HERITAGE
International School

THE INTERNATIONAL HERITAGE HERALD

March 20, 2020

THOUGHT FOR THE WEEK

"*It is not in the still calm of life, or the repose of a pacific station, that great characters are formed. The habits of a vigorous mind are formed in contending with difficulties.*"

Abigail Adams, First Lady to 2nd President, John Adams

GENERAL

HERITAGE
International School

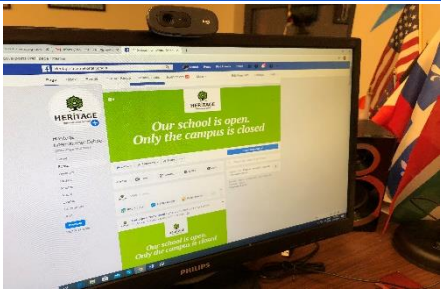
Our school is open.
Only the campus is closed

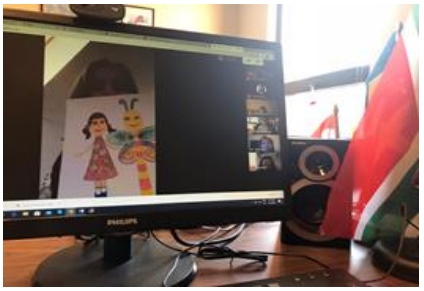
"Notes from the lighthouse":

I had a colleague in the UK call me this week to ask how we were all coping in Moldova and how we were facing these challenges not only a wider level as a society but as a school community. I happened to be sitting in school working late and the school was empty and he jokingly likened it to a lighthouse keeper on some remote island in a stormy sea keeping the flame alight. Well, the thought has stuck with me as I have reflected on the escalating sequence of events that now encroaches on most parts of the globe and communities are scared, governments are unsure and everybody needs reassuring that though these times are difficult right now, together we can support one another, find answers and solutions and get us all through to better times when this is over. It doesn't help being in a silent school when the corridors should be full of lovely sounds of our students, your children, playing, laughing and receiving their education in our school. We know we are in our "new normal" for the foreseeable future and our distance learning plan has allowed the entire school to

stay open based on the principle of the school day, routines, structure and daily meaningful interactive lessons that progress learning and knowledge. The near Herculan work of my extraordinary colleagues it is a privilege to work alongside and lead, has left me very humbled and very proud. They are remarkable and they are dedicated to making sure in this uncertain time, there is going to be the certainty that our children will continue to learn, follow their curriculum and be educated in the mission, ethos and philosophy of our school. We have shown and led the way with this model of educational hope to the extent that the Minister of Education and the State Secretary called for an emergency meeting last Saturday in our school to see what we were doing and could we support them so all children in our country of Moldova could continue school in some form. We are helping and showing the World how it can be done and the good to come out of all of this is a focus on the real things of life, the meaningful things of life and I write this as a husband and a father whose own three children and wife are 3000kms away on the other side of Europe right now with no sign of when travel can be allowed again. We are all in this together, anxious and unsure but we can find answers and a way as a community. It is is also our ethos to develop and model our social responsibility as a school and we are now lending our experience and expertise to the ministry for Moldova. The Founders set this school up so it's education would be outward facing, innovative, global and create future leaders who will take up that baton and face the challenges of the future ahead. This week I saw it when I literally dropped into so many online classrooms to say hello to students and talk to my colleagues and students, see amazing learning, thank them and tell them how proud I was of the way they have all responded. They are going to need our love and support in the weeks ahead as this gets tough under the new restrictions but we will continue to make sure we are a cohesive positive community. You, the parents of this community, who support and believe in our school are remarkable. Your messages of support are shared with the staff and it is so welcome to know what we are doing is appreciated. But please, still tell us when we get it wrong, as with our students and learning, if we fail, we learn and we change it. So, returning to the lighthouse keeper analogy, it does feel as if we have to keep the lamp of hope for our young people, burning brightly to shine into the darkness right now, even more so, but it is not a lonely island or a lonely school. I am joined by every student, teacher, support staff member, parent, Founder, carer, grandparents and everyone who is proud to be a part of our remarkable young school face these challenges successfully. ***Our School is OPEN. We are Heritage.***

My podcast interview with a UK based educational journalist from London, looking at our response to the crisis and to share with schools in the UK and wider - can listen from the link - https://www.buzzsprout.com/859129/3037885-covid-19-and-a-response-from-school-leadership-carry-the-flame-and-defend-the-weak-with-robert-ford





"Heritage in the News"
https://diez.md/2020/03/17/cum-elevii-de-la-scoala-internationala-heritage-din-moldova-

[studiaza-la-distanta-acest-exemplu-ar-putea-fi-preluat-si-de-alte-institutii]

[http://m.tvrmoldova.md/actualitate/un-liceu-din-chisinau-desfasoara-lectiile-in-mediul-online-lectiile-decurg-in-mod-obisnuit-cu-teme-pentru-acasa-si-note]

[https://www.heritage.md/en/novosti/heritage-to-support-distance-learning-in-all-moldovan-schools]

DLP (Distance Learning Plan) Wk2 FAQs:
Q1: Should parents be helping "in class"?
A1: Students still need to be responsible for their own learning in class. This hasn't changed. Ideally if there is a separate space where they can work, and it isn't in a main family area at home, that will help enormously. Linked to that, parents shouldn't be undertaking the learning for the students. The challenge of learning, acquiring knowledge and making it meaningful to them is their learning journey as a student. Assisting with say homework, listening to them read, all carries on as normal, but in our scheduled daily lessons the relationship is just a student and teacher, to make this work. With our much younger children, having parents help on the other side of the camera is invaluable and we are also conscious of parents taking on a trinity of new roles of parent/worker/classroom assistant.

Q2: Can we take photos or record from home?
A2: The answer is this - would you be doing this if they were in school? Under our Child Protection policy and Online Safety policy, that underpin the Distance Learning Plan (DLP) it is clear, images and recording of anyone but your child without permission, isn't allowed. We don't allow recording in class by parents in either audio or visual form. The quality of teaching and learning comes under the academic senior leaders and my teacher colleagues are aware that they have a new audience with the DLP online. So we all need to be mindful and follow clearly the policies we have clarified the positions here. We also need your help with students ensuring all learning online is within the safety outlined in our policies so your child can study under the DLP.

Q3: Is it possible to have a parent group activities such as an online reading group for parents - no sci-fi horrors though!
A3: This is a great idea and has worked well in full lock down areas for Covid-19. Any volunteers to help with this please contact school directly. Wine tasting and Tango dancing

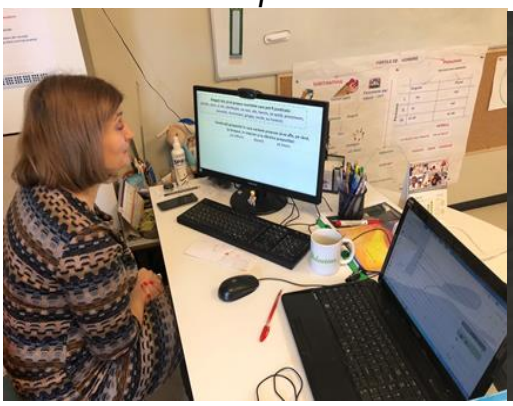
events will have to wait until this is over. Anything we can all do to break the isolation of the social distancing within the rules of preventing the spread of Covid-19, are too be welcome.

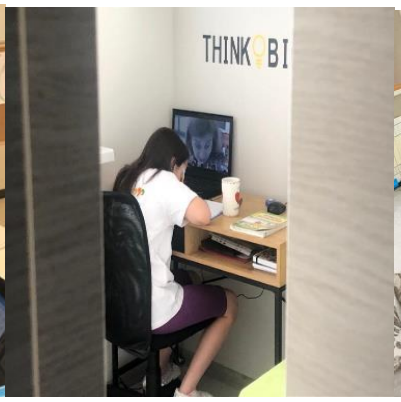
Q4: How can we get all the students to see one another or send messages? The isolation is already making things hard and social distancing is now a real thing as part of the lockdown.

A4: Another great idea. The Director has been visiting classrooms this week and student voices all said they are missing the atmosphere of school and their friends. We are going to ask teachers to record messages from classes that we can share and make available "Our Shout Out" diaries. We are also encouraging students to blog and reflect their thoughts and experiences, again, all to make sure we stay connected and cohesive as a community and help one another through this crisis. We are thinking of classes making "Tik Tok" videos for classes to share and say hello so the school can see one another. Prizes for the best one.

Q5: Is the school physically still open now?

A5: The school has to be staffed by a member of the administration every day and under our Level 4 description on the matrix of the Crisis Management Plan for the coronavirus, the administrative functions of the school continue as normal. The teaching faculties now meet regularly online for staff meetings on a Wednesday after school, the Leadership Team meet online at their usual time on a Friday morning and the Teaching & Learnings weekly briefing continue but are now recorded and sent to colleagues. The Full Governors meeting will go ahead in April for Semester 2 and the Leadership Team report and we are also interviewing online right now new teachers for next academic year. We have a new pedagogy, new school challenges and new issues being thrown up as the DLP model becomes more refined.





Q6: How are other parents dealing with getting their children motivated and into routines?

A6: Short answer, it is tough on all parents but there are ways parents are ensuring the normal school day is structured so lessons continue and students maximize learning. A lot of parents are using their alarms on a phone to ring at the end of every period. We have already said that online etiquette routines we insist on such as no pjs, working from bed, eating at the camera, calling out, being silly, having a seperate class chatroom. Because of the online nature of the DLP, at break times it would be much better not to allow students to play games on devices. PE and sport lessons are continuing in a form and for families that are under house quarantine make sure there is regular physical activity. Our mission is that 9E will participate in their sports lessons! We all need to share our coping strategies and

how we build our resilience. We do need to be strong for our children and students to face this challenge and get them through it. Normality through school continuing is one of the most powerful examples of supporting this approach.

Q7: Is there still a school vacation in April?
A7: Easy one, YES/DA

This piece is from an Irish school we work with and have asked to share it as there are some good ideas for being at home:

Home Learning (COVID-19)

Due to the COVID-19 pandemic, we've decided to give you a few ideas of things you can do to help your child to learn. As we are all fairly familiar with Project Homework, we decided to base it on the same format. Please remember that the work is completely optional. Teachers will be available on Google Classroom and email but please allow time for responses. Teachers may send you other things to do, and again, you are welcome to do them. Our suggestion is that you give your days some routine and maybe dedicate an hour or two to schoolwork.

Like Project Homework, you can pick as many of the activities below over the 2 weeks. Every subject is covered below and some require the help of family, some can be done on a computer, but most can be done on your own. Each activity has an explanation so click on it to read more.

When you complete an activity, you can let your teacher know on your Google Classroom. Some of the activities below have a link to click on for more information. Others link to a website with further instruction. If you need help, ask your teacher! Finally, there are lots of teachers outside of the school making YouTube videos, Instagram Stories, and all sorts of other ways to help your child learn each day. If you find any good ones, why not let us know by emailing Simon and he'll share them on the Facebook Page.

Keeping Active	Literacy	SESE	Arts	Numeracy
HIIT Workout	Skype with a Relative	Family Tree	A Sketch a Day	Play Mathletics
Go Noodle	The Daily News	The History of my Family	Learn a Musical Instrument	Maths Worksheets
Mindfulness Session	Irish Times	Peace	Puppet Show	Make a cool pattern
Get Outside	Read a book with a parent/family member	My Holiday	Who is your favourite artist?	Board Games with Mathematical Thinking

Body and Mind

HIIT Homework

Stick on your favourite upbeat playlist and try out these exercises one after the other. To give yourself a bigger challenge, do each circuit twice or three times or more!

Session 1 - 5 x 25	Session 2 - Legs Moving	Session 3 - Up and Down
1. 25 jumping jacks 2. 25 squats 3. 25 seconds run on the spot 4. 25 push ups 5. 25 seconds plank	1. 30 seconds run on the spot 2. 30 seconds high knees 3. 30 seconds jumping jacks 4. 30 seconds butt kicks 5. 30 seconds jog on the spot	1. 30 seconds jumping jacks 2. 30 seconds mountain climbers 3. 30 seconds run on the spot 4. 30 seconds plank 5. 30 seconds burpees!

OR

Have a family disco - stick on your favourite tunes and bop around the room for 20 minutes!

Get Outside

Try out as many of these exercises outside (keeping social distance!) that you can and tell your teacher which ones you've done.

• Cycle your bike for 10 minutes • Go for a walk • Ride your scooter for 10 minutes	• Jump on your trampoline • Walk your dog • Bubble bashing - get someone to blow bubbles for you to try and burst all of them

• Draw your own hopscotch with chalk and play • Throw a ball against a wall and catch • Create your own obstacle course • Run for 5 minutes • 10 minutes of free play outside • If possible walk home from school one day	• Do 3 laps of your house or up and down the hall 10 times • Keepie uppies - how many can you do in a row? • Skip sideways up and down the garden 5 times

Skype with a Relative

This can be a nice idea if you have a family member who may have to self-isolate or who you may not be able to visit. It's a way for children to use oral language and it might be a nice kind of game to play to keep boredom away.

Ideas include:

1. Play 20 questions - take turns in thinking of an object and the other person can only ask questions which have a yes or no answer.
2. A-Z - Pick a topic and take turns in naming something beginning with A then B then C and see if you can get to Z Without skipping any letters.
3. The Big Interview - child prepares 10 questions they'd like to know about the relative and then asks them
4. More ideas here: https://www.fluentu.com/blog/educator-english/esl-vocabulary-games/

Irish Times

Even if you can't speak Irish, there are some great ways to pick up some vocabulary. One really easy activity is to pick a topic, for example: food, household objects, colours, and so on, then write down 20 words associated with that topic in a list. Next go to https://www.focloir.ie/en/

Read a Book with a Parent

Snuggle up on the couch and spend ten minutes reading for no other reason than the joy of reading a book. Of course, there are loads of benefits to reading every day but what a nice time to drop everything for a short time.

Family Tree

Make your family tree with your child. You can do this digitally or by hand and you can go back as far as you want!

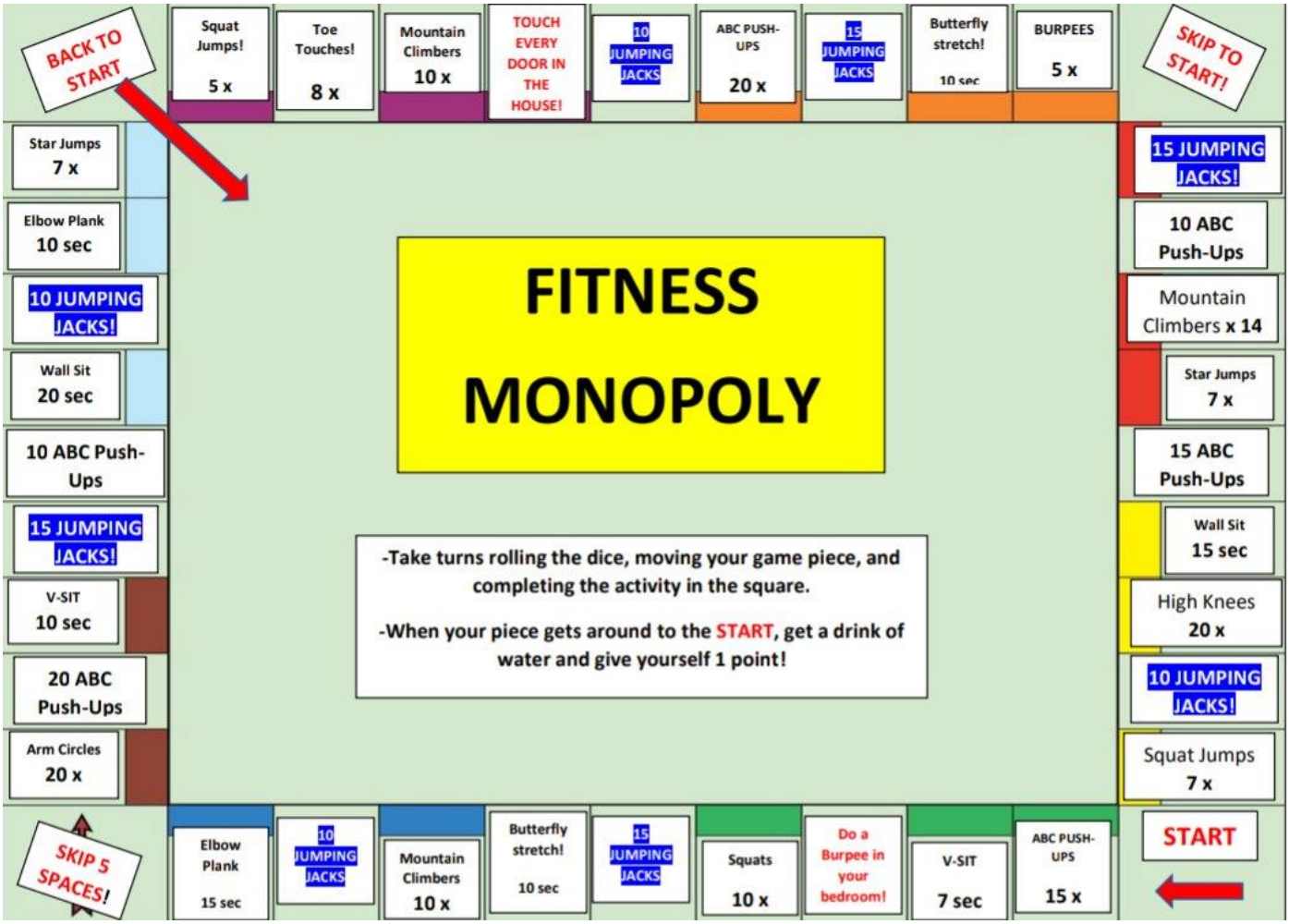
BIGGER PROJECTS

These instructions are for these projects:

- The History of my Family — An extension of the Family Tree Project - tell us about your family
- Peace — What does peace mean to you? How will we get there?
- Who is your favourite artist? — Tell us something about your favourite artist - A singer? A painter? A poet?
- My Holiday — Tell us about your last holiday

Here are some ways you can produce it for your teacher

1. Write it! — Make your project on paper and bring it to school. (No bigger than A3 please!)
2. Type it! — Using Google Docs, make your project adding text, images and maybe video
3. Build it! — Using whatever materials you want, build and make your project
4. Present it! — Make a Google Slideshow about your project
5. Make a Book! — Use Book Creator on an iPad or Chromebook to make a book about your project
6. Video it! — Grab a phone and hit record then send it via Classroom to your teacher
7. FlipGrid it! — Your teacher might have set up a question on Flipgrid. Log in with the code he/she gives you.



Useful ideas and related articles:

Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch - https://people.com/travel/stuck-at-home-these-12-famous-museums-offer-virtual-tours-you-can-take-on-your-couch/?fbclid=IwAR1q7i1eS1whGSnw7P0_dyj6faIJX8FmZshQ5O3Ai0EORHtOJ-SzqoWfW_0

UNDP has teamed up with AMV, one the world's largest advertising agencies, and actor, writer, and comedian Stephen Fry for the Tweet Zero campaign. It highlights the simple actions that can keep you safe, such as washing your hands frequently, staying home when sick, and not touching your face. - https://www.undp.org/coronavirus

Home Learning ideas and activities - resource from UK/Ireland for families - https://docs.google.com/document/d/19net3D_CdEKEl1Orth0wN4jhqSBu1L5otShc2_MMays/edit?usp=sharing

Biblioteca Naţională Digitală Moldavica oferă pentru prima dată acces integrat la moştenirea culturală scrisă, inclusiv cărţi, manuscrise, tipărituri vechi şi rare, alte documente patrimoniale. Ea deschide noi căi de explorare a patrimoniului cultural naţional http://www.moldavica.bnrm.md

This week, a book donation from North Carolina got to Heritage school library. The donation was possible due to a collaboration project run by teacher Tatiana Popa between our school and River Road Middle School in Elizabeth City, NC. The project is part of North Carolina - Moldova Bilateral Partnership, it is supported by US Embassy in Moldova and it is implemented in our country by the Academy for Innovation and Change through Education.

Our school has been awarded with the eTwinning School Label 2020-2021 and this is a great achievement by the eTwinning team in our school! We could apply for the title only this year, after having run quality eTwinning projects for two years. Only 3 schools in Moldova got it this year, as it is a very selective competition. This means that our eTwinners did an outstanding work in their projects and their work was appreciated at highest level by the Central Support Service in Brussels.
eTwinning schools are examples for all the other schools for the dedication and commitment to promote eTwinning and its values, which are represented by the eTwinning Schools' mission which you can download here:
https://www.etwinning.net/files/etwinningschool/etwinning_school_mission.pdf

How we talk to our children about coronavirus

Between healthy precaution and pathological anxiety

The new coronavirus has already spread to many continents, causing the deaths of thousands of people, closing schools and universities and canceling or postponing a large number of international events. People's reactions have ranged from extreme panic and emptying supermarket shelves to turning the virus into a joke subject, to which is added the category of those who believe that this whole story with the virus is a conspiracy.
In such an atmosphere, we asked how children perceive this information to which they are exposed and how it would be advisable for parents and teachers to communicate with them about the new coronavirus and the disease it causes, COVID-19.

What do we tell and what you don't tell the children

Between answering the children to questions and creating anxiety is a fine line, but "it is never a bad idea to insist on hand washing, hygiene rules", it is important for them to understand hand washing, the correct sneezing - in elbow, not in the palm - to learn not to put the dirty hand on the mouth, nose, to throw the towels directly to the garbage after using them, not to leave them scattered on the surfaces.

To younger children a comparison with the flu can be useful for them to understand why they have to do certain things, because they have cooled down, they have had a hard time not washing their hands, feeling bad and having a fever.

However, it is not a good idea to tell them the information they did not ask for - how many cases there are, how many died - or to threaten them. "We can create little trauma there if we don't pay attention to how we talk to them about it."

Children have a tendency to always feel guilty anyway, so an approach like See, if you don't wash your hands ?! You got sick! it will make them feel that they are not capable, that they are not good enough.

On the other hand, neither hiding information nor ignoring children's concerns are good. "Don't tell him: stay calm, it's OK, you have nothing. It is normal to validate his emotions, especially fear. Fear as an illness is something we all have, especially when you are little. We do not tell him things that we will not be able to keep: you certainly will not have the disease, you will not get to the hospital, you will not get treatment. " Depending on the age and understanding of the child, you can choose the way to discuss it.

For example, with a 14-year-old you can talk about the mortality rate, and how quickly the virus spreads.

To a younger child you are only supportive of their concerns about the subject and you avoid transmitting them discussions started by you with certain fears of you as an adult.

How to calm a child's fears

In order to reassure a child who is afraid of COVID-19, tell him the truth and make sure he is safe. "We tell him that there are doctors who face such situations and that he can sleep peacefully at night because he is in good hands."

We can also tell him that, until now, no child has died of the new coronavirus. It is important for him to have the feeling that the situation is under control: "No, you will not die, that's why we have doctors, that's why we're in a civilized country, that's why we have a medical system. If you get sick, we will go to the hospital, we will take treatment, it is possible to stay at home ".

Some children have heard that there is no treatment for COVID-19, and they understand that if they get sick, we won't have anything to remove their suffering.

"We can explain to them that some diseases pass without treatment or that some treat the symptoms - if you cough, we give you something to stop coughing so much, if you have a fever, you get something to lower your temperature."

Be honest with them. If you do not know the answer to their questions, do not invent them. Look for answers together. The websites of international organizations such as UNICEF and the World Health Organization are excellent sources of information. Also explain to them that some information on the Internet is not reliable.

Cheer them. Children may not understand that screen images and reality are not one and the same. They may think I'm in danger. You can help children cope with their fears by giving them the opportunity to play and relax. Follow the usual schedule as much as possible, especially before bedtime.

Remind children that they are unlikely to get sick and that many adults work hard to keep their family safe.
If the child is not feeling well, explain to him that he should stay home or in the hospital, because this is better for him and his friends. Make sure you know how hard and boring it can be, but respecting the rules is necessary.
Take care of yourself, your psycho-emotional state. You can help your children better if you take care of yourself. The kids themselves will guess how you react to the news, and being calm and knowing what to do will help them feel safe.
If you are scared or upset, take a break, talk to other family members, friends.
Remind the children that they can talk to you anytime. Tell her you're ready to listen to him and help him whenever he needs.

Filter articles read or viewed about Covid -19 as a parent to not be toxic to your child
COVID-19 has already reached each of us. So it came to you, at least in your mind. Because considering the global situation, you are already processing information about viruses, symptoms, prevention, possible victims.
You already have a mental map and you feel in the body at the biochemical level the effect of the emotions produced by this information, whether you realize them or not.
Specialized research in the field of psychology shows that the human brain does not differentiate between imagination and reality. As long as the population of the planet is preoccupied with prevention or already facing Coronavirus, it is difficult to become objective and to identify the boundaries between rational and irrational, between normality and psychosis.

So, the first measure of psycho-emotional protection that I recommend as a psychotherapist, is that before opening any link or message, you inspire and expire, in your own and most concrete way, to bring your attention to the body and apply it, asking if the article, news or message comes from an official source, is a serious press release or a "bomb" news, alarming, a personal opinion of a "good man", who wants to "help" , doing nothing but amplify the panic in the mass.

This way you can decide which sources are credible or not and you can personally prevent.
So, ask yourself the following questions:
1. Is this message true?
2. Is this message from a secure source?
3. What is the relevance of sending this message to me as a broadcaster?
4. What will the other person feel when they read it?
5. What is my benefit both informationally and emotionally? But his?
6. Do I protect and psychologically help the person to whom I send this message, or do I activate or amplify my state of panic and concern?
7. What emotions are transmitted and what are the effects on one's own body and the body of the other?
8. What do you feel when you talk about these topics related to COVID-19 and how do you do it?

Since from a bio-psychological point of view, the state of danger activates the reptilian brain, triggering the mental maps of the scenarios in which your life is endangered, the

mechanisms of the behavioral survival instinct are automatically manifested. This makes it possible that when you are shopping, you can buy without asking yourself how much you buy and what exactly. The state of danger and therefore the need for safety triggered by the stimuli transmitted by the sensory organs: seeing through food images, hearing news, feeling hungry and thirsty, make us put in the basket, repetitive, not 5, but maybe 15 or 25 cans. without stopping, because we act under the empire of an emotion that is sometimes uncontrollable in such situations: Fear.
The main enemy in these moments at the psychological level and 100 times closer to you is the fear generated by this virus in your mind through the thoughts you can activate and in your body through the emotions you feel.
What you have to do now, as a practical part, to lessen your fear and prevent psychological contamination, is to activate your CONSCIENCE !

Therefore:
1. Identify negative thoughts.
2. Make the difference between normal, healthy behavior and anxious behavior.
3. Identifies the objective reality according to statistics, from credible sources.
4. Identify where you live: in the past, in the imagination, in the future or as it is right in the objective reality in the HERE and NOW?
5. Stay present and from time to time, bring your mind into the body.
6. Awareness - your breathing rhythm and try to calm it (inhale and exhale calmly and relaxed).
7. Practice relaxation, meditation or mindfulness techniques, staying present and conscious without necessarily emphasizing their mystical side. Dr. Herbert Benson, founder of Harvard Medical Institute recommends meditation and relaxation.
8. Also, for activating the production of endorphins, dopamine and serotonin, the activities you enjoy are now recommended.

Contemplating nature,
Outdoor walks,
Stand in the shade of a flowering tree or in a garden,
Dance, sports activities,
Reading, why not? ,
A good movie on Netflix,
Other activities that you may have postponed due to lack of time and you would now be pleased should be viewed as investments in well-being and health.
Now is the time to invest in yourself and your passions: maybe you want to paint or draw, learn a new editing program, maybe it's time to learn how to cook something new, or maybe the time has come to play with the children and spend time at home with your loved ones.

Look at isolation creatively and take this opportunity to invest in yourself!

Corona Virus Living
By Alaha Ahrar

Not long ago we thought 2020 would rock
But the world's system changed
With this corona shock
Life is a battle we accept it
Every day buzzing with new surprises
Like an alarm clock
To be happy these days
Make new friends and talk
Avoid handshakes and hugs
And go for long walks
Keep social distance six feet apart
Wash your hands and put on your socks
Don't stress out but take care of yourself
Avoid public gatherings and make sure your doors are locked
Change is the one constant that's for certain
Let's not let this virus break up the world

Coronavirus in US: Five uplifting stories of Americans dealing with the pandemic | The Independent - https://www.independent.co.uk/news/world/americas/coronavirus-us-uplifting-stories-singing-proposal-care-home-family-a9407866.html?utm_medium=Social&utm_source=Twitter#Echobox=1584526600

WHO Mental Health and Psychosocial Considerations During COVID-19 Outbreak - https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8

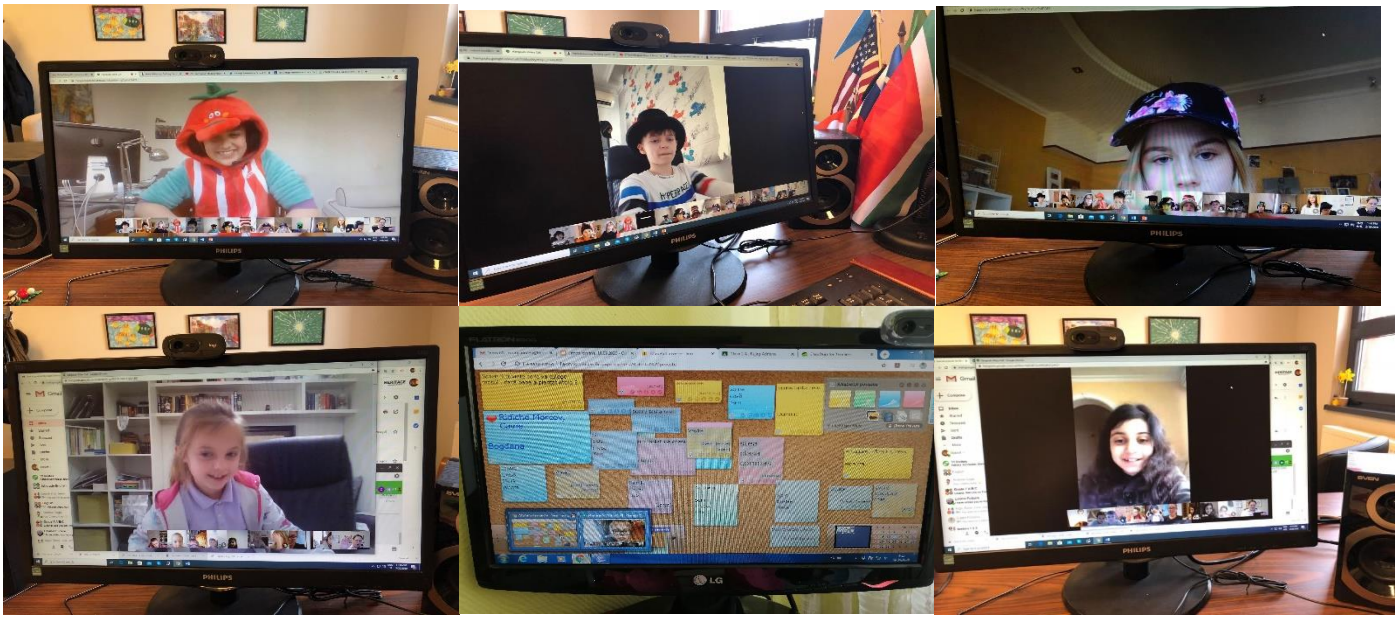
President's Appeal to the citizens of the Republic of Moldova - published March 18th - http://dodon.md/ru/un-apel-catre-cetatenii-republicii-moldova/

Top e-learning solutions from Estonia you can now use for free - http://education-nation.99math.com

5 Ways to Bring Art Into Your Home While Museums Are Closed | Time - https://time.com/5803389/museum-closures-virtual-art-coronavirus/?amp=true&__twitter_impression=true

Maths Games | Mangahigh.com - https://www.mangahigh.com/en/
Stuck at home? Take free drawing classes from famous illustrators https://www.fastcompany.com/90478307/stuck-at-home-take-free-drawing-classes-from-famous-illustrators

Free eBook Library from Oxford University Press https://www.oxfordowl.co.uk/for-home/reading-owl/library-page?fbclid=IwAR1tv2qvLjdIWn-RixZE3cPvsIKHdWcUVwbWeGO6eqpmbu_X0hYe7mrXBX4



Virtual Classroom Agreements

1. Be dressed and ready to learn at 8:30am.
2. Sit properly at our desks or tables with all our stationary ready.
3. Turn off our microphones and raise our hands if we have a question or want to give an answer.
4. No online games between 8:30am and 2pm.
5. No eating or drinking during class time. You can have a water bottle with you or tea in a closed travel mug.
6. No chatting on Google Hangouts during class time.
7. Tell teacher or our parents if we are unsure or concerned about something.
8. Be kind and helpful to each other.
9. Have FUN

UPCOMING EVENTS

20th March,2020 (Friday)	*International Day of Happiness*
23rd-26th March 2020	*Global Money Week*
6th-10th April, 2020	*Science Week*
10th April, 2020 (Friday)	*Heritage Science Exhibition*
18th-27th April, 2020 (Saturday-Monday)	*Easter Break*

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