HERITAGE
International School

THE INTERNATIONAL HERITAGE HERALD

April 3, 2020

THOUGHT FOR THE WEEK

"*In order to understand the world, one has to turn away from it on occasion*"

Albert Camus

GENERAL

Notes from the Lighthouse

I had a lovely supportive email this week from a parent, all of these messages of hope for what we are all doing is so important, that said "...can we have a quieter week next week and just let the kids get on with learning?". Well, that is my eternal prayer right now as we continue to navigate our school community to the 31st May and successfully complete our academic year. I took a great deal of heart from the wonderful guest slot I had with Sure Starter and Miss Liuba this week, just to see how good the students are learning and being positive through all of this awful time. The student councils' discussion about hope earlier this week was one of the best critical thinking classes I have experienced for a long time. We have remarkable young people in our community who have responded so well to what

has challenged all of us, so-called wiser and older heads. The future really is going to be in good hands with these young people here in Moldova and around the World. Their discussion on the concept of hope was much better than any of the Oxford/Cambridge University interview classes I used to prepare and can remember. We all know that this crisis will change all of us and the things we take for granted we will think differently about again. Our very concept of freedom and free will to take a walk outside, see our friends and family and share life will recalibrate us for the better. Let's hope the Gaia impact on our planet as economic activity has ceased will also focus the minds of those that lead can change our World for the better.

My assembly to Gymnasium this week was on books that inspired me and I am almost through Jane Eyre now. I finally feel I can look at my old mentor and teacher, Les Jones, in the eye and say I have read it. We are all finding new skills and interests and it is amazing how many students have taken to knitting and said how therapeutic it is. I just love the creativity I see daily and I will make special mention of Mrs Maria and her French class for the wonderful celebrations for Francophone Day that they participated in on the 20th March.

Finally, I read a very interesting article from Stanford University this week about how societies and communities have kept cohesive in history. I want to share and paraphrase Professor Robert Putnam of Harvard; "First you need glue to bind a community together, but you also need a lubricant to sort out friction". We have shown these weeks the cohesive glue of educating our children as the strongest bond we have keeping our community united. Our hope, support, routines, learning & messages are what are keep us together to get through these tough times.

Take care, stay safe and stay home, Rob Ford

Heritage in the news

Director Rob Ford's interview last weekend with Valentina Ursu and Radio Free Europe: Covid19 & education - "Doing nothing is not an option"
https://moldova.europalibera.org/a/robert-ford-pe-timp-de-criz%C4%83-a-nu-face-nimic-nu-este-o-op%C8%9Biune-/30514750.html

We have been awarded as a European, etwinning school!
https://diez.md/2020/03/24/heritage-a-obtinut-certificatul-de-scoala-etwinning/

Our partner company, QUBO, and director Ludmila Gurau, talks about communications in the crisis in this interview here.

https://www.iqads.ro/articol/50000/noul-context-ludmila-gurau-comunicarea-de-criza-solicita-multa-creativitate-dar

FAQs;

Q1: Can we look at how we balance less screen time?

A1: Absolutely. The DLP certainly isn't about constant screen time. The model evolves as we all get used to. The teachers discussed ways forward this week at their online meeting.

Q2: Do we continue on the DLP on Monday 3rd April?

A2: Yes. It is in the Order from the Ministry of Education and we have it on high authority that the Prime Minister has said it will. Educating our children, giving them routines, meaningful learning and supporting their wellbeing through the DLP is crucial. There are hills not to fight on but this was our hill to fight on!

Q3: How can we check all are ok?

A3: The daily attendance check is working - we have nearly 100% daily - higher than when school is in real time. We have follow up to make sure absences are checked. This is really important. The Student Councils have also been discussing and working on ideas to support every student. They are showing the most impressive leadership.

Q4: How can people enroll and visit the school for September?

A4: People can enroll online and we have a virtual Open House on the 16th May. All of this is continuing, even more so and the interest in the school is through the roof. We are dealing with this academic year and getting our community through to the 31st May and the summer break, at the same time all the planning continues for September as normal.

Articles of Interest for home

More than 1.5 billion students around the world are not attending school due to the new #coronavirus @UNESCO launches Global Education Coalition for #COVID19 Response to ensure #LearningNeverStops.
https://en.unesco.org/themes/education-emergencies/coronavirus-school-closures

How education may never be the same again - https://www.marketwatch.com/story/theres-no-returning-to-regular-schooling-as-online-learning-goes-mainstream-2020-03-25

Yale University's most popular online course on Wellbeing & happiness available for free - https://www-timeout-com.cdn.ampproject.org/c/s/www.timeout.com/usa/news/yales-super-popular-happiness-class-is-available-online-for-free-032620/amp

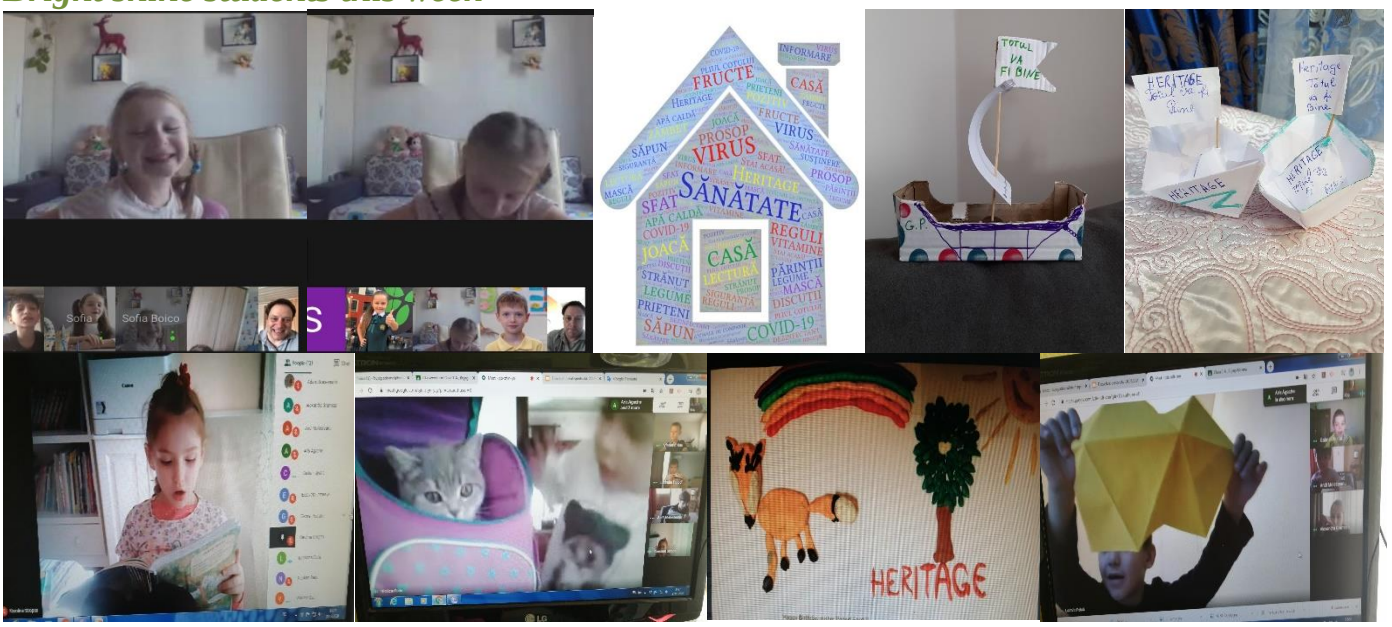
Books to read at home for everyone to be entertained:
https://www.theguardian.com/books/2020/mar/30/kids-at-home-the-books-you-should-read-to-keep-everyone-entertained

Museum challenges people in self-quarantine to recreate favorite works of art with objects at home
https://www.yahoo.com/lifestyle/museum-challenges-people-recreate-art-with-objects-at-home-181920032.html

Free British Council Future Learn course - Exploring English: Shakespeare
Improve your English language skills by looking at the life and works of William Shakespeare and his enduring popularity.
https://www.futurelearn.com/courses/explore-english-shakespeare

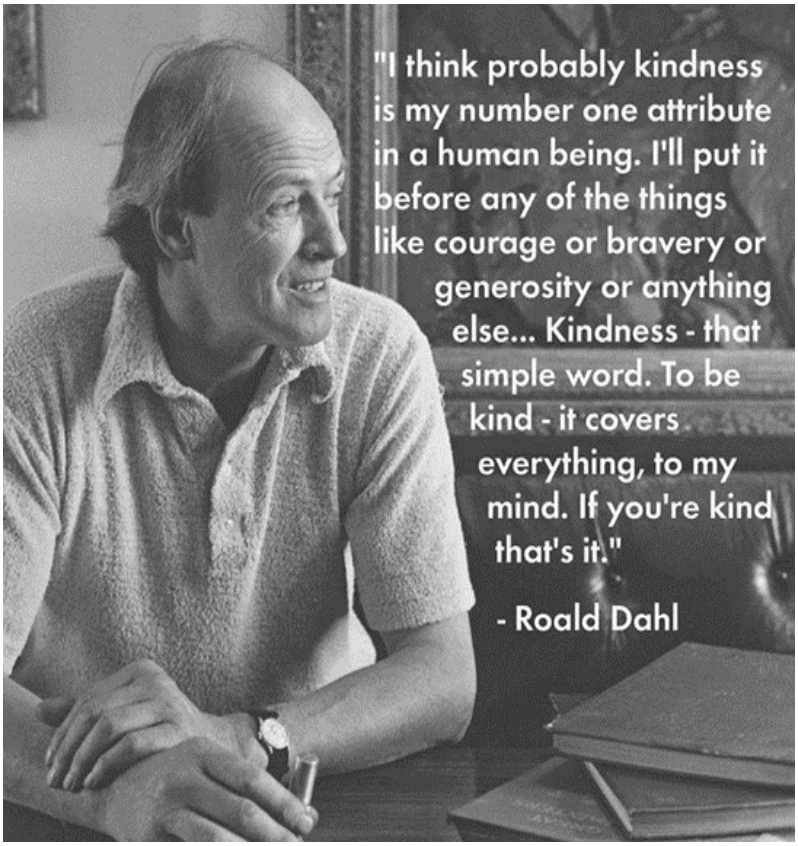
Stay at home with the British Council
resources - Staying at home is a new reality for many of us and we've all got to make the best out of the current situation. Some lovely ideas here.
https://www.britishcouncil.am/en/stay-home

Bright shine students this week

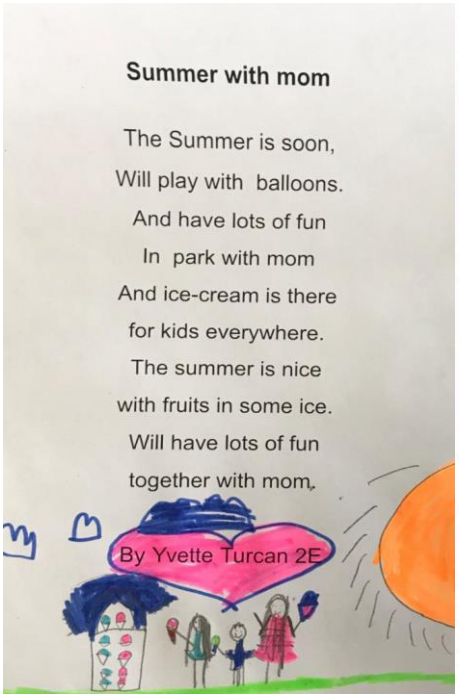


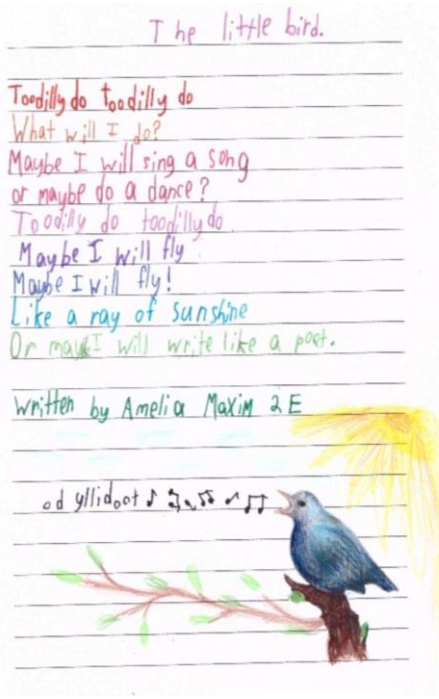
Celebrating International Francophonie Day on March 20 to celebrate the French language and Francophone culture.

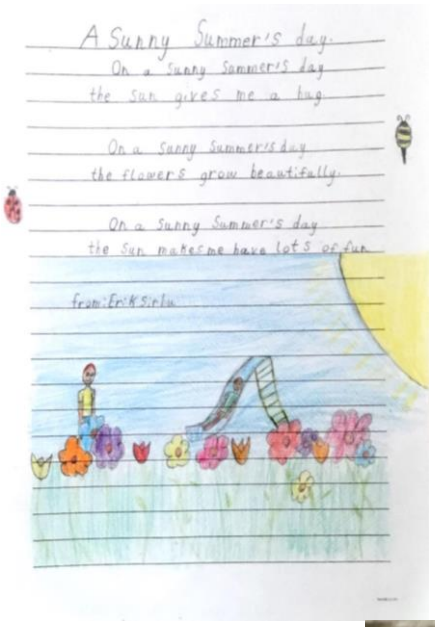

#Stay At Home
#Stai Acasa
Heritage International School Moldova
3 «B» class


"I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage or bravery or generosity or anything else... Kindness - that simple word. To be kind - it covers everything, to my mind. If you're kind that's it."
- Roald Dahl


TOTUL VA FI BINE!







The Ocean

The blue ocean is like a dream.
The sun shines bright and clean.
There are a lot of sea animals in the ocean.
Sharks are swimming in the dark,
Fish and jellyfish swim in the light .
Oceans should be protected,
Coral reefs need to be safe.

From Emir Secen 2E

Rainbow xylophone

The new reality we are in now is a real challenge for all of us, regardless of the roles we play. Today, however, we will talk about the role of parents that are forced by the situation to keep in the house children who are naturally always willing to go out, to run and socialize. Many parents resort to technology in order to keep their kids entertained and occupied, completely forgetting the benefits of arts and crafts. True, technology is very useful, and kids should be introduced to it, but it should never come at the expense of them playing and making things with their own hands. There are many benefits of arts and crafts that go beyond simply allowing your kids to express themselves in a more creative way, and here are some of them:

- *improves coordination and fine motor skills;*
- *helps children express themselves, develops self-esteem;*
- *makes them more creative and productive;*
- *inspires to think critically;*
- *helps develop other skills;*
- *It is fun and helps to develop a great Parent – Child relation that will be fundamental to having happy and emotionally balanced children !!!*

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

Heritage Weekend Craft	
Primary	***Gymnasium***
Funny Sheep ***https://youtu.be/XLrhYwh186I***	***Vase*** ***https://youtu.be/95wbbquKQuQ***
Easter egg decoupage ***https://youtu.be/MTweYNqRFVg***	***Summer house*** ***https://youtu.be/sK5y2H3r6as***

ACTIVE COPING CALENDAR: APRIL 2020

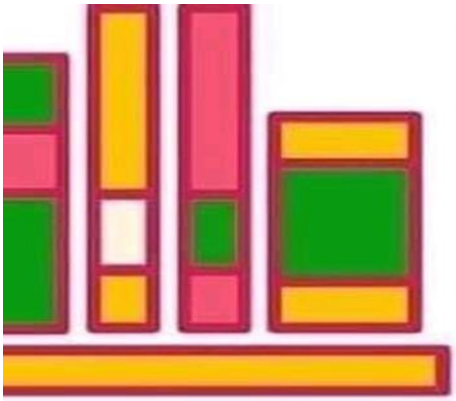
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl			1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you
12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS

www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind



10 FREE LEARNING WEBSITES for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

Switcheroo Zoo
www.switcheroozoo.com
Watch, listen, and play games to learn all about amazing animals!

Nat Geo for Kids
www.kids.nationalgeographic.com
Learn all about geography and fascinating animals!

Into the Book
www.reading.ecb.org
Go "into the book" to play games that practice reading strategies!

Suessville
www.seussville.com
Read, play games, and hang out with Dr. Seuss and his friends!

ABC YA
www.abcya.com
Practice math and reading skills all while playing fun games!

Fun Brain
www.funbrain.com
Play games while practicing math and reading skills!

PBS Kids
www.pbs.org
Hang out with your favorite characters all while learning!

Star Fall
www.starfall.com
Practice your phonics skills with these read-along stories!

Storyline Online
www.storylineonline.net
Have some of your favorite stories read to you by movie stars!

Highlights Kids
www.highlightskids.com
Read, play games, and conduct cool science experiments!

INTERVIEW A FAMILY MEMBER & WRITE A SHORT BIOGRAPHY ABOUT THEM	WRITE A DIARY ENTRY ABOUT YOUR DAY	AN ALIEN IS KNOCKING AT YOUR DOOR! WHAT DO YOU DO NEXT?	INVENT A NEW RECIPE (INCLUDE INGREDIENTS & INSTRUCTIONS)	A PORTAL OPENS UP IN FRONT OF YOU. YOU JUMP THROUGH. WHAT HAPPENS NEXT?
WRITE A STORY WITH AT LEAST 3 PROBLEMS IN IT	WRITE A BOOK OR FILM REVIEW & EXPLAIN WHAT YOU LIKED / DIDN'T LIKE	LOOK OUT OF THE WINDOW AND DESCRIBE WHAT YOU SEE	COMPLETE A WRITING CHALLENGE FROM AUTHORFY.COM	OPEN A BOOK. SELECT RANDOM WORDS & WRITE A POEM USING THOSE WORDS
AN ANIMAL STARTS TALKING TO YOU! WHAT MIGHT YOU SAY TO EACH OTHER?	DRAW YOUR OWN MONSTER OR CREATURE & TAKE IT ON AN ADVENTURE	Daily writing prompts from Authorfy	WRITE SOME FAN FICTION BASED ON CHARACTERS YOU LOVE	WRITE A SHORT STORY WHERE YOU TRAVEL TO THE PAST OR FUTURE
WRITE A LETTER TO YOUR FAVOURITE AUTHOR	YOU COME ACROSS A CLOSED DOOR. WHAT'S BEHIND IT?	WRITE A STORY OR POEM THAT STARTS WITH THE WORD 'HELLO'	KEEP A FOOD DIARY. CAN YOU DESCRIBE WHAT EACH FOOD TASTES LIKE?	WRITE A NONSENSE POEM IN 5 MINUTES (WITHOUT LIFTING YOUR PEN OFF THE PAPER!)
WRITE ABOUT YOUR FAVOURITE MEMORY	IMAGINE A HOUSEHOLD OBJECT COMES TO LIFE. WHAT WOULD IT SAY?	A LETTER BLOWS INTO YOUR BEDROOM WINDOW. WHAT DOES IT SAY?	WRITE ABOUT SOMETHING THAT IS IMPORTANT TO YOU	CREATE A SUPERHERO & SUPERVILLAIN. WHAT DO THEY BOTH WANT?

AUTHORFY

Cambridge Assessment International Education

How to manage stress and learn effectively at home

Here are some tips to help you get the most out of your learning while your school is closed, and to help you manage stress through these difficult times.

Active study, not passive

When you actively process information, you remember it better. This is because your neurons (cells in your brain) form stronger connections.

What does this mean for you?

Passive study examples	Active study examples
Reading a textbook	Highlighting the top 5 sentences on a page (limiting yourself makes you evaluate what is actually important, helping info to "stick" better)
Watching a YouTube video	Writing a quiz for yourself as you watch the video, then answer the questions in a couple of days.
Reading GCSE Bitesize or an app	Trying a past-paper, and marking it with the mark scheme.
Flicking through a revision guide	Making a mind-map that links across topics – or even subjects.
Telling someone you have revised a topic	Teaching someone else a topic! Create resources or hold a remote revision class for friends.

In summary, taking information in and ***making something new from that information*** is what really helps information to stick.

Setting study goals

Ask yourself:

- What do I want to achieve?
- Is this realistic?
- When will I have this done by? Do I have plenty of time?
- If my studies don't go well, what can I do?
- How will I celebrate / relax once it's all over?

Study tips

- The scale of the challenge can be so intimidating that just getting started can be really hard. If you struggle with motivation, start in good time by doing something. It doesn't matter how small, just *something* that helps.

- Make sure you make a timetable to organise the work you're going to tackle each day. It really helps if you set out what you need to do in small chunks. Small chunks are much more manageable.
- Use apps to block social media websites temporarily so you don't get distracted. Use Post-it notes to help break ideas down into bite-sized chunks and highlight key points you wish to remember. Try drawing mind maps to help you see the big picture.
- Grab a good pair of headphones and play some instrumental music. Instrumental music in the background can help to sharpen your focus.
- To make your day more manageable, try to break down each hour in to 40 minutes of solid studying followed by 20 minutes of break, so that you don't feel chained to your laptop on any given day.
- Remember that you're not a machine. You deserve time off! Make sure you factor in time to watch a film, talk with friends or grab a hot drink. The most productive brains are those that rest properly too!

- Break up your learning with some exercise! Not only will it let your mind relax for an hour, you'll also get a burst of energy.
- Focus on you and don't worry about anyone else. You can only control what you do. Remember *your* best is good enough!

Managing stress

We react the same way to any threat. As a species, we have not evolved as quickly as our environment. Humans are built to face threats and fight for their lives, normally in rapidly escalating situations that are also over quickly. Activation and preparedness to attack are normal reactions, as well as excitement and joy of victory.

Stresses like having to study at home were non-existent in the early days of the human species. The problem is that we cannot turn off the surge of adrenaline when our "attacker" is a school issue rather than a lion. The body needs about 20 minutes to physically recover from an acute stress reaction. An adrenaline surge impacts our bodies for up to an hour. This kind of reaction is perfectly normal and natural!

We can help recover from stress reactions by managing the threat (i.e – having a plan and being organised) and using relaxation techniques such as breathing exercises and apps for your phone such as Headspace.

Breathing exercise

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere. Breathing can help overcome the body's natural reactions to stress. You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor. Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms slightly away from your sides, with the palms up. Keep your legs straight, or bend your knees so your feet are flat on the floor. If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it
- Try breathing in through your nose and out through your mouth
- Breathe in gently and regularly. Some people find it helpful to count steadily from one to five. You may not be able to reach five at first
- Then, without pausing or holding your breath, let it flow out gently, counting from one to five again, if you find this helpful
- Keep doing this for three to five minutes.

EPIC★HISTORY TV

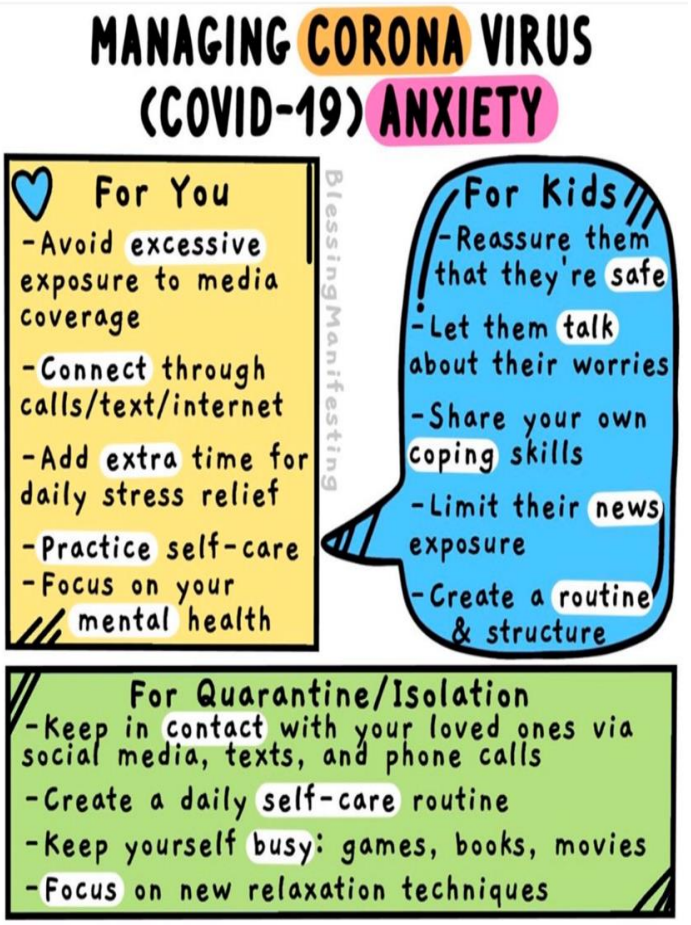
BBC Teach

QUIRKOLOGY
Quirky stuff for curious minds

NAT GEO KiDS

THE BODYCOACH TV

CRAFTS



UPCOMING EVENTS

Due to the Covid-19 outbreak, Cambridge Assessment has taken the difficult decision not to run the international exams in the May 2020 series in any country. In this regard, we would like to inform you that ***Cambridge Primary and Secondary Checkpoint Exams*** *within Heritage International School have been cancelled for this academic year.*

6th-10th April, 2020	*Science Week*
18th-27th April, 2020 (Saturday-Monday)	*Easter Break*

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