 3 Include exercise in each day – this helps with stress and kids with lots of energy at home.



## You are a model for your child's behavior

- 1 If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

## Teach your child about keeping safe distances

- 1 If it is OK in your country, get children outside.
- 2 You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
- 3 You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

## Make handwashing and hygiene fun

- 1 Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.

- 2 Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did.

Praise yourself for what you did well today. You are a star!



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# 4 COVID-19 PARENTING Bad Behavior

All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

## Redirect

- 1 Catch bad behavior early and redirect your kids' attention from a bad to a good behavior.
- 2 Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: "Come, let's play a game together."

## Take a Pause

Feel like screaming?  
Give yourself a 10-second pause.  
Breathe in and out slowly five times. Then try to respond in a calmer way.

Millions of parents say this helps - A LOT.

## Use consequences

Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.

- 1 Give your child a choice to follow your instruction before giving them the consequence.
- 2 Try to stay calm when giving the consequence.
- 3 Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic.
- 4 Once the consequence is over, give your child a chance to do something good, and praise them for it.

## Keep using Tips 1-3

- 1 One-on-One time, praise for being good, and consistent routines will reduce bad behaviour.
- 2 Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. And praise them when they do it!

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End Violence  
Against Children



USAID



The United States Department of Health and Human Services  
Centers for Disease Control and Prevention  
1600 Clifton Road, NE  
Atlanta, GA 30333  
www.cdc.gov

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# 5 COVID-19 PARENTING

## Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

### You are not alone

- Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

### Take a break

- We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

### Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



### Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up**
  - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
  - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
  - Ask yourself, "What am I thinking now?"
  - Notice your thoughts. Notice if they are negative or positive.
  - Notice how you feel emotionally. Notice if your feelings are happy or not.
  - Notice how your body feels. Notice anything that hurts or is tense.
- Step 3: Focus on your breath**
  - Listen to your breath as it goes in and out.
  - You can put a hand on your stomach and feel it rise and fall with each breath.
  - You may want to say to yourself "It's okay. Whatever it is, I am okay."
  - Then just listen to your breath for a while.
- Step 4: Coming back**
  - Notice how your whole body feels.
  - Listen to the sounds in the room.
- Step 5: Reflecting**
  - Think 'do I feel different at all?'
  - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

Parenting tips from WHO

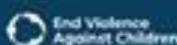
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# 6 COVID-19 PARENTING

## Talking about COVID-19

Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

### Be open and listen

- ▶ Allow your child to talk freely. Ask them open questions and find out how much they already know.

### Be honest

- ▶ Always answer their questions truthfully. Think about how old your child is and how much they can understand.

### Be supportive

- ▶ Your child may be scared or confused. Give them space to share how they are feeling and let them know you are there for them.

### It is OK not to know the answers

It is fine to say "We don't know, but we are working on it; or we don't know, 'but we think'." Use this as an opportunity to learn something new with your child!



### Heroes not bullies

Explain that COVID-19 has nothing to do with the way someone looks, where they are from, or what language they speak. Tell your child that we can be compassionate to people who are sick and those who are caring for them.

Look for stories of people who are working to stop the outbreak and are caring for sick people.

### There are a lot of stories going around

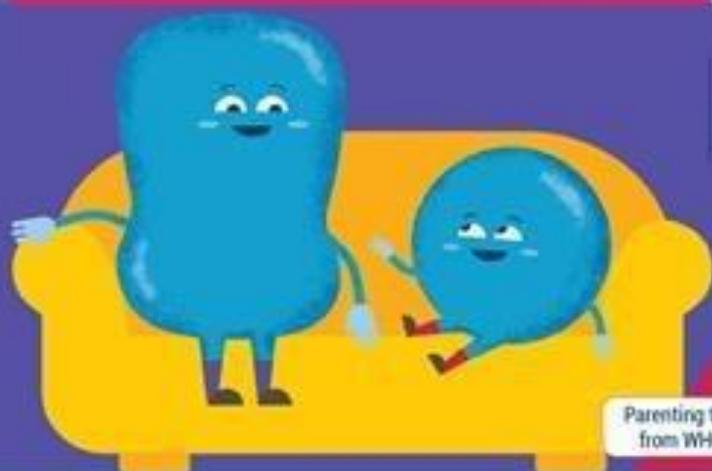
Some may not be true. Use trustworthy sites:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>  
and

<https://www.unicef.org/coronavirus/covid-19>  
from WHO and UNICEF.

### End on a good note

Check to see if your child is okay. Remind them that you care and that they can talk to you anytime. Then do something fun together!



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# Questions to ask your child in self-isolation

**YOUNG**MINDS

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What have you enjoyed about today?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

## UPCOMING EVENTS

*18th-27th April, 2020 (Saturday-Monday)*

*Easter Break*

*6th-10th May, 2020*

*Heritage Sports Week*

## MAIN CONTACTS

Director: [director@heritage.md](mailto:director@heritage.md)

Academic/Secondary school: [inga.chiosa@heritage.md](mailto:inga.chiosa@heritage.md)

Primary: [vera.stanojlovic@heritage.md](mailto:vera.stanojlovic@heritage.md)

International: [international@heritage.md](mailto:international@heritage.md)

Distance Learning Coordinator: [lynda.smith@heritage.md](mailto:lynda.smith@heritage.md)

School psychologist: [olesea.pletniov@heritage.md](mailto:olesea.pletniov@heritage.md)

Cambridge Secondary: [rose.moran@heritage.md](mailto:rose.moran@heritage.md)

ESL Cambridge primary: [larisa.mirza@heritage.md](mailto:larisa.mirza@heritage.md)

Absences: [school.absences@heritage.md](mailto:school.absences@heritage.md)

Buses/meals: [tatiana.arnautu@heritage.md](mailto:tatiana.arnautu@heritage.md)

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Twitter account (@HIS\_Moldova)