

January 23rd, 2026

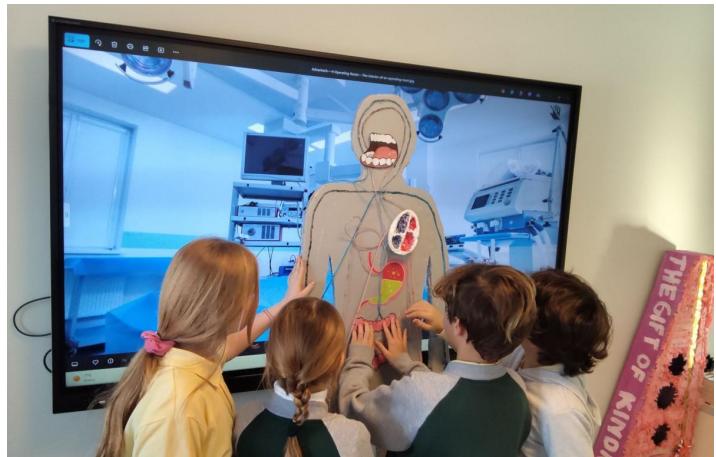
THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“With the new day comes new strength and new thoughts”

Eleanor Roosevelt



WHAT'S NEW?

Thought for the week	1	Key Dates	30
Director's weekly notes	3	Global Education	32
The Heritage 10 golden rules	4	Student Leadership	35
Action for Happiness	5	Clubs & Extracurricular Activities	38
Heritage around the world	6	News from the Library	39
Faces of Our School	8	Digital Corner	40
News from Primary	12	Pastoral Care	41
News from Secondary	24	School Information	43
Cambridge Exams	29	Main contacts	48

Director's notes

Dear Parents and Caregivers,

Welcome back to a fantastic new term at Heritage! After a refreshing break, I'm thrilled to see our students, staff, and families reunited, ready to learn, grow, and thrive together.

We have an exciting term ahead with many developments in the school coming! It is time to welcome our new recruits in Grade 1, time to start looking ahead to next academic year, time to take those final leaps into the exam season, and more



Our Parent Education series continues this week with learning on Wellbeing and Managing Exam Stress and I look forward to welcoming more than 40 community members to this session.

Thank you all for your ongoing support of our school and our community. Together we are making a real difference in the lives of our students and your children. Thank you.

Let's make this year our best yet—filled with curiosity, kindness, and achievement. Here's to new adventures!

***Casey M. Barnes,
Heritage Director***



The Heritage 10 Golden Rules

We want everyone to enjoy Heritage International School and have a successful, fulfilling, and rewarding academic year. To all those joining us for the first time and those who come to regular school at Heritage, we are all members of Heritage for the time we are here and we all follow the same code of respect to ensure everyone is kept safe and we enjoy our school.

1. *We listen to & respect those looking after us, and teaching us, and always follow their instructions.*
2. *We respect and look after each other as students of Heritage. We are a caring community.*
3. *If unsure, we ask one of our teachers or support staff.*
4. *We are always aware of being safe, especially around physical & practical activities*
5. *The way we speak to each other and the words we use are the right ones*
6. *If someone is not well or unhappy, we let one of the adults looking after us know*
7. ***We make sure we have the right clothes and equipment for each day.***
8. *We make sure we are on time and if we are late we make sure people looking after us know.*
9. *We are responsible for our behaviour as a student of Heritage.*
10. *We make sure we engage in our learning, grow in our knowledge and understanding, achieve our best and potential, be contributing and valued members of our community, and get the most out of our school opportunities.*

Action for Happiness Calendar

Happier January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p>1 Find three things to look forward to this year</p>	<p>2 Make time today to do something kind for yourself</p>	<p>3 Do a kind act for someone else to help brighten their day</p>	<p>4 Write a list of things you feel grateful for and why</p>
<p>5 Look for the good in others and notice their strengths</p>	<p>6 Take five minutes to sit still and just breathe</p>	<p>7 Learn something new and share it with others</p>	<p>8 Say positive things to the people you meet today</p>	<p>9 Get moving. Do something active (ideally outdoors)</p>	<p>10 Thank someone you're grateful to and tell them why</p>	<p>11 Switch off all your tech at least an hour before bedtime</p>
<p>12 Connect with someone near you – share a smile or chat</p>	<p>13 Take a different route today and see what you notice</p>	<p>14 Eat healthy food which really nourishes you today</p>	<p>15 Get outside and notice five things that are beautiful</p>	<p>16 Contribute positively to your local community</p>	<p>17 Be gentle with yourself when you make mistakes</p>	<p>18 Get back in contact with an old friend</p>
<p>19 Focus on what's good, even if today feels tough</p>	<p>20 Go to bed in good time and allow yourself to recharge</p>	<p>21 Try out something new to get out of your comfort zone</p>	<p>22 Plan something fun and invite others to join you</p>	<p>23 Put away digital devices and focus on being in the moment</p>	<p>24 Take a small step towards an important goal</p>	<p>25 Decide to lift people up rather than put them down</p>
<p> 26 Choose one of your strengths and find a way to use it today</p>	<p>27 Challenge your negative thoughts and look for the upside</p>	<p>28 Ask other people about things they've enjoyed recently</p>	<p>29 Say hello to a neighbour and get to know them better</p>	<p>30 See how many people you can smile at today</p>	<p> 31 Write down your hopes or plans for the future</p>	<p></p>

ACTION FOR HAPPINESS  **Happier · Kinder · Together** 

Key Dates

19th - 23th January 2026	Arts Week
27 January 2026	Holocaust Remembrance Day
29th January 2026	COBIS Drama Competition
29th January - 1st February	COBIS MUN
4th February 2026	World Read Aloud Day
10th February 2026	COBIS Music Festival

[See the 2025-2026 Academic Calendar here](#)

Heritage around the world

eTwinning Conference

Learning goes beyond the traditional boundaries of teaching at Heritage every day thanks to our teachers and the national and international partnerships they build.

On January 17–18, 2026, the eTwinning community gathered at the Annual National Conference "Life Skills through eTwinning," where teachers who implement eTwinning projects in their schools were awarded.

We are extremely pleased to announce that Ms. Adriana Bujag, our primary school coordinator and an eTwinning Ambassador, was awarded for the project "Books, friendship and diversity – Celebrating what unites us!".

The project connected students from different countries through reading and dialogue, promoting cultural understanding, empathy, and friendship. Through shared stories and experiences, children discovered in this project how diversity enriches communities and brings people together.

To mention that Heritage holds the status of an "eTwinning School" and our teachers implement projects with students every year, collaborating with schools around the world. These experiences contribute to the development of children's critical thinking, creativity, digital and civic skills, which are important in a constantly changing society.

The annual conference was moderated by Tatiana Popa, our Head of Secondary and Deputy Academic Director at Heritage. Tatiana is the first eTwinning ambassador in the Republic of Moldova and the first teacher in Moldova to have joined the eTwinning platform back in 2013, playing an active role in the development of the eTwinning community at national level.

Congratulations, Mrs Bujag, for all the success in your eTwinning projects, and we wish you much luck and inspiration further!



Heritage around the world



Elena Borjan

Cambridge Primary Teacher

For the past two years, I've been teaching primary school children and lower secondary students here at Heritage International School in Moldova.

I'm originally from Moldova and began my teaching career at Chisinau International Preschool, where I

I spent six wonderful years working with children aged 4–7. Those years gave me a strong foundation in early childhood education and a deep love for helping little ones grow and discover the world.

In 2020, I moved to the United Kingdom to explore new opportunities, study, and travel. While there, I completed my Early Years Educator Level 3 qualification at the Institute for Apprenticeships and Technical Education in Evesham, graduating with distinction. At the same time, I worked in a preschool with children aged 4–5, gaining valuable hands-on experience.

In 2023, I relocated to Germany to join an international preschool in Munich, where I worked with children aged 5–7, supporting their learning and creativity in a multicultural environment.

Teaching across different countries has not only broadened my professional skills but also enriched my personal journey. I love bringing together the best of what I've learned in Moldova, the UK, and Germany to create a nurturing, joyful classroom for every child.



Faces of Our School

Valentina Carmazan

Cambridge Primary Teacher

I am Valentina...

I have been working in the field of education for many years. Dedication, professionalism, and commitment motivate me to contribute to the harmonious development of multiple generations of students.



I began my journey with small steps in preschool education and later continued in primary education. I have been part of this institution since its opening in 2017, successfully guiding two generations of students.

Every day spent in the classroom is an opportunity for me to offer children not only knowledge, but also love, patience, trust, courage, and values. I always listen to children's silences, understand their fears, and encourage them with confidence, love, and belief in their own abilities. Even when mistakes become difficult lessons, timid steps turn into achievements.

The path I have walked—and continue to walk—is not painted only in bright colors, light, and joy. It often resembles a mountain trail, with steep climbs, trials, challenges, and quiet descents. Still, I gather the courage to begin again and move forward, remaining true to what I do even when the road feels hard.

The seeds you plant in children's souls grow in silence but bear fruit for a lifetime. I strive to preserve dignity, professionalism, and mastery like a rare book—read with patience, written through actions, and passed on to those you help shape.

The traces you leave behind give beauty to your name.

Marina Farima Taber English Language Teacher

Marina's educational and teaching journey has taken her across countries, classrooms, and cultures, shaping her into the thoughtful educator she is today. With a background in English literature, education, and gender studies, she brings both academic depth and heart into everything she does in the classroom.



Before joining Heritage International School, Marina studied and taught in Budapest, designing university courses on popular culture and representation, while also working on research projects focused on social change. These experiences deeply influenced her teaching philosophy — one that prioritizes inclusion, critical thinking, and giving every student a voice.

Marina embraces her non-traditional teaching methods and strives to move beyond the strict boundaries of a conventional classroom. She values student-centered learning, where students take an active role and become decision-makers in their own learning.

What Marina values most about teaching at Heritage International School is the energy and honesty her students bring each day. She loves watching them grow in confidence, express their ideas, and discover the power of language. Her classroom is a space where mistakes are part of learning and ideas are always welcome.

Outside the classroom, Marina loves electronic music and has a bucket-list goal of attending a music festival on every continent, with two already checked off. She also enjoys reading, and a recent hobby she has picked up is oil painting. Even though she jokes that she's "terrible" at it, she finds beauty in every brush stroke and loves creating without pressure — a mindset that often mirrors how she encourages her students to learn.

Her favourite quote, "The desire to reach for the stars is ambitious. The desire to reach hearts is wise." by Maya Angelou, reflects her belief that success is not only about achievements, but also about kindness, empathy, and meaningful human connection. For her, reaching "hearts" represents teaching with compassion, understanding, and care. She believes the most powerful impact a teacher can have is not just helping students achieve academically, but making them feel seen, supported, and inspired.

Timothy Day English Language Teacher

Hello, my name is Timothy Day and I teach Year 9 and IGCSE English at Heritage International School. I just joined the teaching staff here last September for the current 2025-2026 school year. Before Heritage, I taught for over three years at the International Language Training Center (ILTC), also in Chișinău, Moldova. Before coming to Moldova, I taught history as a Visiting Assistant Professor at Purdue University in my home state of Indiana (United States), and I also taught as an adjunct professor and teaching assistant at Central Michigan University, where I earned my doctorate in European history.



I have always loved Europe, so I have always looked for ways to come back and experience the Old Continent. I studied at the University of Angers in France and also Erasmus University Rotterdam in the Netherlands. I have done historical research and published articles in the UK, France, and the United States. After completing my studies and research endeavors, I decided that teaching English would be a fantastic way of keeping my European Dream alive. I am very happy to have found my way to Moldova, where I have found a strong academic culture and a commitment to creating a better future for its citizens.

Outside of teaching, I have begun working on a master's in English literature to further my interest in the English field. I love learning in general, particularly in the humanities and social sciences. I appreciate the kindness that the Moldovan people have shown me as a foreign resident, both at Heritage and in the wider society. I try to stay connected with family and friends in my downtime, and I look forward to visiting my parents at our Indiana home during the summers.

Favorite quote: "The worst thing that can happen to a man is to succeed before he is ready." Dr. Martin Lloyd-Jones

Primary Assembly 2E Diversity

During Primary Assembly 2E, students explored the meaning of diversity, learning to appreciate differences and promote respect, inclusion, and kindness within their school community.



View all materials at the link:

[link](#)

National Culture Day in 5E

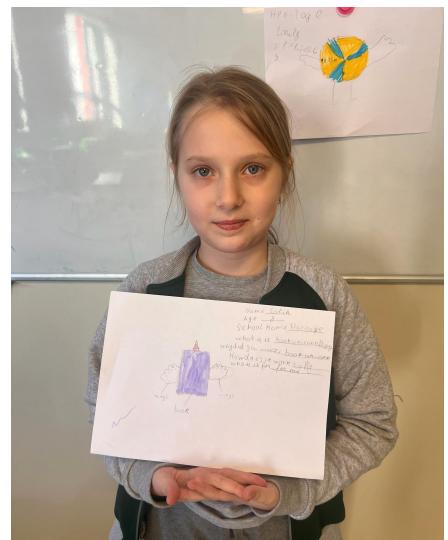
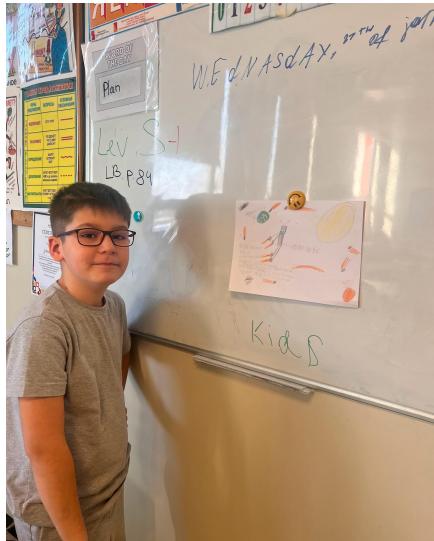
We proudly celebrated National Culture Day!



News from Primary

Young Inventors in Class 3AB

Students in class 3AB used their creativity and imagination to design and present their own inventions, showing innovation, problem-solving skills, and enthusiasm for learning.

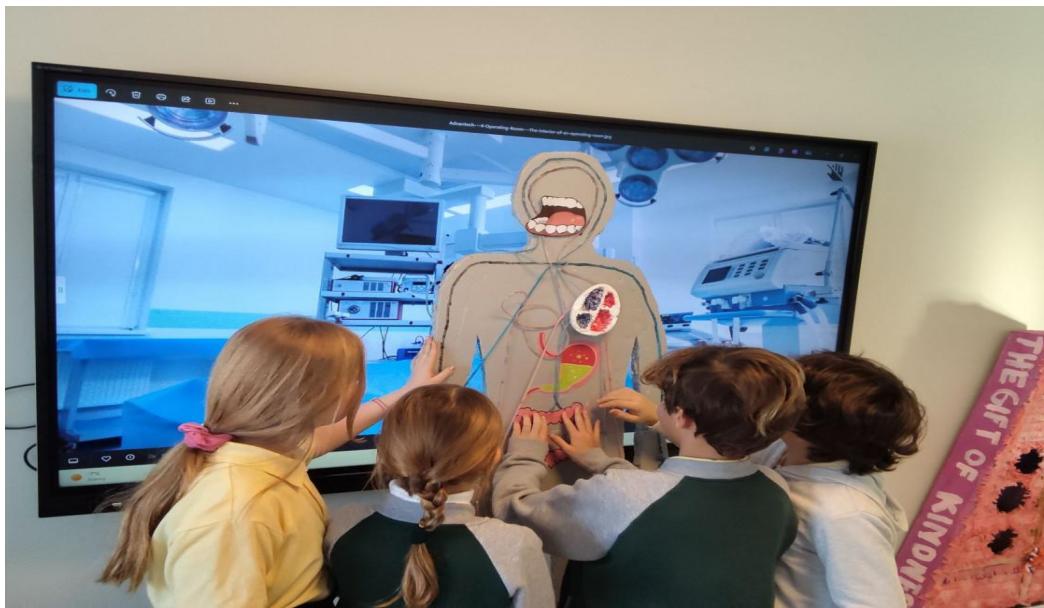


View all materials at the link:

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Young Scientists Explore the Digestive System

Our students continued exploring how the digestive system works by experimenting with enzymes and starch. Taking on the roles of future doctors and surgeons, they transformed the classroom into an “operating room,” impressively deciding which organs were needed and in what order based on the scenarios that unfolded during the patient’s “operation.”



Thematic Project: “Stories by the Fireplace”

Between January 12–23, preschoolers from School Starter (Romanian group) took part in one of the most fascinating educational projects for children: “Stories by the Fireplace.”

During the project, the children learned what a story is, who writes stories, the main purpose of a story, and the lessons that story characters teach us, along with many other interesting things. On the final day of the project, we organized the *Story Characters Carnival*, a joyful and creative celebration for all the children.



View all materials at the link:

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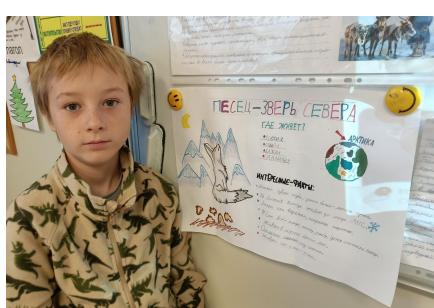
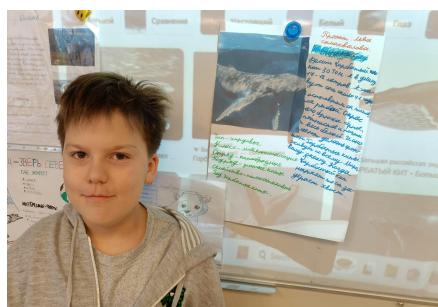
Handwriting Day 6E

6E proudly celebrated International Handwriting Day by creating amazing handwriting masterworks and visiting other classes to admire displays, appreciating the effort and creativity of their peers.



3B Class Project on World Exploration: Inhabitants of Antarctica and the Tundra

The students prepared very engaging projects on the topic: *Inhabitants of Antarctica and the Tundra*. While presenting their projects, the children shared unusual facts about the nature of these geographical zones with each other. The lesson turned out to be lively and interesting. The students learned how to present and defend their projects in their own words, showcasing their personal understanding.

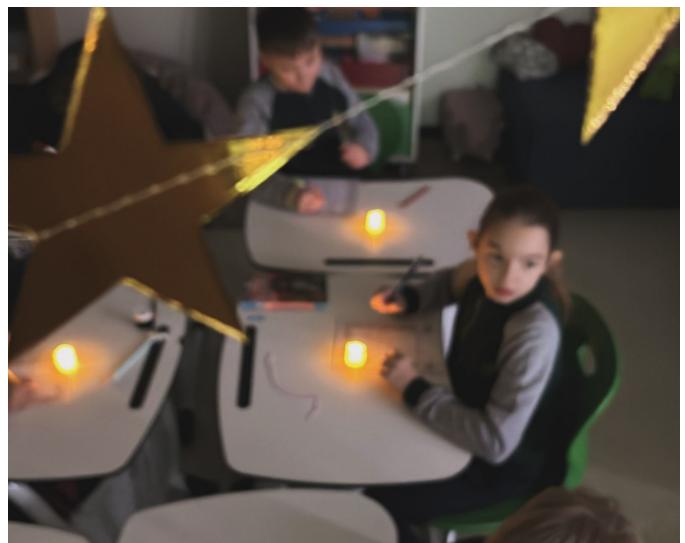


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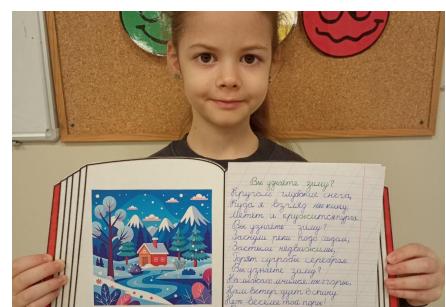
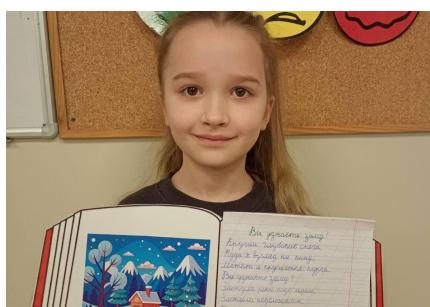
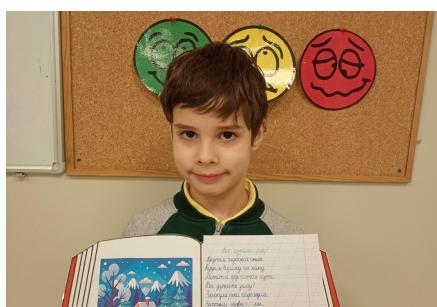
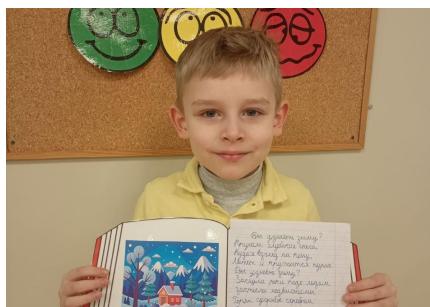
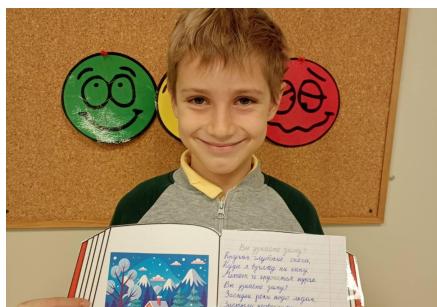
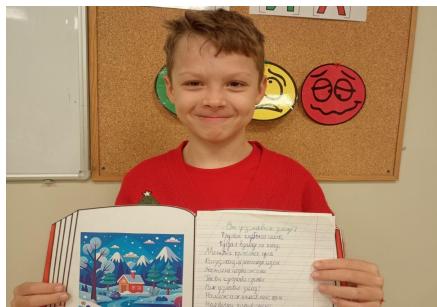
4E International Handwriting Day

This week, 4E traveled back in time to explore the history of writing! They started with cave paintings, then explored Egyptian hieroglyphs, Mesopotamian cuneiform, and medieval illuminated manuscripts. The students even experienced the challenges medieval scribes faced. By the end, students truly appreciated the luxury of modern writing tools and gained respect for the painstaking work of scribes in the past!



1B - Calligraphy Competition

As part of school activities, first graders participated in a Calligraphy Competition to develop neat handwriting and a love for language. Students completed the tasks with effort and care, showing diligence and responsibility. For many, it was their first competition, helping them build confidence and improve their writing skills while enjoying the learning experience.



View all materials at the link:

[link](#)

Celebrating Mihai Eminescu: Culture and Tradition in the Classroom

Students from Class I A and B celebrated National Culture Day and Mihai Eminescu through a creative activity focused on learning and tradition. They discovered who Mihai Eminescu was, wore traditional blouses in his memory, practiced writing short texts, created bookmarks, and marked the occasion with hands-on crafts—an experience that blended culture, creativity, and pride in our heritage



View all materials at the link:

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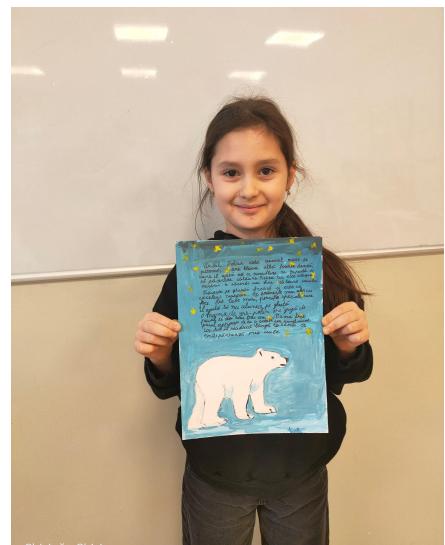
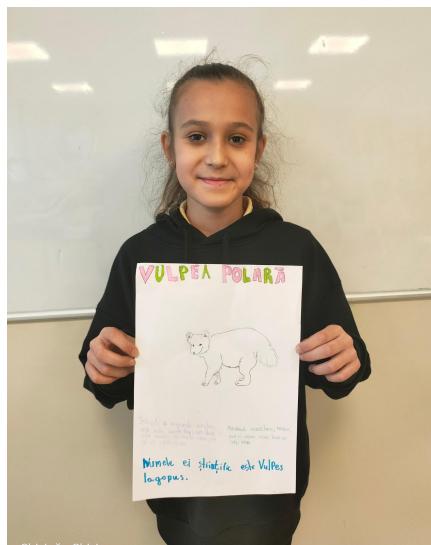
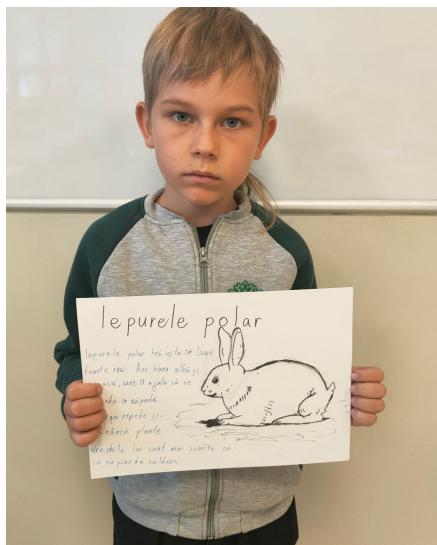
National Culture Day Celebrated Through Poetry and Art

National Culture Day was marked with emotion and creativity in the 4th grade. Students recited Eminescu's poems, illustrated fragments from his lyrical works, and enthusiastically took part in the group project "Eminescu – a Sacred Name", celebrating beauty, sensitivity, and the cultural values that define us as a nation.



Exploring the North Pole Through Stories

Third-grade students discovered the North Pole by reading and discussing a literary text, using imagination and curiosity to learn about this fascinating place through storytelling.



Weekly Assemblies

Our weekly assemblies will take place in the gym every Thursday morning at 8:15am.

Make sure you get to school on time, and stay safe in the winter weather!



8th Graders Create Vision Boards in Personal Development Class

During the first Personal Development lesson, 8th-grade students created their own vision boards, sharing their goals, dreams, and plans for the future in a creative way.



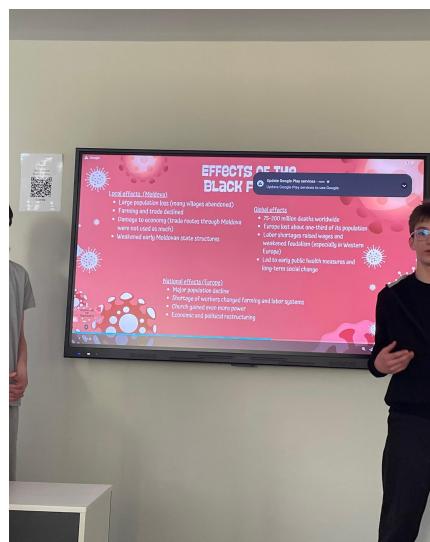
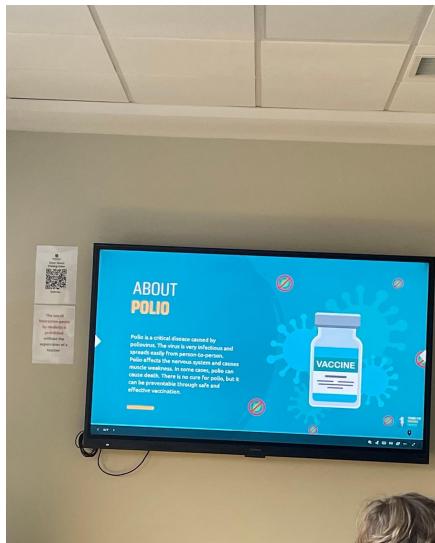
Handwriting – The Imprint of Your Soul



News from Secondary

Grade 9 Global Perspectives – Exploring Disease and Health

In Global Perspectives, Grade 9 students studied disease and health, focusing on vaccines and preventable diseases. Working in teams, they researched, presented their findings, and shared insights, strengthening their understanding of global health through collaboration and teamwork.

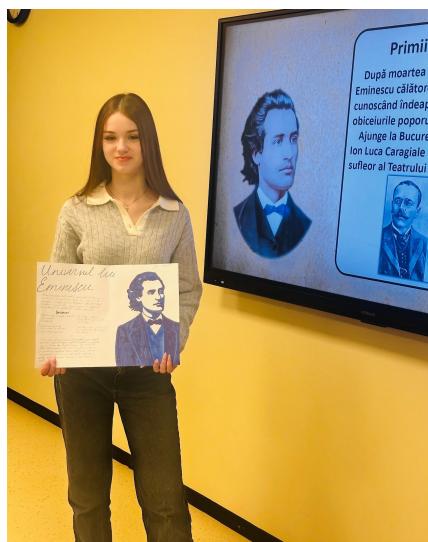
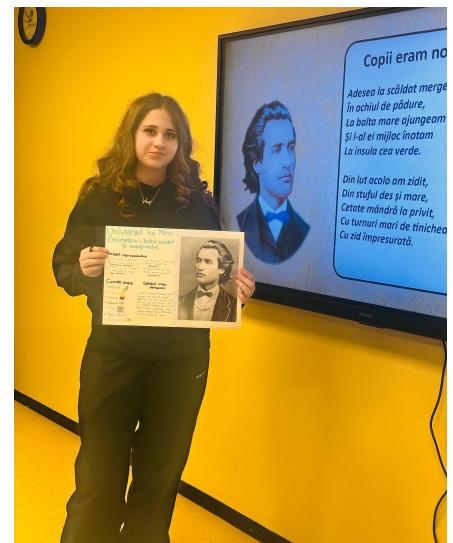
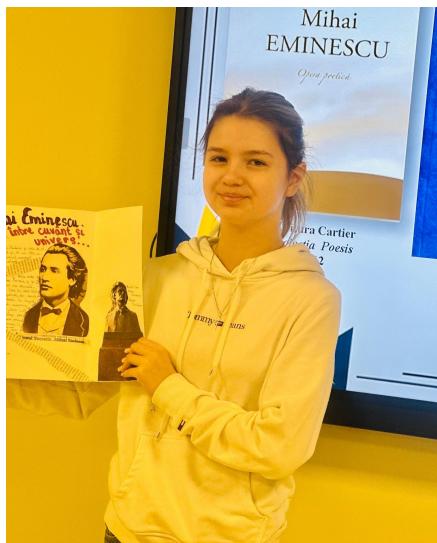


View all materials at the link:

[link](#)

Under the Sign of Eminescu's Eternity

National Culture Day turned the 8th graders' Romanian language and literature classes into a space of emotion and reflection. Through poetry, music, and symbolic artistic collages, students explored Eminescu's timeless universe, discovering the beauty of the Romanian language and the cultural values that shape our identity.



View all materials at the link:

[link](#)

Cambridge International Qualifications

Facts and figures About Cambridge International Qualifications:

Here are the the facts why the Cambridge International is famous for

- *Cambridge Assessment International Education is the world's largest provider of international education programmes and qualifications for 5 to 19 year olds.*
- *Over 10,000 schools in more than 160 countries offer Cambridge programmes and qualifications.*
- *Every year, nearly a million Cambridge learners prepare for their future with an education from Cambridge International.*
- *We are part of Cambridge University Press & Assessment, a not-for-profit organisation and part of the world-renowned University of Cambridge.*
- *The first Cambridge international exams were taken in Trinidad in 1864 by six candidates.*

Programmes and qualifications offer at Cambridge International:

Here are the facts why Heritage International School offers the qualifications of Cambridge Primary, Cambridge Secondary Checkpoint, IGCSE and GCE AS and A Level at the campus.

- *Cambridge Primary is taught in more than 2300 schools in over 120 countries. There are over 96,000 entries for Cambridge Primary Checkpoint each year.*
- *Cambridge Lower Secondary is taught in more than 3800 schools in nearly 140 countries. Every year we receive over 110,000 entries for Cambridge Lower Secondary Checkpoint, our tests for 11 to 14 year olds.*
- *Cambridge IGCSE is the world's most popular international qualification for 14 to 16 year olds. It is taken in over 150 countries and in more than 5000 schools around the world.*
- *2018 marked the 30th anniversary of the first Cambridge IGCSE exam.*
- *More than 250,000 students worldwide took Cambridge IGCSE and O Level exams in our June 2022 series.*
- *We are the world's biggest provider of O Level qualifications. Cambridge O Level is taught in over 50 countries.*
- *Cambridge International AS & A Levels are taught in over 130 countries. Over 220,000 students around the world took Cambridge International AS & A Level exams in our June 2022 series.*
- *More than 2200 universities in 90 countries formally recognise Cambridge qualifications, including all UK universities and over 850 in the US.*

For further information about Cambridge International Programmes and Qualifications, please visit the website

[link](#)

Key Dates

MOCK EXAMS CALENDAR 2025-2026

FIRST SEMESTER 01.09.2024-22.12.2025		
MONTH	DATE	EVENT
September	26th September 2025 (Friday)	All Cambridge Secondary initial assessment data input deadline
October	Autumn Break: 27.10-02.11.2025 (7 days)	
November	24th November- 28th November 2025	Lower Secondary Checkpoint Mock Test I
	1st December -5th December 2025	Primary Checkpoint Mock Test I
December	1st December- 16th December 2025	IGCSE 2 Mock Exams I
	15th December -19th December 2025	AS/A Level Mock Exams I
Winter break: 25.12.2025 -08.01.2026 (14 days)		
SECOND SEMESTER 09.01.2026-31.05.2026		
February	16th February to 3rd March 2026	IGCSE 2 Mock Exams II
March	Spring Break 05.03 to 08.03.2026 (4 days)	
	11th March to 18th March 2025	Primary Checkpoint Mock Test II
	16th March to 20th March 2025	Secondary Checkpoint Mock Test II
	16th March- 31st March 2025	AS/A Level Mock Exams II
	Easter Break: 11.04.2026 - 20.04.2026 (10 days)	
May	Checkpoint (Primary/ Lower Secondary) Exams	
May-June	IGCSE / GCE AS and A Level Exams	

Key Dates

Checkpoint 2026 exam timetable (Cambridge Primary and Lower Secondary)

Monday 11 May

	Syllabus/Component	Code	Duration
P	Mathematics (Primary)	0096/01	45m
P	Mathematics (Primary)	0096/02	45m

Tuesday 12 May

	Syllabus/Component	Code	Duration
LS	English (Lower Secondary)	0861/01	1h 10m
LS	English (Lower Secondary)	0861/02	1h 10m

	Syllabus/Component	Code	Duration
LS	English as a Second Language (Lower Secondary)	0876/01	45m
LS	English as a Second Language (Lower Secondary)	0876/02	35m
LS	English as a Second Language (Lower Secondary)	0876/03	40m

Wednesday 13 May

	Syllabus/Component	Code	Duration
P	English as a Second Language (Primary)	0057/01	35m
P	English as a Second Language (Primary)	0057/02	25m
P	English as a Second Language (Primary)	0057/03	35m

	Syllabus/Component	Code	Duration
P	English (Primary)	0058/01	1h
P	English (Primary)	0058/02	1h

Tuesday 19 May

	Syllabus/Component	Code	Duration
LS	Mathematics (Lower Secondary)	0862/01	1h
LS	Mathematics (Lower Secondary)	0862/02	1h

Wednesday 20 May

	Syllabus/Component	Code	Duration
P	Science (Primary)	0097/01	35m
P	Science (Primary)	0097/02	35m

Thursday 21 May

	Syllabus/Component	Code	Duration
LS	Science (Lower Secondary)	0893/01	45m
LS	Science (Lower Secondary)	0893/02	45m

Cambridge Exam Timetable May-June 2026

National Culture Day

At Heritage International School, we believe that art and culture are at the very heart of the educational process. This philosophy truly came to life last week as our school was transformed by a special kind of magic for National Culture Day. It was a week dedicated to the beauty of the Romanian soul and a vibrant tribute to Mihai Eminescu, the “Morning star of Romanian poetry.” We organized a series of activities that proved poetry is very much alive in the hearts of the younger generation.

Thanks to the inspiring teachers of the Romanian department and our talented students, ordinary lessons were transformed into musical gems and mirrors of literature. Students delivered emotional poetry recitals, watched the documentary „Eu, Eminescu,” listened to soul-stirring romances, created imaginative drawings and collages, and wrote essays exploring what Eminescu means to them today. Games, quizzes, and interactive storytelling added fun and energy, while discussions deepened everyone’s connection to our cultural heritage.



The Goals Project

The Goals Project by Take Action Global launches next week. The 6-week program brings together schools and classrooms from across the world to examine the UN Sustainable Development Goals and their ability to take action through shared experience and use of innovative technologies and practices. Students will take on one Global Goal and will work with students from other countries as they consider both local and global implications. The project is free and open to all PreK-University classrooms. To learn more about the Goals Project, visit <https://www.goalsproject.org> and follow [@TakeActionEdu](#) and [#GoalsProject](#) on social media.

A promotional graphic for The Goals Project. On the left, a photo of Tatiana Popa, a facilitator, is shown holding a globe. To her right is a circular badge for 'THE GOALS PROJECT FACILITATOR 2026'. The background is a collage of the 17 Sustainable Development Goals, each with a number, icon, and title. The text 'Join Us!' is written in large, green, cursive letters. Below it, the text 'The Goals Project' and 'January 26 - March 8' is displayed, along with the website 'goalsproject.org' and a red arrow pointing to it.

1 NO POVERTY 2 ZERO HUNGER 3 GOOD HEALTH AND WELL-BEING 4 QUALITY EDUCATION 5 GENDER EQUALITY 6 CLEAN WATER AND SANITATION

7 AFFORDABLE AND INCLUSIVE ENERGY 8 INCLUSIVE AND INNOVATIVE INFRASTRUCTURE 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE 10 REDUCED INEQUALITIES 11 SUSTAINABLE CITIES AND COMMUNITIES 12 RESPONSIBLE CONSUMPTION AND PRODUCTION

13 CLIMATE ACTION 14 LIFE below WATER 15 LIFE ON LAND 16 PEACE, JUSTICE AND STRONG INSTITUTIONS 17 PARTNERSHIPS FOR THE GOALS

Tatiana Popa
@Tatianapopab #Moldova

Join Us!

The Goals Project
January 26 - March 8
→ goalsproject.org



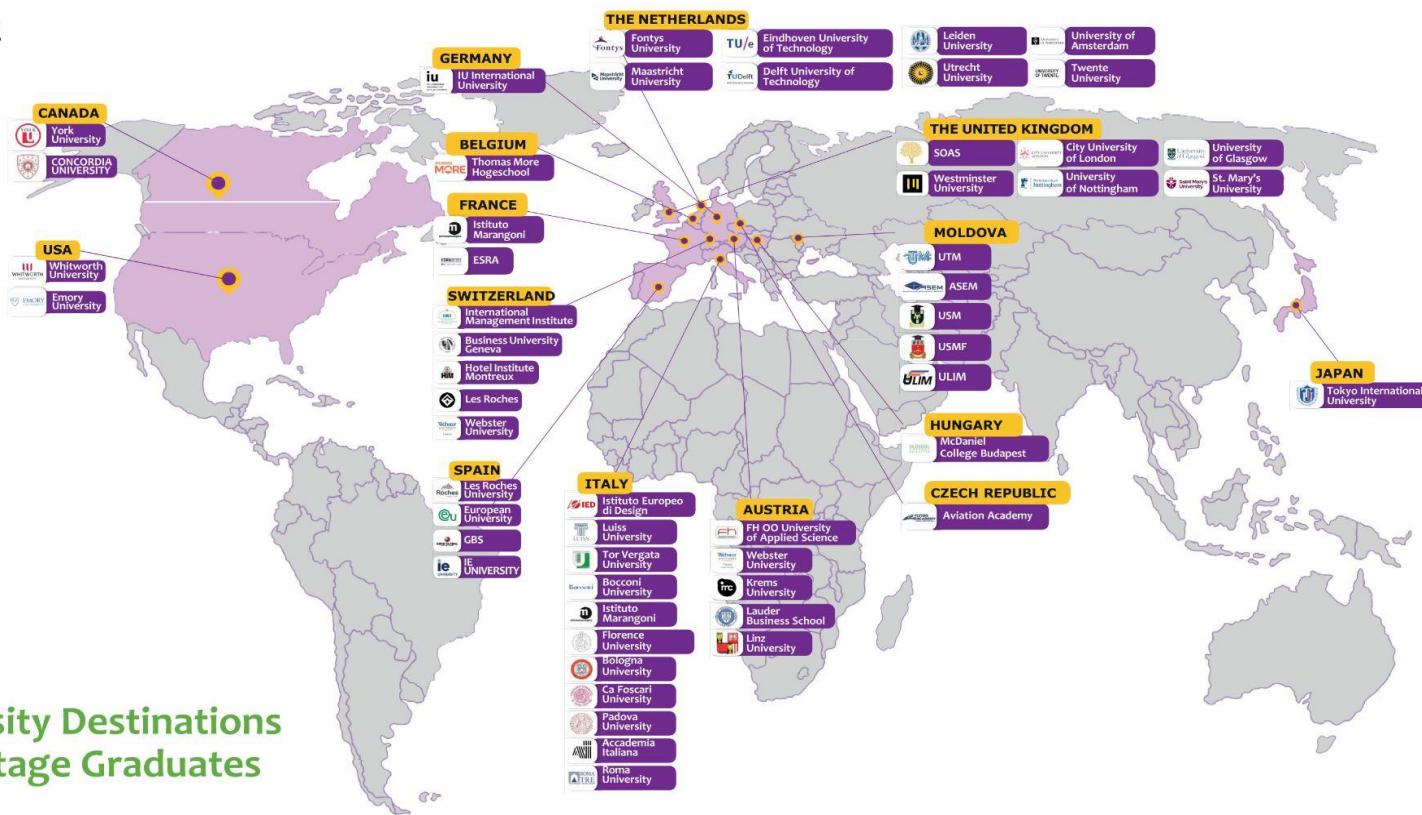
GOALSPROJECT.ORG



#GOALSPROJECT



University Destinations



University Destinations of Heritage Graduates

Heritage Globe



Heritage Globe

Home Teachers in the Spotlight Article Corner Literary Corner Art Corner Trivia Quiz Archive Staff

Welcome to the Heritage Globe Winter Edition of the year!

News and Events

Back copies of the International Heritage Herald can be found on our website.
Link here: <https://www.heritage.md/en/school/heritage-herald>

Thanks to our Charity Committee

Many thanks to our Charity Committee and the wonderful students and families in our community for the fantastic pet food drive this week!

The AREAL FOMS animal shelter team passed on their enormous gratitude for the support!



Strays **dog shelter**.

Let's help keep Day and all the other dogs at the shelter warm and fed this winter!

Winter Donation Drive

Donate:

- Canned food
- Dry food

19th-23rd Jan. 2026

Friday the 20th will be

Giving visitors a school tour

Many thanks to our Student Council leadership for the help this week - they gave our visitors from Georgia British Academy a school tour, giving them first-hand insights into the school life at Heritage! Well done!



Clubs & Extracurricular Activities

Creating “Magic Tale” Through International Collaboration

As part of the eTwinning project “Ring the Rhyme, Break the Spell”, members of the eTwinning Club will write the opening of the story “Magic Tale” in international teams with students from Romania, Italy, and Greece. The activity promotes creativity, collaboration, and English communication while fostering European competencies and appreciation of cultural diversity.



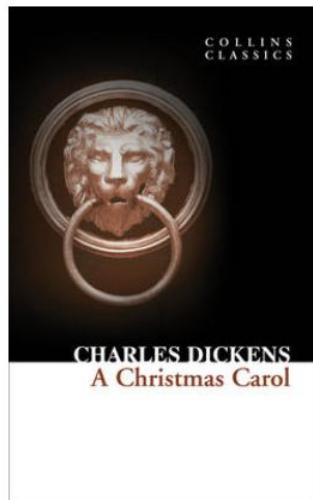
EMINESCU LIBRARY BOOKS RECOMMENDS



MIHAI EMINESCU

Frumoasa lumii

Cartea conține cele mai cunoscute poezii ale poetului neamului M.Eminescu, prezente în copilăria fiecărui copil, precum și cele mai alese povești, care nu te lasă indiferent, nu doar de conținutul lor, dar și imaginile acestora ilustrate spectaculos și atractiv de Petru Ghețoi.



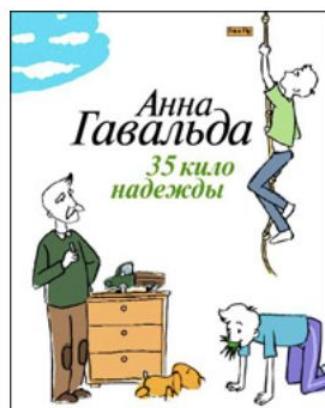
CHARLES DICKENS

A Christmas Carol

A story about a cold and stingy man who despises Christmas, who is visited by three spirits: Christmas Past, Present, and Christmas Future. They show him visions of his life, confront his selfishness and greed, transforming him into a kind and generous

АННА ГАВАЛЬДА 35 кило надежды

Поэтическая притча о выборе жизненного пути, о силе любви и преданности. О семье. О том, что мечты могут сбываться. Надо только очень сильно захотеть. И очень постараться. Решая свои "детские" проблемы, 13-летний герой ищет выход - и находит его, да так,



IOAN SLAVICI

Moara cu noroc și alte povestiri

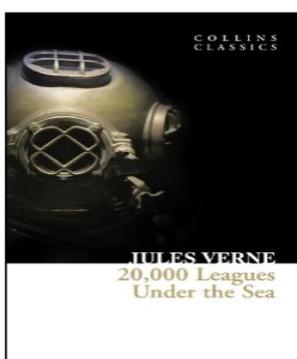
Proza lui Ioan Slavici descrie moravurile și comportamentul specific al locuitorilor din Ardeal, o lume în care triumfa binele și adevarul, cinstea și dreptatea, norme etice pe care omul trebuie să le respecte. Moara cu noroc este o nuvelă care sunt tratate consecințele pe care dorinta de imbogațire le are asupra destinului uman. Majoritatea criticilor o consideră creația cea mai importantă



НИКОЛАЙ РУБЦОВ

Тихая моя родина

Каждая строчка поэта, щемящая интонация его стихов — все это вყыстрадано человеком, живущим болью своего времени, своей родины. «Тихая» поэзия проникает в душу, к ней хочется возвращаться вновь.



JULES VERNE

20.000 Leagues Under the Sea

A story about a marine biologist and his colleagues who are captured by the mysterious Captain Nemo. They embark on a global underwater journey, witnessing wonders like Atlantis, hunting giant squids, and exploring the South Pole, all while confronting Nemo's



At The National College, our *WakeUpWednesday* guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

1 CELEBRATE DIFFERENCES

Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.

2 MODEL RESPECT

Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.

3 SPOT THE SIGNS

Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.

4 VALIDATE FEELINGS

When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.

5 TEACH ALLYSHIP

Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.

6 PROMOTE REPORTING

Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.

7 ENCOURAGE KINDNESS

Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who feels left out. These small actions set a strong example that kindness matters, and that it can be a powerful response to bullying.

8 USE YOUR VOICE

Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.

9 BUILD COMMUNITY AND BELONGING

Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.

10 SUSTAIN THE CONVERSATION

Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert

Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.

See full reference list on our website: nationalcollege.com

#WakeUpWednesday®

The National College®

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.11.2025

Introducing our safeguarding team

What is the role of a safeguarding team?

Our Safeguarding Team is committed to ensuring that all individuals are protected and cared for. They focus on:

- *The team strives to prevent harm or neglect by establishing unambiguous rules and standards.*
- *They offer the necessary training to our staff and volunteers, enabling them to identify and resolve any safeguarding concerns.*
- *The team is prepared to address any concerns that may arise, including those regarding events or allegations of unjust treatment.*
- *They offer care and assistance to anyone affected by harm, ensuring they receive the support they need to feel safe and secure.*
- *They offer strategic guidance and leadership to assist us in enhancing our safeguarding endeavors.*

Our team is dedicated to the holistic health of our community and is prepared to provide support as needed.



MEET
the Safeguarding Team



Keeping you
safe is our No.
1 priority!



LARISA MÎRZA
DSL 1
Head of Pastoral
Care&Student Wellbeing



INGA CHIOSA
DSL 2
Academic Director



We are here
to help!

IF YOU ARE WORRIED, SPEAK TO A
TRUSTED ADULT!



ADRIANA BUJAG
DEPUTY DSL
Head of Primary



TATIANA POPA
DEPUTY DSL
Head of Secondary



DORINA CALINOVSCAI
DEPUTY DSL
Head of Lyceum

Your Voice Matters—Keep Our Community Safe

We encourage parents to use the QR code to report any safeguarding or well-being concerns in a discreet manner. This easy-to-use tool helps you safely and quickly share your concerns, ensuring that each one receives attention. It also enables our pastoral team to monitor reports, identify patterns early on, and take appropriate action to prevent problems from growing. Together, we can create a safer, more supportive environment in which every child feels safe and valued.

Report Safeguarding and Wellbeing Concerns

Scan the QR code to report a concern:



Confidential: Any concerns you report will be kept private.

Organised: The school can tackle problems more effectively.

Anonymous: You don't have to give your name.

Let's promote a safer environment together.

School Information

Parent & Student Webinar: Learning From Your Mocks

Thursday, January 29 at 5:30 PM – 6:00 PM GMT

GCSEpod is running a short, practical webinar for students and parents on understanding mock results.

[Registration link](#)



access
Education Curriculum and Assessment
GCSEPod

Support your child on the path to success

Your child's school has invested in the award winning resource, **GCSEPod**, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision throughout their secondary school journey.

Head of MFL at Yateley School

The correlation between success and failure was made almost 100% clear with the use of GCSEPod.

Student

I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive.

Parent

My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved the Pods and this style of revising.

Want to find out how you can support your child with GCSEPod?

Join one of our **free webinars** by visiting: <https://www.theaccessgroup.com/en-gb/education/resources/gcsepod-teacher-parent-and-student-webinars/>

Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account:

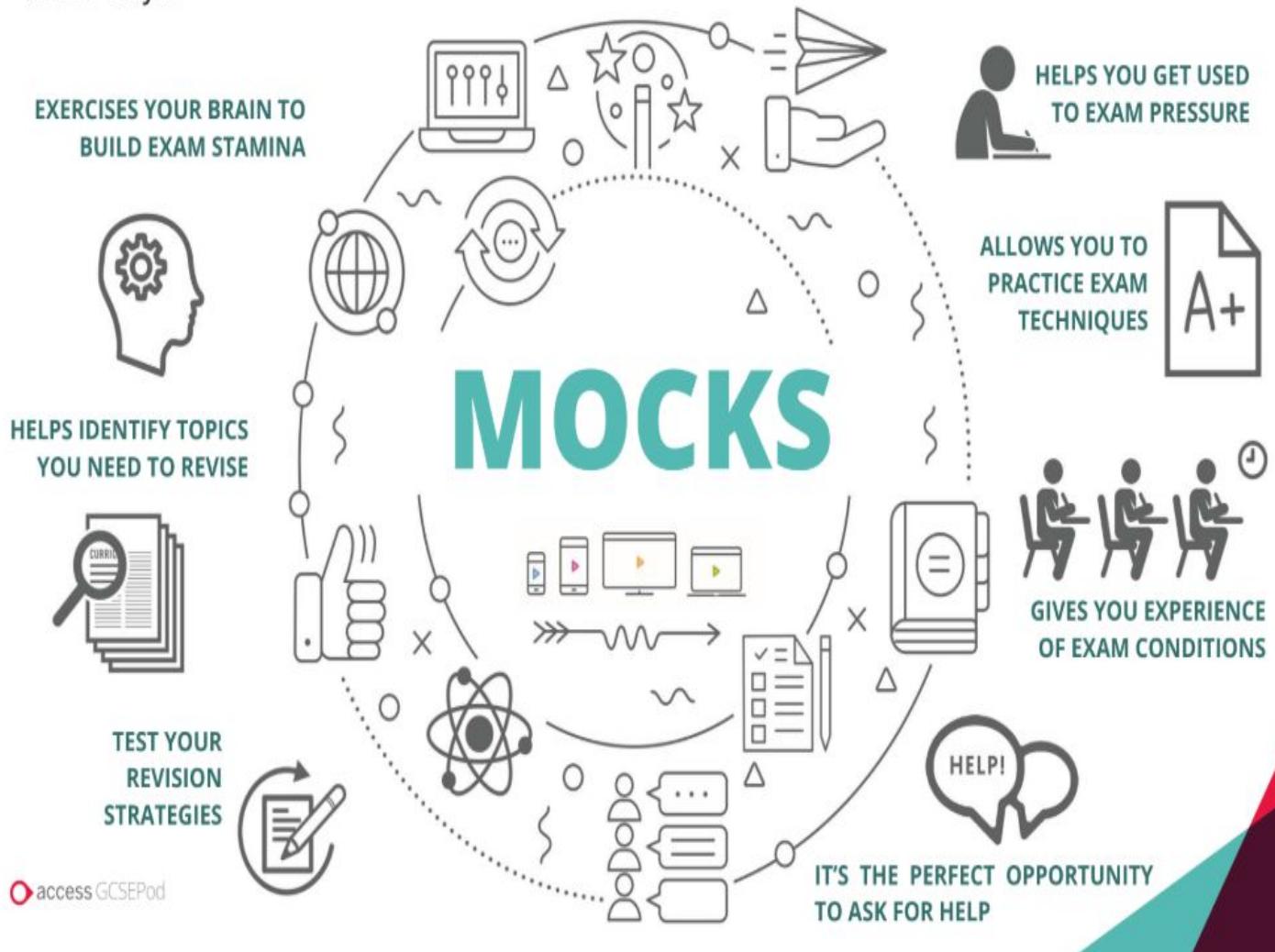
1. Go to GCSEPod.com and click **LOG IN'**
2. Click **'I'm new to GCSEPod'**
3. Enter your child's details and confirm the name of the school they attend
4. Create a username and password



The Importance of mock exams



Taking your mock exams is rather like having a healthy diet or making the effort to exercise - you'll feel a lot better afterwards if you take it seriously! Here's why...





Get studying with GCSEPod

Our **Pods** can help you get ahead of the game!

Study smarter

Spend your time wisely - learn how to revise effectively with our **Study Smart Pods**

Test yourself

Earn diamonds and test your knowledge with **Check & Challenge**

Activate your knowledge

Commit course material to memory with a **GCSEPod Learning Activity**, guaranteed to make the information stick!

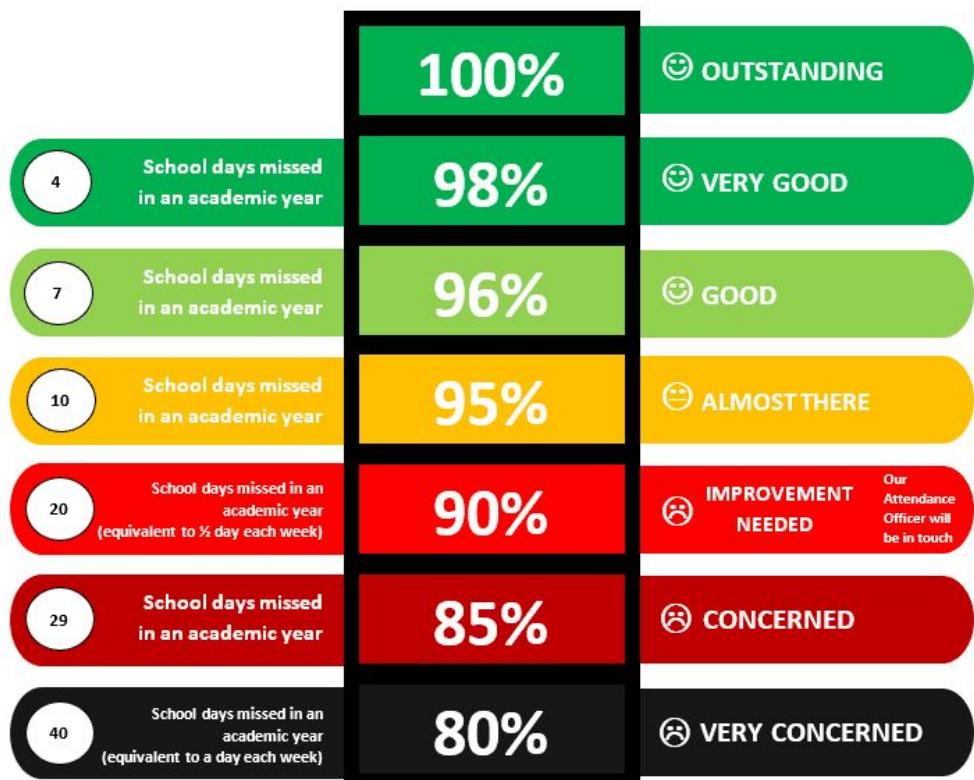
www.gcsepod.com

School Information

Attendance is not just a procedural requirement; it is a fundamental factor that contributes significantly to a student's academic success by facilitating effective learning, collaboration, and overall personal development.

Children and young people who regularly attend school have better health outcomes, better employment outcomes, and higher incomes across their lives. It is important that children develop habits of regular attendance at an early age.

Attendance Ladder



Attend Today, Achieve Tomorrow!

Attendance Matters!

Students with good attendance...



Elementary
...increase reading, math and foundational skills.

Middle School
...develop meaningful relationships and communication skills

High School
...gain essential life skills needed beyond graduation

College/Work
...are successful at their jobs and/or earn degrees

Students at all levels experience less stress with good attendance!

School Information

Measures for preventing the spread of COVID-19 infection

According to the Letter from the General Directorate for Education, Youth, and Sports no. 01/16-6/2701 dated 11.09.25, “in order to ensure compliance with the measures for preventing the spread of COVID-19 infection, access to educational institutions is restricted for individuals from outside the institution. In exceptional situations, access is permitted only with shoe covers and a face mask.”

Therefore, parents' access to the school will be allowed only in cases of strict necessity, provided that masks and shoe covers are worn inside the school premises.

Best regards,

Submission of the medical certificate from the family doctor

The medical certificate issued by the family doctor must be submitted to the school if the child has shown symptoms of seasonal respiratory infections or other infectious diseases, including cases identified within the school. In case of absence for reasons other than illness, the parent must submit a signed statement on their own responsibility (in free form) confirming that the child is clinically healthy.

Water Bottles for Children

To avoid accidents caused by broken glass and to prevent injuries from hard objects, we kindly ask you to provide your child with a **reusable water bottle made of food-grade plastic**.

Birthday Celebrations

It is **not allowed to bring food from sources** other than the school canteen or cafeteria for birthdays or other events.

PREVENTION



WASH HANDS
OFTEN



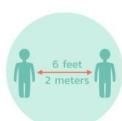
AVOID
TOUCHING



AVOID
CROWDS



WEAR
FACE MASK



SOCIAL
DISTANCING



DISINFECT
FREQUENTLY



USE
ALCOHOL BASED



STAY HOME
IF SICK

MAIN CONTACTS

Social Media:

[facebook](#)

[instagram](#)

[twitter](#)

[linkedIn](#)

Contact us:

[+373 620 222 10](tel:+37362022210)

Back copies of the International Heritage Herald can be found on our website:
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