

THE INTERNATIONAL HERITAGE HERALD

February 28, 2020

THOUGHT FOR THE WEEK

“Be joyful and keep your faith and your creed. Do the little things that you have seen me do and heard about. I will walk the path that our fathers have trod before us”

St David, patron Saint of Wales, 1st March, 589 AD



GENERAL

- *Dydd Gwyl Dewi Hapus, or Happy Saint David's Day in Wales*
- *Martisor - 1st March Martisor - the celebration of spring. Martisor is an ancient tradition, it's been dated for 8000 years, which celebrates the beginning of the spring on 1 March. It is the celebration of joy, freshness, the victory of Good against Bad. The day's name is the diminutive of March (in Romanian Martie), and sounds something like "little March". In the old times, the Martisor consisted in a cord made from two threads, one red and one white, interweaved like a chain. The red symbolises the Love and the white symbolises the Divinity.*
- *Open Days for Heritage International School; these are being held here on Sat 28th March and Sat 16th May - 10am-2pm. If you know of families interested, then please contact Mrs Tatiana Arnautu.*



Open House:
Tour, Tea & Talk

Ziua ușilor deschise:
tur de prezentare, ceai și discuții

День открытых дверей:
презентационный тур, чай и общение

*-We are hosting the Chisinau round of the **World Scholars' Cup** - 4th and 5th April - see Mrs Angela Cara, Mr. Andrew Goga or Ms. Cristina Urechi for further details.*



Chisinau Round 2020
PREVIEW SCHEDULE | FINAL SCHEDULE | TRA
HERITAGE INTERNATIONAL SCHOOL

Saturday, April 4th

JUNIOR DIVISION		SENIOR DIVISION	
8:00 am	Check-in	8:00 am	Check-in
9:00 am	Opening Ceremony	9:00 am	Opening Ceremony
10:45 am	Team Debate	10:45 am	Collaborative Writing
1:30 pm	Lunch	12:30 pm	Scholar's Challenge (Lunch)
2:30 pm	Collaborative Writing	1:45 pm	Scholar's Challenge
4:30 pm	Scholar's Challenge	2:45 pm	Team Debate
5:45 pm	Departure	5:45 pm	Departure

Sunday, April 5th

BOTH DIVISIONS	
9:00 am	Arrivals
9:30 am	Scholar's Bowl
12:45 pm	Lunch
1:30 pm	Debate Showcase
3:00 pm	Scholar's Show
4:30 pm	Break
4:45 pm	Closing Ceremony
6:00 pm	Farewell

Teachers & Debate Adjudicators: Please report to judge training when it is requested at the opening.
Families & Guests: You are invited to observe debates on Day 1 and all events on Day 2, space permitting.
Scholars: Sign up for the tournaments along with our staff and check in with us after the Scholar's Bowl.



-Teacher/Parent Conference will take place on the 3-4 of March 2020 15:00-17:00 School will end at 15.00 on Tuesday and Wednesday ,March 3-4, there will be no homework and clubs on those days.

School buses will leave at 15:10 on both Tuesday and Wednesday . Therefore, we appeal to parents to adjust their schedule for those two days.

SECONDARY

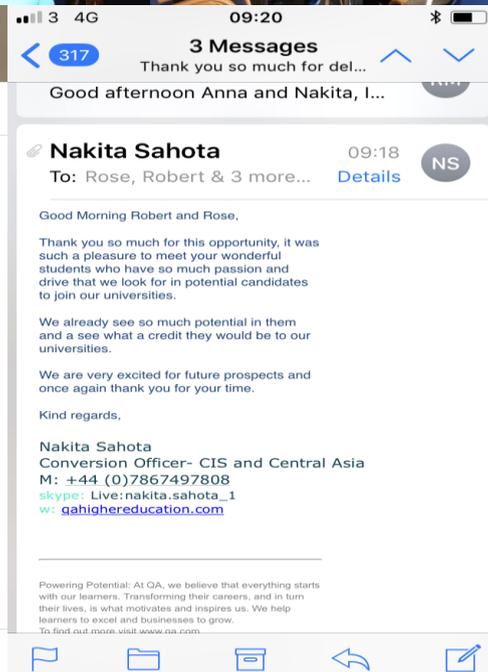
*The **Charity Committee** of Heritage Secondary School Student Council are delighted to announce their charity project that will be carried out on the 3rd and 4th of March in the reception area of our school. The event is being organised in collaboration with La VIA Community Center, a space where they create community with the most vulnerable and marginalized children and their families. La VIA Community Center meets the needs of children whose parents cannot afford to offer their children after-school activities. Their program includes free lunch and snack, homework tutoring, moral-spiritual education, social skills, art, games and summer camps. Also, at La VIA Community Center, children are able to use a hot shower, washing machine, to learn to sew and use computers as well as use the soccer pitch. At La VIA children are empowered to become stronger, more responsible, self-assured and equipped with values and skills that will truly help them in life.*

The representatives of La VIA will display beautiful handcrafted things, made by the children there, for sale on the above mentioned dates. The purchase of their handmade crafts will help provide hot lunch and after-school tutoring for 25 children, grades 1-9, at risk of dropping out of school.

We support La VIA in their belief in the transformative power of love, goodness, hard-work, and education and we are happy to join them in this initiative.



- Higher Education and Careers Special Assembly on Thursday 27th February.



- **10th Founders' Lecture:** Valeriu Turcanu, Lawyer, former Director of ELSA Toulouse Former representative at the UN Geneva. "A Global, educated, mobile Moldovan", Vareriu is an outstanding example of the new generation of Moldovans who have benefited from the strong commitment and culture of education and transformative learning in Moldova, to benefit from being able to go to university in France, work in Europe and contribute to Moldova and society. His talk will be an inspirational talk to our students as they consider their futures and the next steps of education.



Our Student Newspaper
The Heritage Globe
Click Below
<https://sites.google.com/heritage.md/heritageglobe>

" Environmentalism is an ideology that regards the necessity and responsibility of humans to respect, protect, and preserve the natural world for future generations. Environmental awareness means being aware and mindful of the natural world and making choices that benefit the earth, rather than hurt it. By teaching our friends, colleagues, and family that the physical environment is fragile and indispensable we can start fixing the problems that threaten it, and we therefore strongly support the idea that the **RRR Policy (Reduce, Reuse, Recycle)** is the most effective way of contributing to the protection of the natural world. At Heritage International School, the Eco Committee within our Student Council aims to expand students' awareness about the environment, green technology, creating and building upon a vision of a sustainable future, reducing, reusing and recycling, conservation strategies to tackle environmental issues, reducing carbon footprint and waste management. As part of our mission, we have gladly implemented our first **eco project** that regards waste paper. We have made **paper waste collection boxes** which have been distributed on every floor of the school and we have been encouraging our school community to actively participate in this campaign. Furthermore, we would like to take our initiative beyond our school campus, and we are thus asking our students' families to partake in this activity as well and collect whatever paper waste they get at home and send it to us. It can be left in the paper recycling boxes we have on each floor. Our Eco Committee members will then collect this paper and send it for recycling. We truly believe that this initiative is just one small step towards a great eco-friendly future.

Sincerely,
Eco Committee of Heritage International School'



All National Online Safety believes in empowering parents, carers and trained adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe Bristol adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

TIKTOK is a video-sharing social media app available on iOS and Android which lets users create, share, and view user-created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload short-sized looping videos of themselves lip-synching and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. Tiktok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2020 it is skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.

12+ Age Restriction

What parents need to know about TIKTOK

MATURE CONTENT
On the iOS store, Tiktok is rated as 12+. On the Google Play Store it is rated as Parental Guidance Suggested (PG). Getting up for the app, it's possible to be asked your age without any form of verification. As a child, you can create an account, however, it's not possible to create an account with a real name. However, there has been a number of reports of children being asked to provide their real name and age to create an account. It's important to ensure that any child who is asked to provide their real name and age is supervised by a parent or carer. It's also important to ensure that any child who is asked to provide their real name and age is supervised by a parent or carer.

INAPPROPRIATE MUSIC
Tiktok revolves around creating and sharing short videos, often featuring lip-synching and dancing to popular music or soundbites, often for comedic effect. However, some of the music used on the app is inappropriate for children. Parents should be aware of this and ensure that their children are not exposed to such content.

TIKTOK FAME
Tiktok is very image focused and there is a notable preoccupation with appearance and attractiveness. Many teenagers have attempted to go viral and become what's known as a 'Tiktok star'. This can lead to a number of issues, including a loss of self-esteem and a focus on appearance. Parents should be aware of this and ensure that their children are not exposed to such content.

ONLINE PREDATORS
As a social network, Tiktok enables it to be used to connect with other users. This includes the ability to connect with strangers. This can be a risk for children, as they may be contacted by someone who is not who they appear to be. Parents should be aware of this and ensure that their children are not exposed to such content.

ADDICTIVE NATURE
Tiktok is designed to be addictive and can be used for hours at a time. This can be a risk for children, as they may become addicted to the app and spend too much time on it. Parents should be aware of this and ensure that their children are not exposed to such content.

IN-APP PURCHASES
Tiktok has an in-app purchase system which allows users to buy virtual gifts and other items. This can be a risk for children, as they may spend too much money on these items. Parents should be aware of this and ensure that their children are not exposed to such content.

Safety Tips For Parents

TALK ABOUT ONLINE DANGERS
Discussing online safety with children is important. Parents should talk to their children about the risks of using social media and the importance of staying safe online.

USE PRIVACY SETTINGS
Parents should ensure that their children's privacy settings are set to the most restrictive. This will help to protect their children's information and ensure that they are not exposed to inappropriate content.

ENABLE RESTRICTED MODE
Parents should enable restricted mode on their children's devices. This will help to filter out inappropriate content and ensure that their children are not exposed to such content.

EXPLORE AND LEARN YOURSELF
Parents should explore the app themselves to understand what it is like to use. This will help them to have a better understanding of the risks and ensure that they can provide the best support for their children.

LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT
Parents should ensure that their children know how to report and block inappropriate content. This will help to ensure that their children are not exposed to such content.

MODERATE SCREEN TIME
Parents should ensure that their children have a healthy relationship with technology. This means limiting screen time and ensuring that their children are not spending too much time on the app.

Meet our expert
Pete Smith is a writer with over 10 years experience in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has coordinated work which has been pivotal in successfully winning high profile cases as well as writing as a subject matter expert for industry handbooks.

'NEW FOR 2020' FAMILY SAFETY MODE
The UK Family Safety Alliance allows parents to lock their own Tiktok account to restrict content to family-friendly videos only. This is a great way to ensure that your children are not exposed to inappropriate content.

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @NationalOnlineSafety

HOW TO BUILD POSITIVE MENTAL HEALTH IN STUDENTS WHEN TEACHING

@BELIEVEPHQ

- 01 Create a mental health friendly environment where students are not afraid to open up and talk about their feelings.
- 02 Teach students about the importance of hard work and learning from failure or mistakes. Support them through this process.
- 03 Incorporate mental health sessions into your week. Why not have a block every day for some mindfulness or breathing?
- 04 Support students with challenging negative thoughts. Help them to be more aware of their thoughts and to realistically challenge them.
- 05 Take time to educate yourself about symptoms and signs of different mental health disorders.
- 06 Provide students with the right education about sleep habits, eating a well balanced diet and the importance of exercise. Provide opportunities for your students to be active.
- 07 Be a mental health role model. Provide students with real life examples of how you deal with stress, pressure or anxiety.
- 08 Help students to connect and build relationships with each other. Educate them on the importance of caring for each other.
- 09 Teach coping skills to students. Promote autonomy and help them to effectively problem solve.
- 10 Support, praise, encourage and listen to your students. Take time to get to know them.

PRIMARY

- Parent-Teacher Conferences will be held next week. Please reach out to your class teacher to confirm a time to meet.
 - Preparation for World Scholars Cup has officially started at Heritage, including for primary school students. Students have already been arranged into teams; they will prepare and meet as needed.
 - Don't forget that there is no school on Thursday and Friday of next week (05/03/2020 and 06/03/2020)
- Happy Mărtișor everyone!





UPCOMING EVENTS

Our annual **Heritage Spring Fest** will take place on the 2nd of March.

We will have a **Photo Booth** at the entrance!

We will **decorate a tree** with the symbols of spring-martisoare!

We will have **Colour Day**, when each class chooses **one colour** to wear (t-shirts, sweaters, scarves, part of the outfit to be of the same class colour). We build team spirit and color the day!

We will make **posters** about some of our favourite spring traditions from around the world.

In the classroom we can **Decorate the Spring** with kindness: cut off flowers, butterflies, write the kindness ideas, how you could make somebody happy (your classmate, teacher, parents) and decorate the door of your class/ your class with them.

On the 2nd of March we also celebrate **International Mother Language Day**, Educational Center will organize **book exhibition and sale**, Monday-Wednesday you can choose your vacation book!



Cambridge Global Perspectives Week will take place from **1 to 7 March 2020**.

The week will give students and teachers the opportunity to find out more about our unique Cambridge Global PerspectivesTM programme – showing them how they can start to build skills for life whilst learning about global issues.

Cambridge Global Perspectives is a transformational programme that helps students at every stage of school education develop outstanding transferable skills,

including critical thinking, research and collaboration.

2nd March, 2020

1st-7th March, 2020

3rd-4th March, 2020 (Tuesday-Wednesday)

5th-8th March, 2020 (Thursday-Sunday)

13th March, 2020 (Friday)

20th March, 2020 (Friday)

20th March, 2020 (Friday)

23rd-26th March 2020

International Mother Language Day

Global Perspectives Week

Teacher-Parent Conferences

Spring Break

Heritage Film Festival

International Francophonie Day

International Day of Happiness

Global Money Week

6 SIMPLE STEPS TO STAY HEALTHY THIS COLD & FLU SEASON

Don't let colds and flu catch you! Take these six simple steps to stay healthy this cold and flu season.

- WASH YOUR HANDS**
Basic soap and water are the best choice. An alcohol-based hand sanitizer works when you can't scrub up.
- CLEAN SHARED SURFACES**
Wipe down phones, keyboards, doorknobs, remote controls, and other things we all touch to stop the spread of germs.
- COVER YOUR COUGH**
And your sneeze too. A single sneeze can spread 100,000 germs into the air at 100 miles per hour!
- DON'T BITE YOUR NAILS**
Keep your fingers out of your mouth, eyes and nose so germs won't have easy access to your body.
- TAKE CARE OF YOURSELF**
Rest, eat right, stay hydrated and keep your allergies under control – it's easier to get sick when your respiratory system is inflamed.
- GET A FLU SHOT**
Just do it. Flu season lasts from October to May and it takes about 2 weeks for the shot to begin working.

BROUGHT TO YOU BY: **essential** FEDERAL CREDIT UNION

11 Ways to Support Your IMMUNE SYSTEM

- 1 Eat lots of fruits & veggies for maximum vitamins & minerals
- 2 Wash your hands often with warm, soapy water
- 3 Keep your hands away from your face
- 4 Get moving! Exercise boosts immune function
- 5 Hear someone coughing or sneezing? Move away!
- 6 Rinse nasal passages with distilled water & sea salt
- 7 Get plenty of sleep & rest
- 8 Decrease stress & meditate
- 9 Diffuse essential oils such as eucalyptus into the air
- 10 Include warming yang foods & herbs in foods & drinks
- 11 See Top Products to Support Immune Health

MAIN CONTACTS

Director: director@heritage.md
Academic/Secondary school: inga.chiosa@heritage.md
Primary: vera.stojlovic@heritage.md
International: international@heritage.md

School Psychologist: olesea.pletniov@heritage.md
Cambridge Secondary: rose.moran@heritage.md
ESL Cambridge primary: larisa.mirza@heritage.md
Absences: school.absences@heritage.md
Buses/meals: tatiana.arnautu@heritage.md

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