

# THE INTERNATIONAL HERITAGE HERALD

April 17, 2020

## THOUGHT FOR THE WEEK

*"It is during our darkest moments that we must focus to see the light"*

**Aristotle**



**Our school is open.  
Only the campus is closed**

## GENERAL

### **Notes from the Lighthouse**

*There was almost a note of disbelief in our weekly staff meetings on Wednesday as we let the fact sink in this was Week 6 on the DLP, five more learning weeks after this to the end of the academic year. Although everyone of us wants this to end and the inexorable toll this is taking on children, families, schools, businesses and societies the longer we endure the lockdown and wait to see when restrictions can ease, at the same time we know that what we are doing now means we can get back to "normal" again soon. I am not sure if we want to completely return to everything that we took for granted before this crisis forced all of us to re-examine our lives, our priorities and our inner selves. I have been fascinated to see the images of the World without economic activity for weeks and sometimes months, in the context of SDGs and Climate Change action. There are valuable*

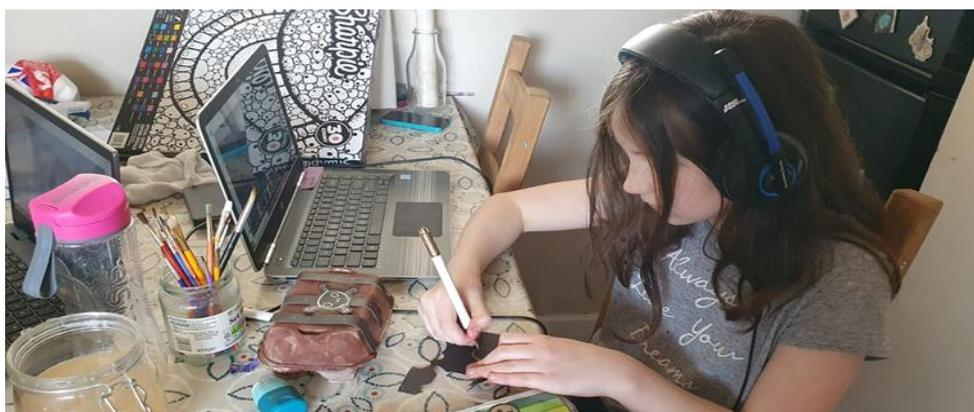


*lessons here we need to learn about our approaches to economic growth, how we use resources and whether we could and should go back to the lifestyles we enjoyed before the crisis. We have seen families use this time to put technology away in the evening, because we have been using it so much during the day, and we are talking to one another more, or reading more or actually taking the time to think about life a little bit more.*

*I keep reading the articles saying education too will never be the same again after this crisis. On one level, I completely agree and there was a wonderful moment this week when the Minister of Education in Moldova, Mr Sarov, in a very positive and hopeful press statement stated that the country had spent the last month preparing the country's teachers to deliver education by distance learning means and announced the work of Heritage International School in being a key player in training thousands of teachers, sharing our online safety policy and DLP to enable this new technology. The support of brilliant NGOs like UNICEF in donating funds to make sure the digital capabilities are there in schools that don't have similar resources to Heritage, demonstrates the power of solidarity in our national education community.*

*What will never change in education for me is the Socratic traditions, going back 2500 years ago, and they still underpin the best schools and the best education systems. The interactions and relationships of a group of students and a teacher as they learn and grow becoming more confident with the knowledge they acquire and their questioning to obtain it to make it meaningful for them; wisdom. Pedagogy exists in so many ways but this Socratic tradition, for me, is always at the heart of good teaching and learning. We all know this for sure in this crisis. The DLP has been a Herculean solution in the most awful modern global pandemic public health crisis since the Spanish Flu outbreak in 1918, but all of us cannot wait to get back to our school, our classrooms and seeing one another again. And we will. Next week we have "Spring Activities Week" to allow students to have more independent learning and a change in the routines as we respond to all our community about what we need to do to get everyone intact to the 31st May. I will leave you with the words of children's author Michael Morpurgo as I think about the incredible teachers at Heritage International School who have shown the country and beyond our borders, what a committed professional learning community dedicated to children can achieve even in the worst of times. I am proud to serve as theirs and your director; "It's the teacher that makes the difference, not the classroom"*

*Take care, stay safe and stay at home,  
Rob Ford*





### Heritage in the media:

Heritage International School mentioned directly by the Minister of Education this week, in his policy announcement briefing, for the work, support and expertise it provided to our national education community to establish distance learning in Moldova. Vizionează „Briefing de presă susținut de ministrului Educației, Culturii și Cercetării, Igor Șarov. <https://youtu.be/VaH4xneG7Fw> (4mins 20 sec in)



 **UKEdChat.com** @uk... · 19h

**\*\*SPEAKERS ANNOUNCED\*\***

We have lined up 40 fantastic speakers for the upcoming #UKEdChat 2020 Online Conference. See the list & book your place at this free CPD event.

Speakers include:  
 @vanessawears @grumbledook  
 @Tatianapopab @suzibewell + more. See [uked.chat/2020speakers](https://uked.chat/2020speakers)

 9-11 JUNE 2020

**#UKEDCHAT ONLINE CONFERENCE**

Details now at <https://ukedchat.com/conference2020onlineconference/>



**Tatiana Popa**  
20 minute talk

**Presentation Title:**  
 Revolutionising an entire country's education system in a global pandemic - How Moldova took education online during Covid19

**Details:**  
 Using the mindset "the school is open, only the campus is closed" this talk looks at how a new normal challenged leaders and systems at all levels. How a wait and see approach or managing the consequences of the crisis wasn't enough to reassure and bring confidence and trust in education to our communities. Children received their education and routines and the face of education has been changed forever. This talk and case study will show how this corner of Europe helped change education for the better

**Suited for:** All.

**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: We have read some international schools are raising their fees because of the additional work & resources needed for distance learning. What is Heritage's position?**  
**A1: We are not recalculating and raising our fees because of the DLP's additional training, time, work and demands on staff and resources.**

**Q2: Can we still contact school administration if needed during the Spring Activities Week next week?**  
**A2: The Administration will be available as normal next week.**

**Q3: Is there going to be a Heritage "Summer School" this year?**  
**A3: There definitely will be and we are currently working on two variants of an online and a physical summer school, hoping the restrictions are lifted.**

**Our Bright Shine students this week:**

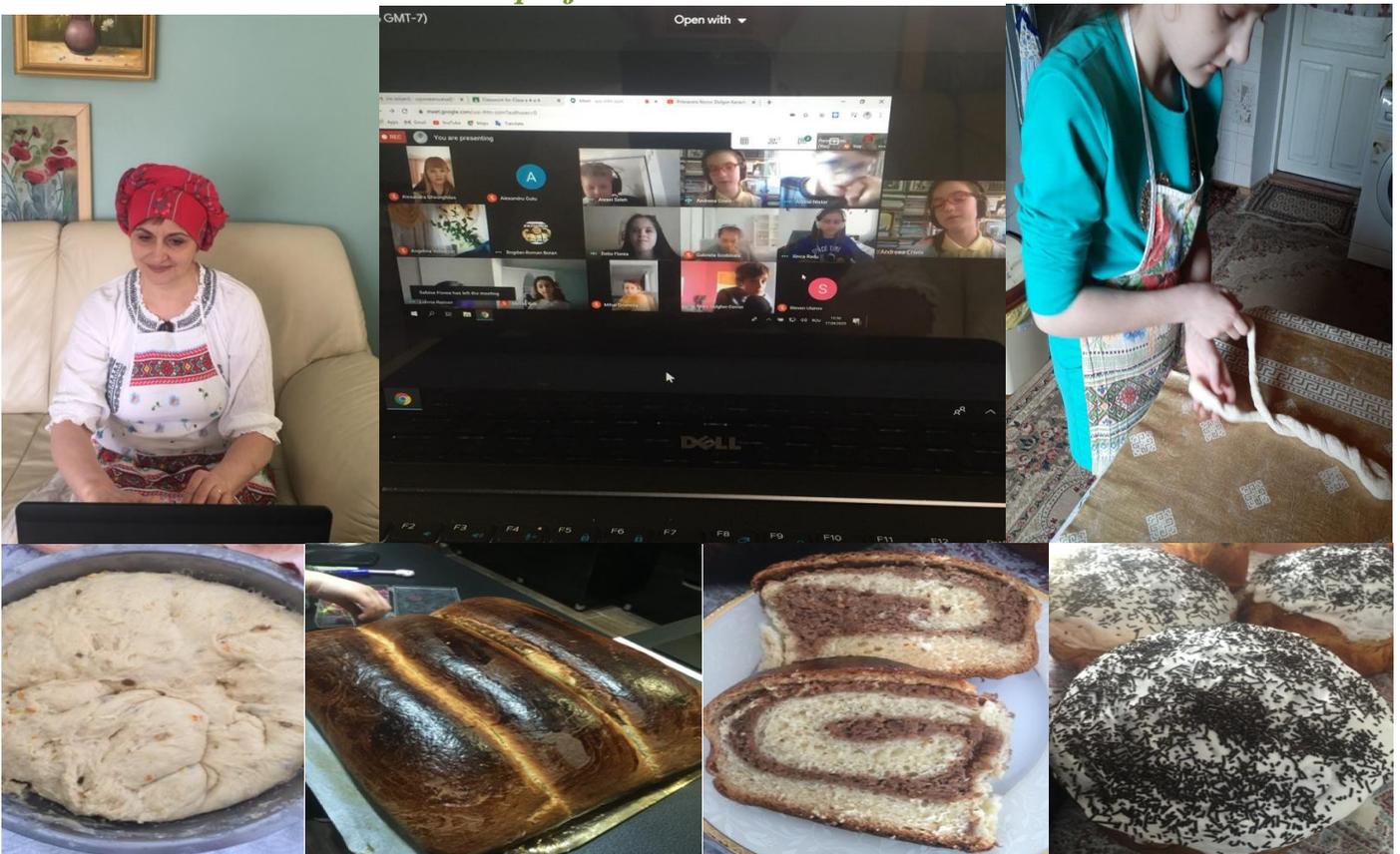
**2E Projects: Shiver me Timbers!**



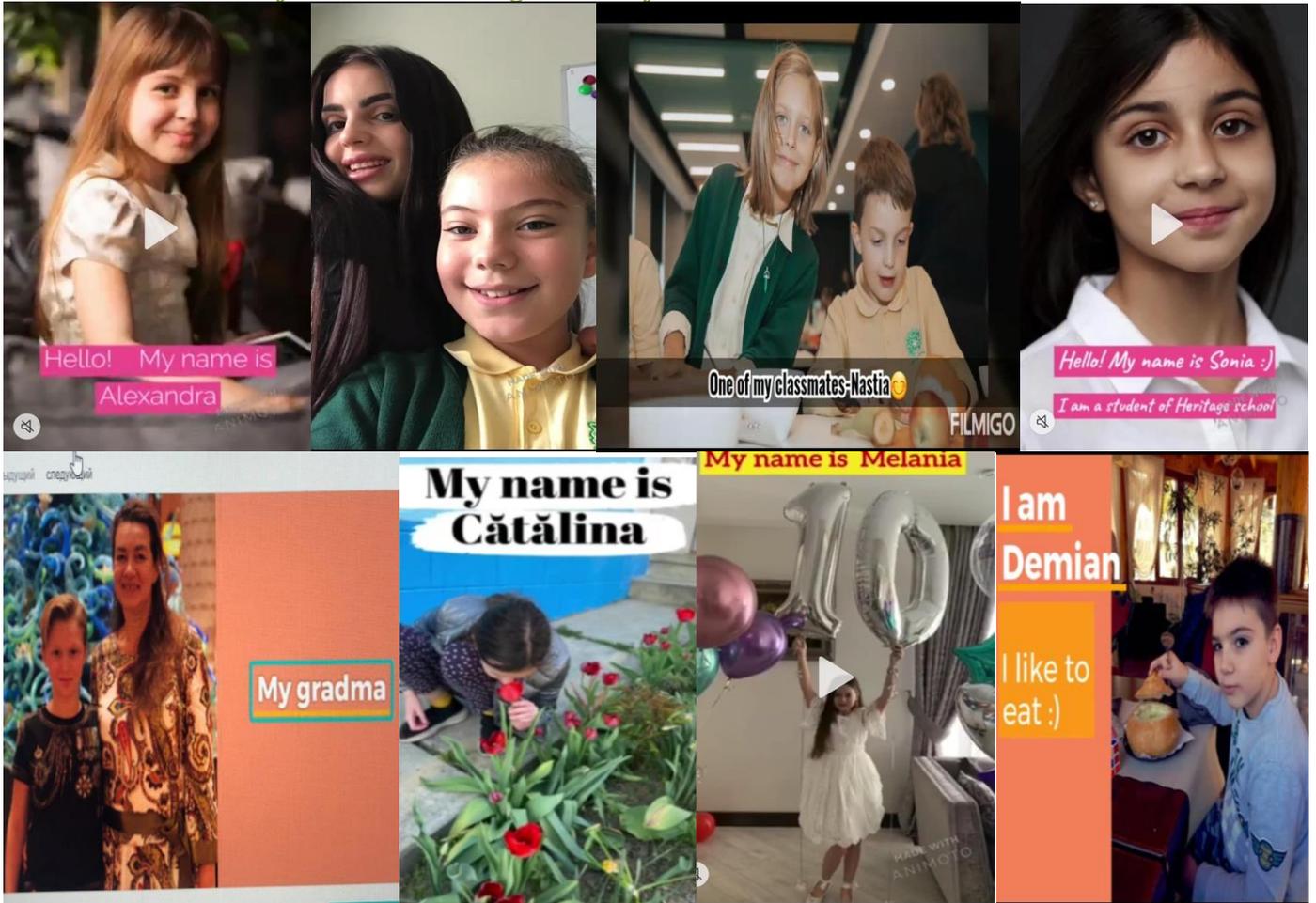
## 2E Project When we were little



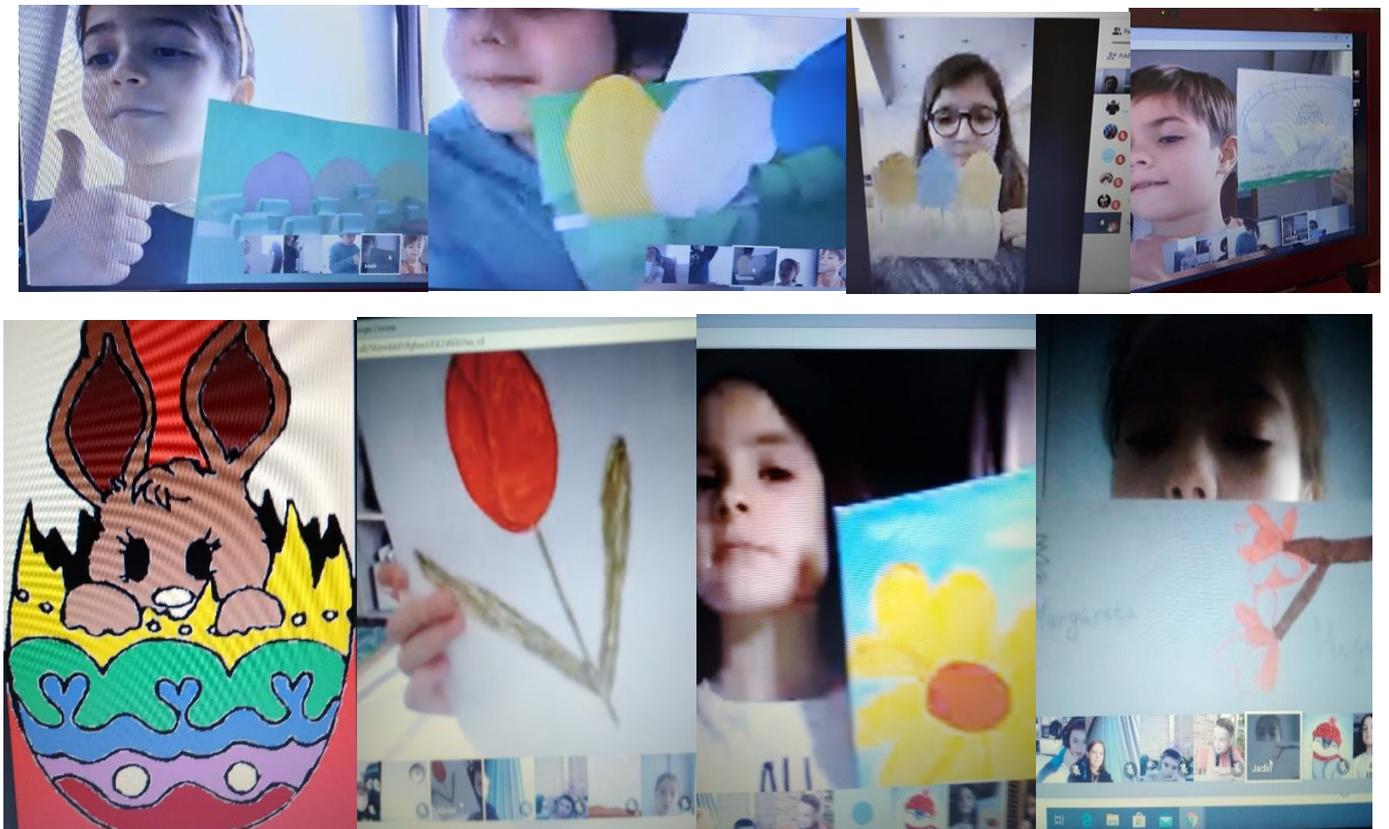
## Easter Traditions in Moldova 4A project



### 3 A/B Animoto Project: Introducing Yourself

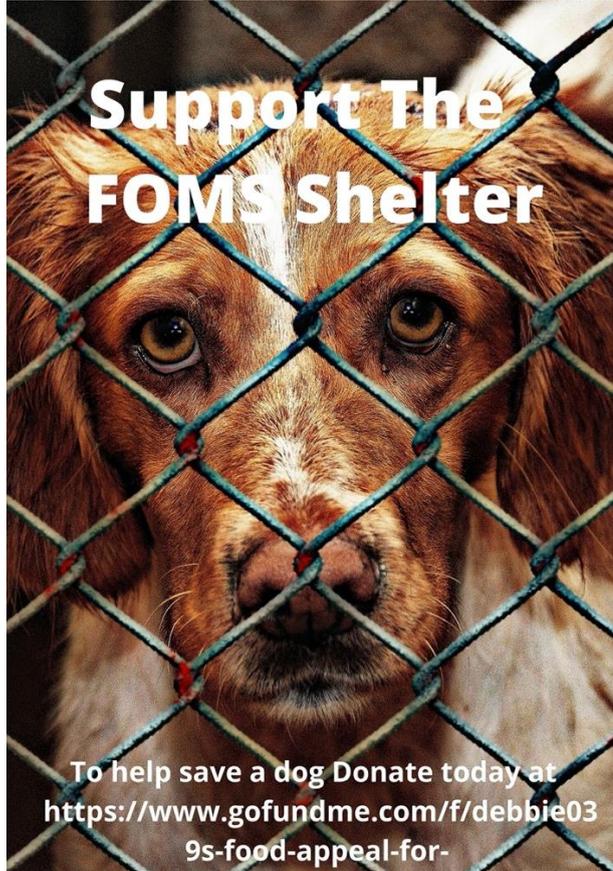


### Easter Cards



**Urgent appeal for dog shelter in Moldova** we support as a school community as part of our social responsibility 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>



## NOT EVERYTHING IS CANCELLED

SUN IS NOT CANCELLED  
SPRING IS NOT CANCELLED  
RELATIONSHIPS ARE NOT CANCELLED  
LOVE IS NOT CANCELLED  
READING IS NOT CANCELLED  
DEVOTION IS NOT CANCELLED  
MUSIC IS NOT CANCELLED  
IMAGINATION IS NOT CANCELLED  
KINDNESS IS NOT CANCELLED  
CONVERSATIONS ARE NOT CANCELLED  
HOPE IS NOT CANCELLED

### **Interesting related articles:**

**New skills to learn while in lockdown, from cooking to photography**

[https://www.independent.co.uk/extras/indybest/house-garden/skills-learn-lockdown-cook-photography-calligraphy-coronavirus-things-to-do-a9436521.html?utm\\_medium=Social&utm\\_source=Twitter&twitter\\_impression=true](https://www.independent.co.uk/extras/indybest/house-garden/skills-learn-lockdown-cook-photography-calligraphy-coronavirus-things-to-do-a9436521.html?utm_medium=Social&utm_source=Twitter&twitter_impression=true)

**'It's positively alpine!' Disbelief in big cities as air pollution falls**

[https://www.theguardian.com/environment/2020/apr/11/positively-alpine-disbelief-air-pollution-falls-lockdown-coronavirus?utm\\_term=Autofeed&CMP=tw\\_t\\_gu&utm\\_medium&utm\\_source=Twitter#EchoBox=1586581842](https://www.theguardian.com/environment/2020/apr/11/positively-alpine-disbelief-air-pollution-falls-lockdown-coronavirus?utm_term=Autofeed&CMP=tw_t_gu&utm_medium&utm_source=Twitter#EchoBox=1586581842)

**The power of Sesame Street and young children**

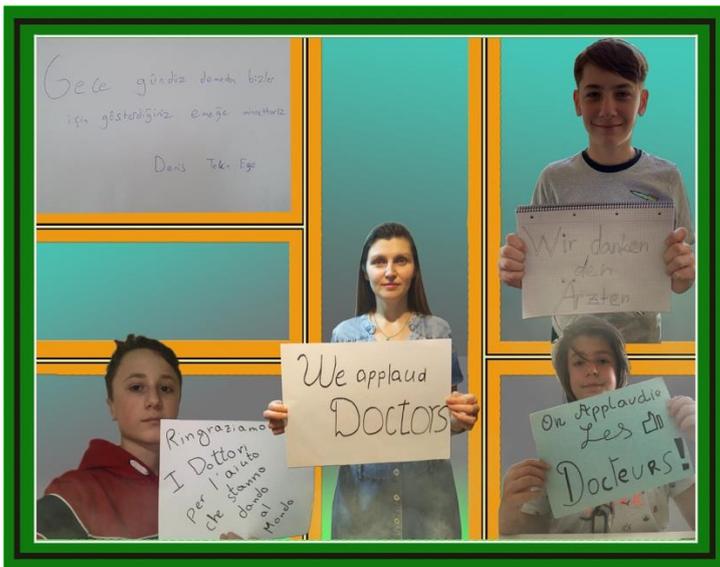
<https://amp-theguardian-com.cdn.ampproject.org/c/s/amp.theguardian.com/tv-and-radio/2020/apr/10/sesame-street-coronavirus-advice-parents-children>

**Let gardening ease some self-isolation anxiety**

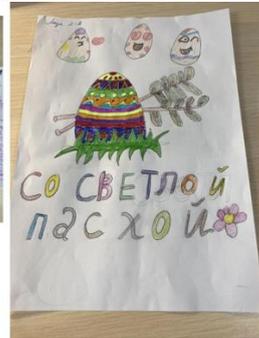
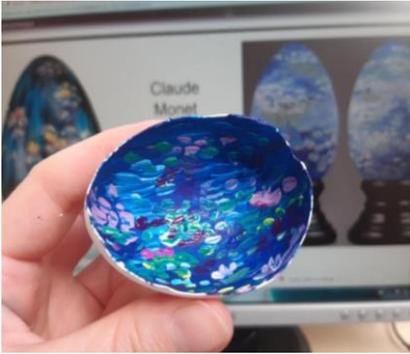
[https://www.independent.co.uk/life-style/design/coronavirus-lockdown-self-isolation-gardening-mental-health-anxiety-a9450351.html?utm\\_medium=Social&utm\\_source=Twitter#EchoBox=1586675431](https://www.independent.co.uk/life-style/design/coronavirus-lockdown-self-isolation-gardening-mental-health-anxiety-a9450351.html?utm_medium=Social&utm_source=Twitter#EchoBox=1586675431)

Which copy of War and Peace, and other Russian literature greats to read in the lockdown?  
Pushkin House podcast

<https://podcasts.apple.com/gb/podcast/which-version-of-war-and-peace-should-i-read/id1322731175?i=1000470203047>







*Future Learn Free courses available:*

*New hobby ideas.* Get inspired to take up a new hobby with these courses exploring areas of interest, creativity, and discovery – perfect for when you have time to spare.

<https://www.futurelearn.com/courses/collections/hobby-ideas>

No soil, seeds or space? No problem! A beginner's guide to growing vegetables

<https://www.theguardian.com/lifeandstyle/2020/apr/13/no-soil-seeds-or-space-no-problem-a-beginners-guide-to-growing-vegetables>

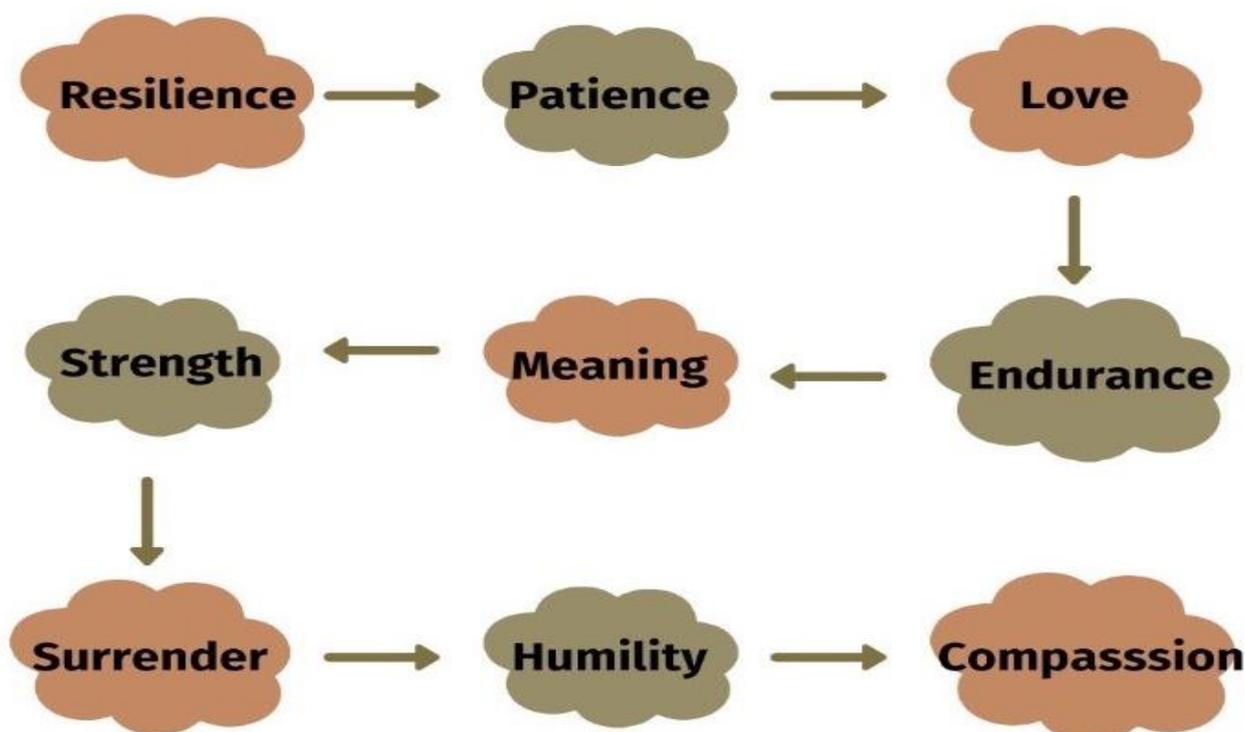
#youthagainstcovid19- UNFPA is teaming up with Prezi to help teach young people around the world about #COVID19 and what they can do to keep their friends, families, and communities safe

[https://prezi.com/v/wjt\\_ih\\_qwq-a/introducing-youthagainstcovid19/](https://prezi.com/v/wjt_ih_qwq-a/introducing-youthagainstcovid19/)

Fairy Tales and Facts: Siri Hustvedt on How We Read in a

Pandemic: <https://lithub.com/fairy-tales-and-facts-siri-hustvedt-on-how-we-read-in-a-pandemic/>

## THE HARD MOMENTS CAN TEACH US



@NADINEPADRO

# How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



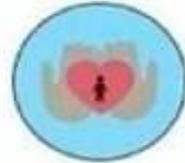
Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



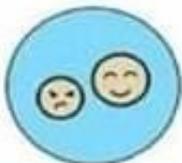
Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present

View their behavior as a window to their needs and feelings



Set and respect boundaries





APPRECIATE

BUILD  
SOMETHING

CONNECT



DO WHAT IS  
DIFFICULT

EXPLORE

FORGIVE

GATHER

HONOR



IGNORE  
THE SKEPTICS

JUST BE

KNOW YOU  
ARE LOVED

LISTEN

MAKE



NOURISH  
BODY AND SOUL

OBSERVE

PLANT A  
SEED

QUESTION

READ



STRETCH

TRY SOMETHING  
NEW

UNPLUG

VOTE

WONDER



EXPRESS YOUR  
GRATITUDE

SAY YES TO  
ADVENTURE

GET ENOUGH  
ZZZZZ

ABCs of Life little truths studio

# What's the difference?

## Physical Distancing

### Isolation and Quarantine



#StopTheSpread  
Source: www.npr.org

## What is Physical Distancing?

Social distancing should be practiced by everyone, whether or not exposed to the virus.

This broad set of measures includes avoiding hand shakes, crowds, staying at least 2 meters (6 feet) away from people, and, most importantly, staying at home if you feel sick.



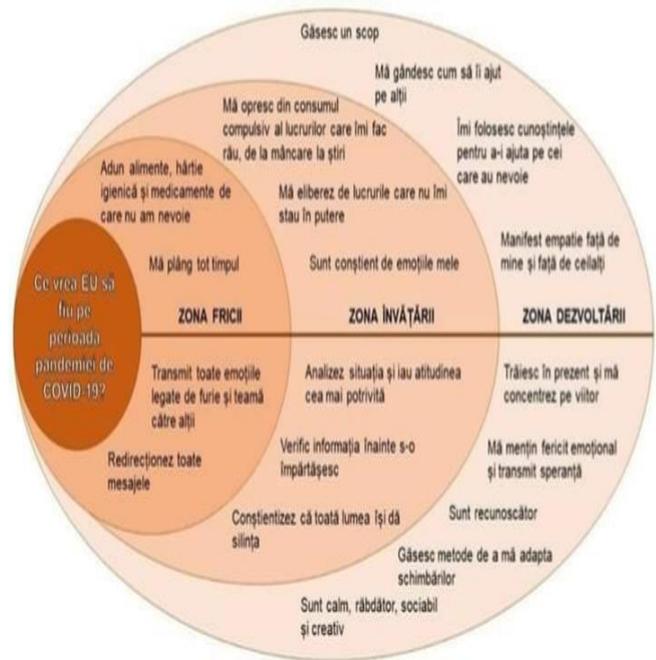
#StopTheSpread  
Source: www.npr.org

## What is Isolation?

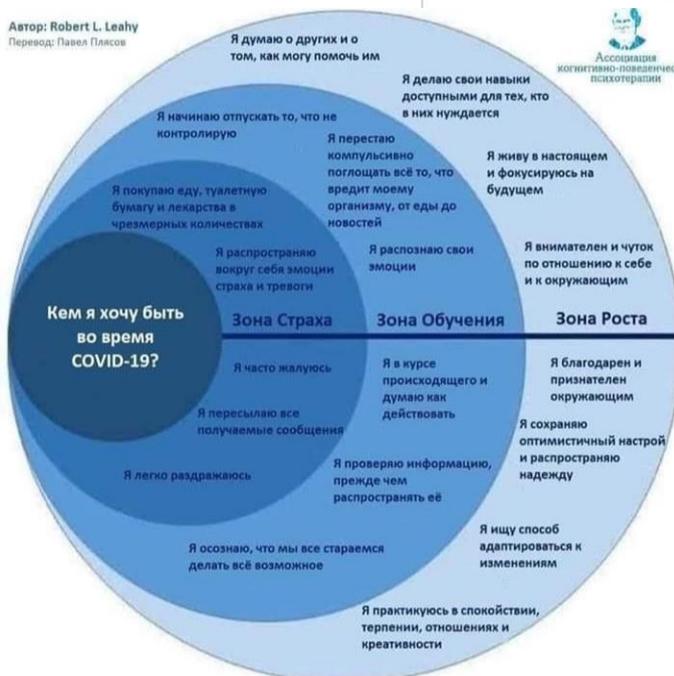
A diagnosis of Covid-19 triggers isolation. Isolation is for those who are already sick and serves to keep the infected away from healthy people in order to stop the spread of the virus.



#StopTheSpread  
Source: www.npr.org



Autor: Robert L. Leahy  
Перевод: Павел Плавов



Ассоциация когнитивно-поведенческой психотерапии



# 77 (MORE) Simple STEM Activities for Families



- Create a treasure hunt with a map & clues
- Learn to identify trees by their leaves
- Read a book with a STEM theme
- Make the alphabet from sticks or other natural items
- Make your name or words out of recycled materials
- Interview a relative using [storycorps.org](http://storycorps.org)
- Take your bike apart and put it back together it
- Make something from old puzzle pieces
- Watch *Hidden Figures*
- Make a LEGO maze
- Test objects in your house to see if they float or sink
- Write instructions to make a sandwich & let someone follow them exactly
- Use the cards A-10 & play *War*, but see who can add, subtract, or multiply fastest
- Play Battleship
- Build a paper airplane launcher
- Build a fort using couch cushions & blankets
- Plant some flowers
- Make something useful from duct tape
- Invent something to solve a problem in your home
- Make "rubber stamps" out of cardboard & pasta
- Learn to solve a Rubik's Cube
- Write your own book, including drawings & cover
- Rearrange furniture in a room to improve function & movement in the room
- Track & graph your high score in a game
- Make ice cubes from various liquids & see how long each takes to freeze

- Make dinner for your family
- Determine how much waste there is from cooking a meal
- Invent your own musical instrument
- Try making gears using the website [gearsket.ch](http://gearsket.ch)
- Create a secret code using a shift or "Caesar" cipher
- Pick a word & see how many other words you can make from the letters
- Measure & graph temperature or rain totals
- Draw your own comic book
- Make a time capsule to open in 10 years
- Make artwork using shaving cream, food coloring, & a toothpick
- Plant a butterfly garden
- Invent a toy for your pet
- Watch *Cloudy with a Chance of Meatballs*
- Freeze a small toy or coin in water & make a time-lapse video of it melting
- Put different amounts of water in class containers & tap gently to make music
- Make paper airplanes using [foldnfly.com](http://foldnfly.com)
- Try sprouting a carrot top, dried bean, or fruit seed
- Put some dirty pennies in vinegar
- Put celery or flowers in water that contains food coloring
- Learn bird calls
- Build the tallest tower with 1 piece of paper & tape
- Turn an old book into a secret hiding place
- Learn to cook a new recipe or invent your own
- Observe the moon each night & take pictures to make a time-lapse video

- Measure things with a tape measure
- Build a model city with items in your house
- Make a bird feeder using a pinecone, suet, & birdseed
- Count how many & what type of birds come to your birdfeeder
- Make a mini-golf course
- Read a book & make a "book trailer"
- Paint rocks with encouraging words
- Weave a bracelet
- Learn about a STEM career
- Write a story, act it out with your family, & record it
- Make a sundial
- Invent a board game using bottle caps or other small items as pieces
- Draw something with isometric dot paper
- Make a slow-motion video of something in nature
- Learn to fold cloth napkins
- Make bread using yeast
- Draw 20 circles & turn each into something (pizza, planets, wheels, etc)
- Build something using toothpicks or straws
- Practice coding using [Scratch](http://Scratch) or [code.org](http://code.org)
- Learn to crochet or knit
- Make your own tangrams
- Learn how cellphones work
- Draw a detailed map of a room in your home
- Learn to sew
- Make something from an empty toothpaste tube
- Look at the clouds
- Learn about the history of technology in your area
- Make cardboard automata (movable sculpture)



Chris Woods @dailySTEM  
[dailystem.com/resources](http://dailystem.com/resources)





## Helping your child to learn at home

Here are some tips for supporting your child with their learning when school is closed, and helping them manage their stress at this difficult time.

### Help your child learn at home – take an active role

Make sure your child has somewhere comfortable to work. Ask them how you can support them with their learning. Can you encourage them to talk through key ideas in the lesson with you, for example? Talking about their learning will help your child to cement their ideas.

Help them come up with practical ideas that will help them maintain control in the period they are studying at home, such as by drawing up a schedule and asking for relevant books or materials from their teachers.

To motivate your child, encourage them to think about their goals in life and see how their learning is related to them – but also that there are usually other routes to their goal if things don't go as well as they would like.

### Understand what your child is trying to achieve

If you're asking your child to understand what they need to do, it might help if you know it too so you can help plan and keep things in perspective. Ask yourself these questions:

*Do I know...?*

- Which subjects my child is studying?
- Do they need still to be preparing for exams?
- When are the exams (if they are occurring)?
- Has the teacher set any informal assessments that my child needs to submit?
- Does my child have the books and materials they need?
- Are there opportunities for breaks/treats?
- Are there any unavoidable commitments that they need to work around?

### Talk about nerves and anxiety

Remind your child that it's normal to feel anxious. Nervousness is a natural reaction to stress (think *fight or flight*). The key is to put these nerves to positive use.

If anxiety is getting in the way rather than helping, encourage your child to practise the activities they would normally be doing in school. Are they able to mimic this at home, for example does getting dressed in the morning at their usual time help them to begin the day correctly?

This will help everything seem more familiar and help them feel in control.



## Helping your child to learn at home continued

### Share the theory of stress with your child

Remind them that everything they feel is normal – and, most importantly, it can be managed. Don't just tell them that strategies work – try to explain *how and why* they work!

Help your child face their fears and see these activities through, rather than avoiding them.

Encourage them to think about what they know and can control. If there's something (within their control) that they don't feel confident about, encourage them to be proactive and seek.

### Be flexible

Be flexible where you can. When your child is studying all day, try not to worry about household jobs left undone or untidy bedrooms.

Staying calm can help. Remember, this will not last forever.

### Make sure your child eats well

A balanced diet is vital for your child's health and can help them feel well during challenging periods.

High-sugar and high-caffeine foods and drinks, such as energy drinks, cola and sweets can increase anxious behaviour.

### Help your child get enough sleep

Good sleep improves thinking and concentration. Most teenagers need eight to ten hours of sleep a night.

Allow time for your child to wind down between studying and going to bed. If they are using laptops or phones, there is often a "night-shift" setting that will reduce the blue light emitted from the screen (blue light is linked to keeping us awake, as it can "trick" our brain into thinking it's daytime).

### Encourage exercise

Exercise releases endorphins (hormones) that can help boost energy levels. Any exercise counts, so find try to find one your child enjoys.



### Make time for treats

With your child, think about rewards for studying and getting through each week of self-study.

Rewards do not need to be big or expensive. They can include simple things like making their favourite meal or watching TV.

### Top tips for parents

- Keep calm, especially when your child is worried
- Let them know you love them.
- Reflect back how they're probably feeling, e.g. "I can tell you're worried, and it is perfectly understandable and natural".
- Distract them and keep busy.
- Be available to talk when they are ready to.
- Try to involve your child as much as possible in making decisions around their studies – such as when and what they eat (from a choice of good alternatives, of course!

## UPCOMING EVENTS

### *Spring Activities Week Learning Other Wise Week*

<p><i>Tuesday, April 21</i> <b>Travel Day</b> <b>World Without Walls</b></p>	<p><b>Primary</b> <a href="https://padlet.com/ingachiosa/ssujd0gm8hn5omdp">https://padlet.com/ingachiosa/ssujd0gm8hn5omdp</a></p> <hr/> <p><b>Secondary</b> <a href="https://padlet.com/ingachiosa/tmpxnxyq9vsyysme">https://padlet.com/ingachiosa/tmpxnxyq9vsyysme</a></p>
<p><i>Wednesday, April 22</i> <b>Earth Day</b> <b>Be Cool, Be Green</b></p>	<p><b>Primary</b> <a href="https://padlet.com/ingachiosa/r2eoypkvtnwy8xea">https://padlet.com/ingachiosa/r2eoypkvtnwy8xea</a></p> <hr/> <p><b>Secondary</b> <a href="https://padlet.com/ingachiosa/q8gor9yisztwvl79">https://padlet.com/ingachiosa/q8gor9yisztwvl79</a></p>
<p><i>Thursday, April 23</i> <b>Science Day</b> <b>New Discoveries Await Us</b></p>	<p><b>Primary</b> <a href="https://padlet.com/inga_chiosa/b41t4euzxke5k46o">https://padlet.com/inga_chiosa/b41t4euzxke5k46o</a></p> <hr/> <p><b>Secondary</b> <a href="https://padlet.com/inga_chiosa/3wihkk6ww1kcynsd">https://padlet.com/inga_chiosa/3wihkk6ww1kcynsd</a></p>
<p><i>Friday, April 24</i> <b>Arts Day</b> <b>Discover Your Talent and Creativity</b></p>	<p><b>Primary</b> <a href="https://padlet.com/inga_chiosa/8luxjin5lfuji4nb">https://padlet.com/inga_chiosa/8luxjin5lfuji4nb</a></p> <hr/> <p><b>Secondary</b> <a href="https://padlet.com/inga_chiosa/fim8v0s0ydazcfjp">https://padlet.com/inga_chiosa/fim8v0s0ydazcfjp</a></p>
<p><b>Language Treasure</b></p>	<p><b>Primary</b>      <a href="#"><u>Language Arts</u></a></p> <hr/> <p><b>Secondary</b> <a href="https://padlet.com/inga_chiosa/y908xq6ym34gxcx">https://padlet.com/inga_chiosa/y908xq6ym34gxcx</a></p>



## Our children are little heros, too.



Missing their grandparents, extended family, friends and school.

Lack of normal routines.  
Loss of structure to their day.

Parents who are stressed, worried, scared and just *different*.

Overhearing talk and news without an understanding of what they hear.

NoCrySolution.com

Give your little hero more cuddles, more one-on-one playtime, and an extra dose of patience and forgiveness.



MY HOPE IS THAT  
OUR NEW NORMAL, TODAY,  
EXPOSES WHAT WAS  
WRONG WITH OUR  
OLD NORMAL, YESTERDAY,  
AND SETS US UP FOR  
A BETTER NORMAL,  
TOMORROW.

edutopia

DWAYNE REED, EDUCATOR

## MAIN CONTACTS

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

Follow Heritage on social media: FB (@heritage.moldova) Webpage ([www.heritage.md](http://www.heritage.md))  
Twitter account (@HIS\_Moldova)