

THE INTERNATIONAL HERITAGE HERALD

February 11, 2022



GENERAL

Thought for the week:

"All you need is love. But a little chocolate now and then doesn't hurt"- Charles M. Schulz

Director's weekly notes- "The view from Dacia Boulevard"

The very familiar sounds of a physical school back in play greeted us all this week and made Week 20 a wonderful week just for the very reason our halls and classrooms echoed with the noises of our students. The weather reminded me of the UK for the first part of the week with the rain that was trying very hard to turn into snow, and by the end of the week, more and more we saw the signs of Spring are becoming apparent. For the students of the Lyceum, it has been a tough week of A Level mocks as we have had to reschedule what they have missed due to being online and yet again, they, Mrs. Rose, Mr. Anjum and all the post 16 team, showed their effortless resilience in simply getting on with the job in hand.



We celebrated Internet Safety Week again this week and as we have become more and more reliant on technology permeating our lives and our education, this is a very necessary part of education in all schools now. My Gymnasium assembly this week continued our theme of Black History Month as we explored the trailblazers in the World of sport who really had broken down barriers and led the way and inspired the generations following behind them. We need more and more positive role models in the 2020s. I met with my Varkey/TTF2030/UNICEF global leaders' group for the first time in 2022 on Thursday as we shared stories of Omicron, online learning and the hope we had for the new year for all our school communities from East Kalimantan to Patagonia and everywhere in between. I am really proud of where our international school sits in the world of global education and our strong reputation in these arenas continues as we featured in yet another TES article alongside some of the best international schools. I am very proud of how and where we fly the flag for Moldova and education.

I met with the Gymnasium Student Council this week to discuss how we continue celebrating and marking the moments in Semester 2, following the success of this approach in Semester 1 so that we don't let our cohesion as a community suffer because of the restrictions. On Monday, we will mark Valentine's Day in school with a number of events and as we approach the 1st March we will celebrate again the first day of Spring and Martisor Day. On Friday, we went east for our International Food Friday as we enjoyed the wonderful cuisine from Russia. Reminding me of my wonderful days working in Tomsk. The week finished on a positive note as the governors' meeting finalised the plans for our new Lyceum construction to begin next month. We are already taking new family applicants for next year, when we will see our school numbers grow over 600 for the first time and this much needed new block to the school is a key part of this expansion of Heritage, ready to celebrate our 5th year. If you haven't returned your parental destinations survey yet please do so as we want to ensure families waiting to join us can know and plan, and we are also in the retention and recruitment cycle of staffing for 2022-23 as we interview new staff to join us for September. September always feels months away but it never is in reality. 15 weeks of the current school year left.

Have a great weekend and thank you for your support of your school and the team here,

Rob Ford
Director





Heritage in the Wider World:

- Heritage in the TES - we contributed to an article on parents & communications; and we are in the company of some outstanding international schools here sharing our experiences; <https://www.tes.com/magazine/leadership/strategy/how-schools-are-adapting-changing-parent-communities>



TweetMeet #TeamsEduChat
@TweetMeet

All details about the Feb 15 TweetMeet on **#HybridLearning**, just announced on the Education Blog: techcommunity.microsoft.com/t5/education-b/

Animated GIF with our hosts, and introducing the five questions:
#TeamsEduChat

Sponsored by
#MicrosoftTeams
#MicrosoftEDU



tes Tes

Shifting parent communities in international schools means leaders are having to adapt to a raft of new obstacles... **@DanWorth** looks at how schools around the world are meeting this challenge



tes.com
How schools are adapting to changing parent communities

COBIS - Council of British International Schools replied to your comment

Rob Ford

COBIS - Council of British International Schools replied to your comment

"Thanks Rob - we're proud to have Heritage International in the COBIS network!"

COBIS membership opens up a range of benefits for the...

8 Reactions • 2 Comments



Articles of interest:

- *The New York Times*; How to Build Resilience in Hard Times In “The Myth of Closure,” Pauline Boss offers guidance for moving forward amid the painful losses of the moment:
<https://www.nytimes.com/2022/01/31/well/mind/building-resilience-loss.html>
- Dramatic photos cast Europe's ancient castles in a new light; <https://edition.cnn.com/style/article/frederic-chaubin-stone-age-castles/index.html>
- Why do we say houses but not mouses, and geese but not meese? - *World of Better Learning | Cambridge University Press*; <https://www.cambridge.org/elt/blog/2022/01/24/why-do-we-say-houses-but-not-mouses-and-geese-but-not-meese/>

- Eastern Bloc architecture: futuristic hotels and avant-garde resorts; <https://www.calvertjournal.com/articles/show/11900/eastern-bloc-architecture-modernist-brutalist-hotels-resorts>
- 8 Breathing Techniques and Breathing Exercises for Anxiety; <https://www.verywellmind.com/abdominal-breathing-2584115>
- Swimming is very beneficial for children with disabilities, it helps them with coordination, functional strength & balance. Tony Hawks Centre, Moldova has made a real difference by helping hundreds of severely disabled & chronically ill children each year; <https://www.childaidee.org.uk/Appeal/thc>
- Africa: For Years, The Global North Has Set The Climate Agenda. As COP27 Host, Egypt Can Achieve The Most Inclusive COP Ever; <https://allafrica.com/stories/202202010018.html>
- Childhood, Interrupted: Paying the Price of Conflict in Ukraine | UNICEF USA; <https://www.unicefusa.org/stories/childhood-interrupted-paying-price-conflict-ukraine/39496>
- Arina, 13 years old: 'I got vaccinated because I want the world to return back to a normal life and out of respect for the health workers who work daily to save lives, as my mom does' UNICEF Moldova; <https://wcmprod.unicef.org/moldova/en/stories/arina-13-years-old-i-got-vaccinated-because-i-want-world-return-back-normal-life>

Heritage Globe:

The Heritage Globe: February Edition. In the Literary Corner, you can read a student poem that is competing internationally. Pictures of Art Week can be seen in the Art Corner. There are also an array of articles with topics such as Valentine's Day, Moldovan music, visiting Santa's Workshop in Finland, crypto mining, and more. Enjoy!

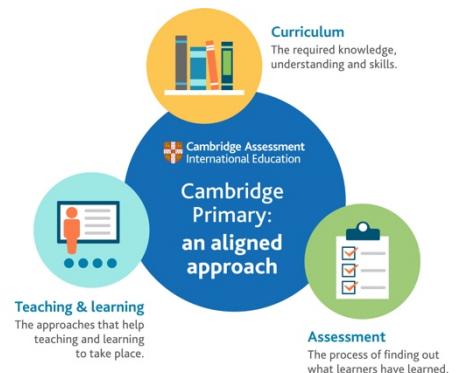
<https://sites.google.com/heritage.md/heritage-globe/home>



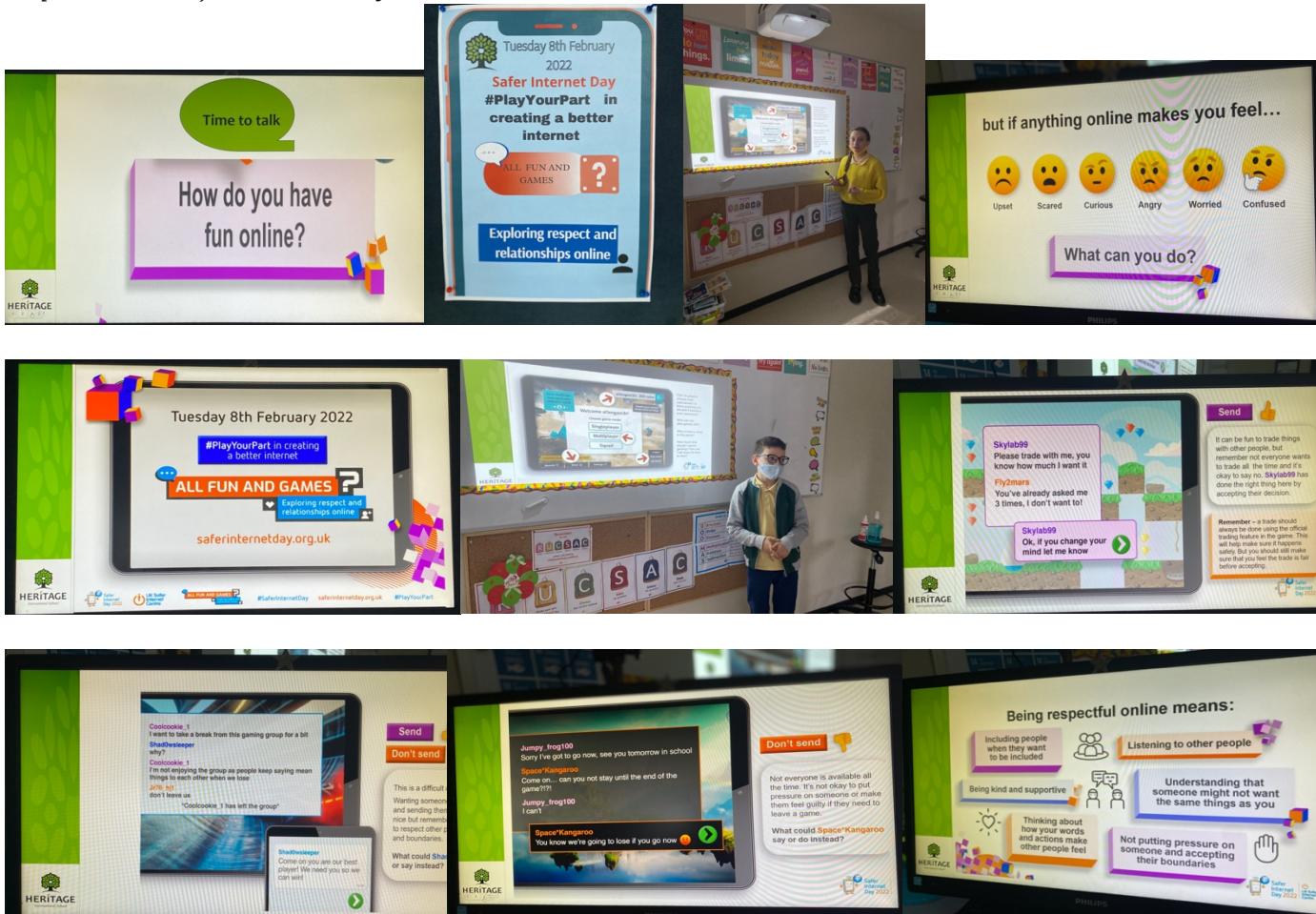
Heritage Primary:

Heritage Primary had a full week with lots of exciting events. We marked Safer Internet Day on Tuesday, February 8th with posters, presentations and videos where students played their part to promote the safe and positive use of the Internet. We had an open dialogue with students about how to be kind and respectful to others online; to create, engage and share online and use technology safely.

On Week 3 of Global Project , 5E students went on a virtual field trip to Coral Reefs to learn more about how they are damaged by human activity and how we can help- the Golden Circle of WHY.



The Primary Student Council body took an active part in getting ready for St Valentine's Day to make it a special event for all Primary Students .



5E went on a virtual field trip to Coral reefs to learn more about how they are being damaged by human activity and how we can help - the Golden Circle WHY





Third graders discussed the content, main ideas and the moral of the book "Mr. Stink" by David Walliams. The students answered and asked questions and created a poster recommending this book to students in the school.



2C students making posters about "Safer Internet Day"





On Tuesday, February 8, 2022, we celebrated the 19th edition of **Safer Internet Day**, with actions taking place around the globe. With the theme "Together for a better internet" again, today's activities called for us to come together to make the internet a safer and better place for everyone, especially for children and young people.

Third graders talked about online safety rules and played the Websafety game together with partners from other schools in the H.O.P.E eTwinning project. It was a wonderful day!



Internet Day - Activities from Technology and Computer Science lessons



Online safety

By Petru Gora

What are the risks?

In simple terms, online safety refers to the act of staying safe online. It is also often known as internet safety, digital safety and online safety. If you are online, there are many different ways which have access to the internet from PCs and laptops to smartphones and tablets.

Being safe online means individuals are protecting themselves from potential dangers online, and vice versa which may jeopardize their personal information, lead to unwanted consequences or even effect their mental health and well-being.

Opening within an online space is something that of us simply do subconsciously, but have you stopped to consider the potential dangers which exist on the web?

The recent Ofcom Children and Parents media use and attitudes report 2019 report revealed this week found that children are more engaged online than they've ever been. Checking social media, playing games, watching video, the range of content they are viewing is expanding.

In an ever-changing world, ensuring public safety online has never been more important. It's an all-encompassing duty and something every teacher must be regard of.

It goes without saying the internet can be an unforgiving place.

Abside from the more obvious risks such as online bullying, grooming, or device addiction, the internet can pose many other risks. Children must have to take stock of their mental health and wellbeing, the type of content they are viewing and what they are posting online.

This includes the heightened concern around fake news and what impact social media influencers may be having on our children's behaviour. It also includes the risks of children being exposed to inappropriate content online, such as explicit content, violence, or abuse. These types of online content, such as toxic, YOLO, Faptego or LULU, are often free to download and available at the touch of a button.

Such as the range of sites we now need to be aware of and the different platforms that children can access. It's not easy to keep up to date



If we want to be safe on the Internet we need to follow some rules:

1. We should not tell our password to strangers
2. We should be aware of the scenes on the Internet
3. We should be careful of who are we talking to
4. Many people like to use the Internet with bad intentions so be careful!

Project by Mandzaru Dragos

Safer Internet day

By: Romina-Bianca Popa

Safer Internet Day in 3E: Our 3E students know Internet Safety rules and can demonstrate it while creating and editing text documents.



Music makes you move. Performing rhythmic movements is a physical activity that helps students to develop harmoniously: children sway, clap their hands, move their legs, managing to get to know their body better and control it more easily. Rhythmic movement is a good exercise for the brain and helps to develop learning skills and memory. School Starter performed Radetzky March by J. Strauss.

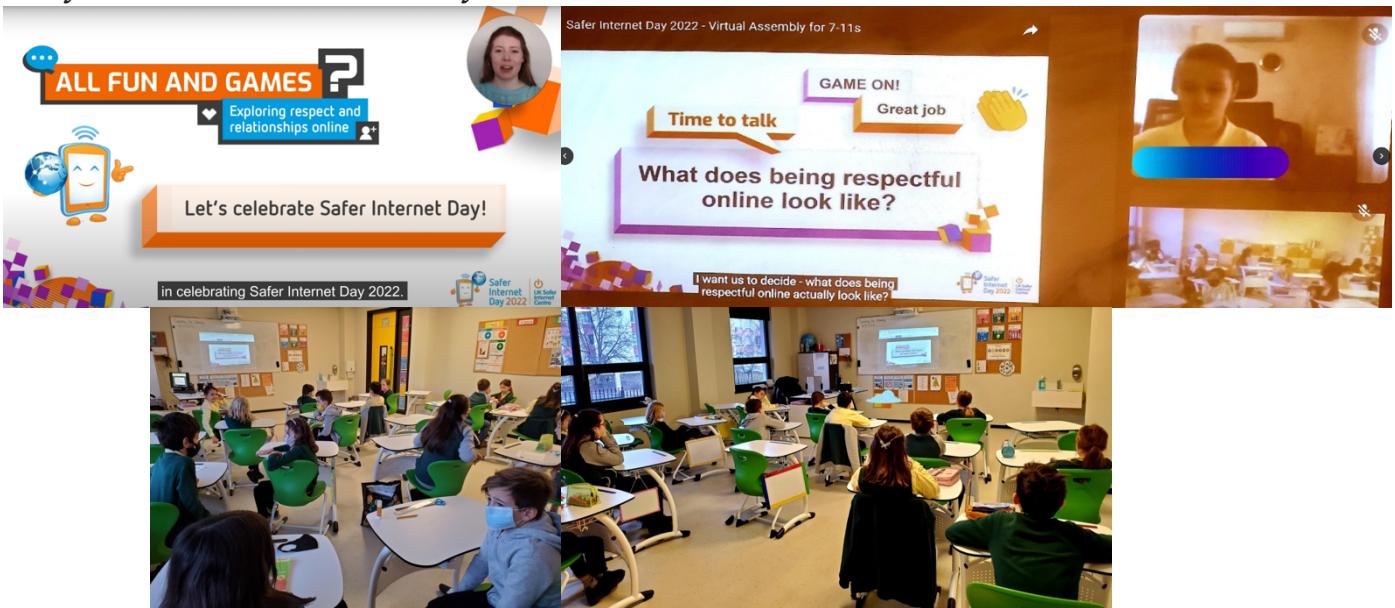


First grade students are learning how to use materials and tools for designing greeting cards.





4E enjoyed their virtual assembly on Safer Internet Day this week. They had a chance to discuss, analyse and decide on SMART ways to access their online activities.



School Starter students talk about grandparents' garden





Heritage Gymnasium

Gymnasium Assembly



- Tips for effective exam preparation:
<https://blog.cambridgeinternational.org/tips-for-effective-exam-preparation/>

- ISIC (International Student Identity Card). For full-time students. If you're a full-time student at school, college or university and aged 12 or over, you can apply for a student card with ISIC. ISIC offers both virtual and plastic cards, allowing students around the world to instantly prove their official student status and access over 150,000 student discounts and offers worldwide:
<https://www.isic.org/cards/>



- Cambridge International Guide here: "We believe #education works best when curriculum, teaching, learning, and assessment are closely aligned. Find out more about our approach to #InternationalEducation which is informed by research and underpinned by over 150 years of practical experience working with schools and governments worldwide."
<https://www.cambridgeinternational.org/Images/417448-overview-brochure.pdf>

Magazines designed by students



Our student in IGCSE1-2 Daniela Dragusin took part in the Spelling Bee Competition organised by America House Chisinau last week. Despite the competition being addressed to and involving lyceum students, our Daniela was ranked on place 3 in the finals.

Congratulations, Daniela! We are proud of you and your achievements!



This year approximately 100 students signed up to participate in the COBIS Mangahigh Maths Challenge. We had students from across the grade levels participating in this event (upper primary to secondary).

This year's competition took place from January 24th to January 31st of 2022. During this time, students completed math activities on Mangahigh to score points towards Heritage's total on the international leaderboard. Over 29,500 students from 146 schools take part. In this event.

Math teachers, Maria Johnson, Marina Olari, and Marina Cevicelova would like to thank all the students who participated for their time, effort and contribution to the 5,000+ plus points earned. We would like to give a special congratulations to our top ten students who each received a certificate for scoring over 200 pts. These students together earned 3,549 points of the school's total of 5,000+. Awesome job!

The Heritage Top Ten is listed below:

Marius	Machedon	9E	600p. - GOLD
Darius	Machedon	9E	595p. - SILVER
Gesica	Sirbu	10E1	405p. - BRONZE
Andrea	Ghimpu	10E1	
Mark	Negrutsa	9E	
Erik	Sirbu	5E	
Yun	Hwang	IGCSE 1 - 2	
Sabina	Turcan	IGCSE 1 - 2	
Sanda	Bostan	IGCSE 1 - 2	
Mihai	Grumeza	7E	



5A has worked hard on Celtic settlement at IPC. Ciobanu Sanda Bianca, Petru Gorea, Harea Mirela, Victoria Petrosean, Emilia Boico, Gutu Ariadna, Munteanu Dragos have recreated a model of the hill fort.



Heritage Lyceum:



Heritage Lyceum learners become:





Watch any of our recorded videos from our [calendar of webinars](#).

Browse the [list of universities](#), check their summary pages, entry requirements, special offers and scholarships. Check out the latest Study UK guidance for [EU students](#) and the fully comprehensive Study UK guides in English and [Spanish](#)

- At Cambridge International we offer two routes to university, watch this video to find out more
#StudyAtUniversity: <https://youtu.be/XcI9zRkE1gs>

- US admissions leaders share their thoughts on #CambridgeLearners and the Cambridge curriculum:
<https://youtu.be/YhRtpaOHqTA>

- Testing times – why test anxiety is an important issue for schools - Cambridge Assessment International Education;
<https://blog.cambridgeinternational.org/testing-times-why-test-anxiety-is-an-important-issue-for-schools/>

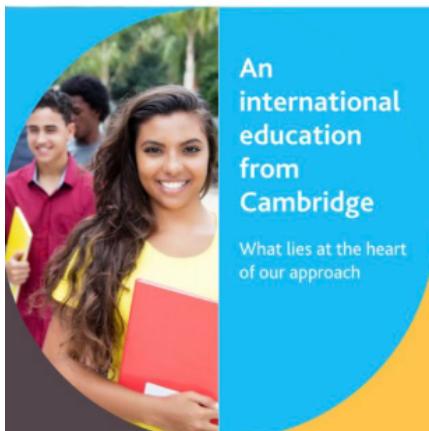
- Study UK Online Universities Event - Subject Specific 14-25 Feb; How to make the most of this event: Register for updates about our webinars and one to one meetings 14-25 February: <https://study-uk-events-eu.britishcouncil.org/about-this-event>

Do not forget you can also:

SIX SOFT SKILLS YOU WILL NEED IN THE NEW ERA OF WORK

As we begin to enter a new era of work, develop these in-demand soft skills to ensure your success:

- 1. ADAPTABILITY**
Employers are increasingly looking for people who can move out of their comfort zone and see change as an opportunity for growth and innovation
- 2. A WILLINGNESS TO LEARN**
Showing that you are willing to learn is key to understanding any new developments and ultimately helping your organisation to progress
- 3. EMOTIONAL INTELLIGENCE**
Developing your emotional intelligence will not only protect you as you approach difficult times, but it will also set you in good stead to become a top performer
- 4. COMMUNICATION**
Employers continue to favour those who possess exceptional communication skills and are comfortable building relationships and collaborating in an increasingly hybrid working world
- 5. PROBLEM-SOLVING**
The changing world of work has created a demand for people who are able to solve problems efficiently and effectively
- 6. CREATIVITY**
Employers are looking for professionals who can come up with creative ideas and solutions to ensure deadlines are met and results achieved



- Cambridge International Guide here: "We believe #education works best when curriculum, teaching, learning, and assessment are closely aligned. Find out more about our approach to #InternationalEducation which is informed by research and underpinned by over 150 years of practical experience working with schools and governments worldwide.

<https://www.cambridgeinternational.org/Images/417448-overview-brochure.pdf>

The admission campaign for Heritage Lyceum (grade 11) is now open.

A world-class education, studying exclusively in English, Cambridge International qualifications and a phenomenal academic experience – it can all be yours!

We recommend you send your application by 31st March 2022.

Learn more and apply here:

The Admissions Process for our Lyceum and Cambridge International A Levels 2022-24 is now underway. Further details here:

<https://fb.watch/aMTOPcPDA0/>

<https://www.heritage.md/en/learning/lyceum>

<https://www.heritage.md/en/admissions?fbclid=IwAR1YzgWV9dBU0iDHtRGnX7uZcwzoRHGSRFmBDQQHc6g87ryyhAbvJs3g7nc>

Student Leadership:

Primary Student Council members: Getting ready for St. Valentine's Day



Global education:

The highlight of this week's activities was the Safer Internet Day, celebrated on Tuesday throughout the entire community. The students had discussions, games, role-plays and various situations to analyse in order to understand better how to stay safe online. Our partner company - National Online

Safety - provided various materials to mark the day, as well as the Web Wise organisation from Ireland, eTwinning, UK SIC and others.
TOGETHER FOR A BETTER INTERNET!



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

What Parents & Carers Need to Know about TIKTOK

AGE RESTRICTION: 13+

TIKTOK is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-syncing and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, violence, suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely – and since TikTok Jump's introduction in mid-2021, users can view third-party content outside the app.

EXPLICIT SONGS

TikTok primarily revolves around videos of users lip-syncing and dancing to music. Unsurprisingly, some of these songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

TIKTOK FAME

The app has created its own celebrities. Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok – leading to many more teens attempting to go viral and become "TikTok famous". While many aspiring stars holding to be the next big thing believe it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok – including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless because of its abundance of teen users – TikTok has experienced problems with predators contacting young people.

ADDICTIVE NATURE

Like all social media, TikTok is designed to be addictive. It can be hugely entertaining – but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users interested about what's coming next mean it's easy for a 5-minute visit to turn into a 45-minute stay.

IN-APP SPENDING

There's an in-app option to purchase 'TikTok coins', which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to over £100. A £99 bundle of TikTok is also connected to a card, which allows users to buy products through the app.

Advice for Parents & Carers

TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app and ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

ENABLE FAMILY PAIRING

'Family Pairing' lets parents and carers link their own TikTok account to their child's. Through your phone, you can control your child's settings remotely – including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

MAINTAIN PRIVACY SETTINGS

The default setting for all under 16s' accounts to 'private'. Keeping it that way is the safest solution: it means only users you've chosen can see what you post. The 'splice' (which lets users splice clips from other people's videos into their own) and 'Duet' (where you build on another user's content by recording your own video alongside theirs original) features are now only open to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable – so it's wise to stay aware of what your child is watching.

LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in two ways. Within the 'Digital Wellbeing' section, you can limit the daily permitted time on the app (in increments ranging from 40 minutes to two hours). This preference can also be locked behind a PIN. That way your child can get their regular dose of TikTok without wasting the whole day.

Meet Our Expert

Parven Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

National Online Safety®

#WakeUpWednesday

SOURCES TikTok.com

www.nationalonlinesafety.com **@natonlinesafety** **/NationalOnlineSafety** **@nationalonlinesafety**

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.11.2021

What Parents Need to Know about SQUID GAME



With themes of horror and violence, it's important for parents and carers to understand the potential risks posed for young audiences by the viral TV show, Squid Game. The nine-episode Netflix-exclusive TV show is rated 15+ and is about a world where contestants who are deeply in debt play children's games in order to win cash prizes. The losers, however, are violently killed. The show's popularity has meant it has spread across online platforms, and there is a great risk of young people being exposed to unsuitable scenes, meaning parents and carers have to be vigilant when allowing children to use devices.

INAPPROPRIATE CONTENT

Some might argue that Squid Game contains content that might not even be suitable for older teens, let alone young children. Characters are brutally tortured and killed through stabblings or getting shot as a result of rules developed and enforced by a masked game master. The show also features sexual content and threats of sexual violence, as well as a strong theme of gambling that runs throughout the whole show.

APPEAL TO YOUNG PEOPLE

Whilst the content is very much adult-themed, some features of the show seem to appeal to young children at face-value. The name "Squid Game" may be interpreted as a programme aimed at children rather than adults. The content itself, such as the bright and childish aesthetics, may also appeal to young children, particularly as there's a focus on playground games to go with it.

SIMILAR CONTENT SUGGESTIONS

When using social media and streaming sites, content is recommended based on what is the user has consumed i.e. what they have watched or searched for. Therefore, there is a greater chance of your child being exposed to similar violent or horror-themed content on social media after watching a show like Squid Game.



Advice for Parents & Carers

USE PARENTAL CONTROLS

Netflix has easily accessible built-in parental controls that allow you to set up a profile for your child with a specific age rating, block them from watching certain shows and even lock their account so it can't be accessed by anyone else. Netflix also allows you to access your child's viewing history to make sure they're not watching anything inappropriate for their age.

CHECK AGE RATINGS

Age ratings on TV shows and films are a way to gauge what is suitable for audiences of different ages. If you are unsure about the content your child is watching, check the age rating to see if the TV show or film is deemed suitable for their age group. If not, try watching the show yourself or talking to other parents who have seen it before to get a better understanding of why it's been rated a certain way.

MONITOR ONLINE ACTIVITY

Squid game has become a social media craze and it's possible your child will see some content related to the show on various platforms. Therefore, it's important to be aware of which websites your child has visited on their smartphone, tablet or laptop, and to also keep an eye out for which accounts they are following on social media platforms, such as Instagram and TikTok.

HAVE OPEN CONVERSATIONS

Making sure your child is comfortable telling you about what they see online can go a long way to ensuring you are kept in the loop about their online use. Showing an interest in what your child is doing online gives you the opportunity to discuss what is and is not appropriate for their age group, and how they might recognise their own feelings towards content they see.

MONITOR BEHAVIOUR

Due to the viral nature of the show, even if your child has not seen Squid Game, it's important to keep an eye on their behaviour. There have been reports from schools of children "playing Squid Game" in the playground and acting aggressively towards the losers as a way to replicate the consequences of losing in the TV show. Viewing content that makes your child feel uncomfortable could also cause them to feel distressed or distracted, so it's important you can easily spot the signs.

WATCH THE SHOW

If you're trying to figure out whether you should let your child watch Squid Game, it might be a good idea to watch the show yourself first. Doing so will allow you to get a better understanding of the show's content and themes, as well as help you decide if this is something you'd feel comfortable with your child being exposed to.

Meet Our Expert

Carly Page is an experienced and highly respected freelance technology journalist, editor and consultant. Previously the editor of tech tabloid The INQUIRER, Carly now works as the news editor for Computer Shopper and IT Pro and writes for a number of publications including Forbes, TechRadar, Tes, The Metro, uSwitch and WIRED.



National Online Safety®
#WakeUpWednesday

Source: <https://www.theguardian.com/technology/2021/oct/16/english-council-urges-parents-not-to-allow-children-to-watch-squid-game>
<https://www.netmums.com/en/node/2841> <https://www.mumsnet.com/thread/18403/parentsguide/squid-game-violence>

We moved to Week 3 of the Goals Project, where students learned about the importance of agency and the skills needed for future jobs, they responded to videos on their Flipgrids, and they decided the topics to explore in order to do team projects.

They are very much looking forward to meeting other global classrooms in order to share their findings about the SDG they study.



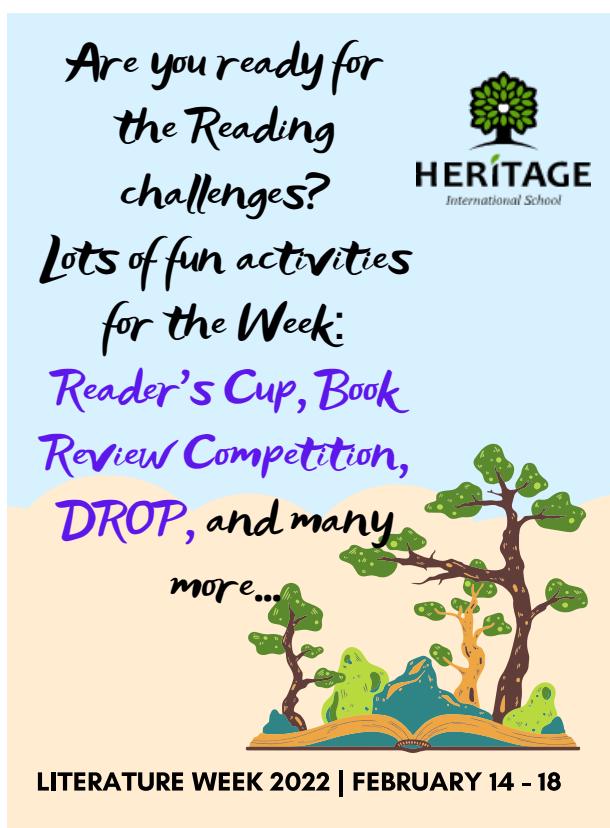
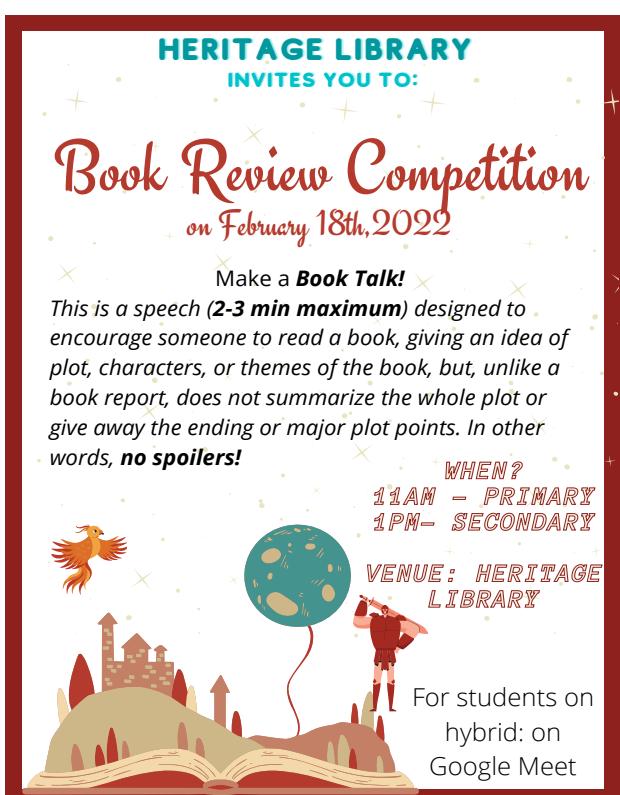
Our Heritage Student Council has joined the Global School Alliance Student Council and the Projects Committee started planning their activities for the Plastic Waste Project, as part of the GSA membership. It should be presented on March 3rd.

Final Project (Team Project):
DEADLINE: March 3rd
1. Research/survey into the problem, evidence in your school
2. Solutions to the problem

DEADLINE: May 5th
3. Putting solutions into practice (maybe try a few options and see what works best)
4. Results and analysis

Next week the Heritage community will mark the Literature Week, with more events to be announced.

The Book Review Competition is back and both students in the Primary and the Secondary will be able to present one book on Friday, February 18th, in the school library!
Get ready to be inspired, bookworms!



Responsible digital citizenship corner

The online world is posing an ever-increasing risk to children, and it is important that schools, parents and carers work together to take an active role in teaching children about online dangers. Learning how to act safely when using the internet is an incredibly important part of safeguarding our children.

We are therefore delighted to announce that we, at Heritage International School, have shown our commitment to protecting our pupils online by working with National Online Safety - providing resources for all parents and carers.

The resources include Parents & Carers courses, online video resources and weekly guides covering a huge range of topics, including:

- *Online Relationships*
- *Fake Profiles & Social Bots*
- *Online Bullying*
- *Online Grooming*
- *Child Sexual Exploitation*
- *Sexual Harassment & Violence*
- *Sexting*
- *Live Streaming*
- *Online Identity*
- *Screen Addiction*
- *Online Challenges*
- *Overspending*
- *Social Media Platforms*
- *Online Gambling*
- *Radicalisation, Terrorism & Extremism*
- *Age-Inappropriate Content*
- *Copyright & Ownership*
- *Hacking*
- *Fake News*
- *Online Fraud*
- *Online Reputation*
- *Personal Data*
- *Pornography*
- *Targeted Adverts & Pop-Ups*
- *The Dark Web*
- *Games & Trends*

To create your account, please follow <https://nationalonlinesafety.com/enrol/heritage-international-school> and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including via our brand-new smartphone app. To download the app, please go to:

<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

Answers to frequently asked questions and customer service can be accessed at <https://helpdesk.thenationalcollege.co.uk/helpcentre> .

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.11.2021



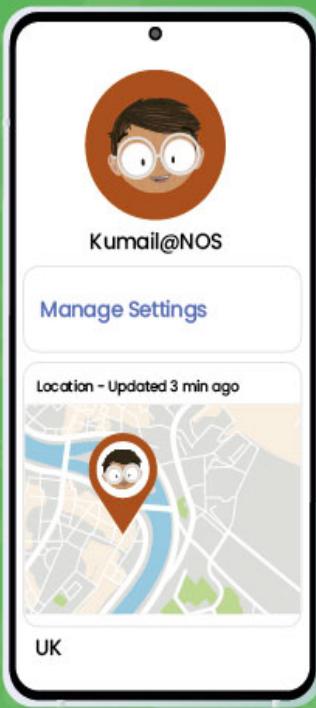
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How to Set up **PARENTAL CONTROLS** to limit age-inappropriate **CONTENT** Android Phone



The settings on an Android device allow you to prescribe certain rules for when your child is using it. For example, you can block specific types of content to reduce the risk of your child being exposed to age-inappropriate material (music with explicit lyrics, for instance, and games, TV shows or movies that are unsuitable for young people). There are two ways to access parental controls on an Android phone: through Google Play or via the Google Family Link app. You can also lock your changes behind a PIN, so your child (or anyone else) can't change them back.



Set up parental controls with Google Family Link

- 1 On your phone, install Google Family Link for Parents
- 2 Tap Open and review the information
- 3 Tap Get Started
- 4 Tap Next to set up your child's device
- 5 On your child's phone, download Google Family Link for Children & Teens and enter the Family Link setup code provided
- 6 On your phone, open the Family Link app
- 7 Tap your child's name Kumail@NOS
- 8 Tap Manage Settings
- 9 Tap Controls on Google Play
- 10 Tap the content you would like to restrict
- 11 Choose how to filter or restrict access

Set up parental controls with Google Play

- 1 Open the Play Store app
- 2 Tap Menu (represented by three horizontal lines)
- 3 Tap Settings
- 4 Tap Parental Controls
- 4 Enable Parental Controls
- 4 Create Pin
- 4 Tap the content you would like to restrict
- 4 Choose how to filter or restrict access



Heritage Creativity:



- Video competition on energy efficiency. The "Film4Energy Challenge" encourages students aged 12-15 to create short videos on energy efficiency and benefits of saving energy:
https://energy.ec.europa.eu/topics/energy-strategy/energy-youth/video-competition-energy-efficiency_en

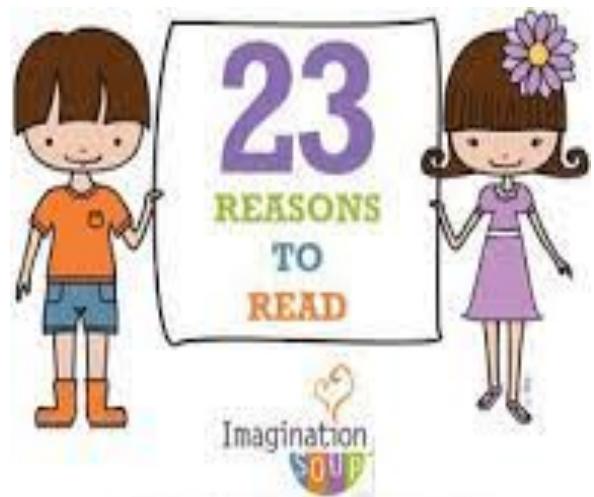


- In the conditions of the COVID-19 pandemic and the organization of distance learning, UNICEF launched the #TeenZ sports project, for boys and girls, from 10 to 18 years old, which aims to popularize sports, as a means of maintaining physical and mental health: https://www.youtube.com/playlist?list=PLujLd9hMbSSxogHNzRwLY_CSscuYlu3B



The Rights of the Reader

by Daniel Pennac
illustrated by Quentin Blake

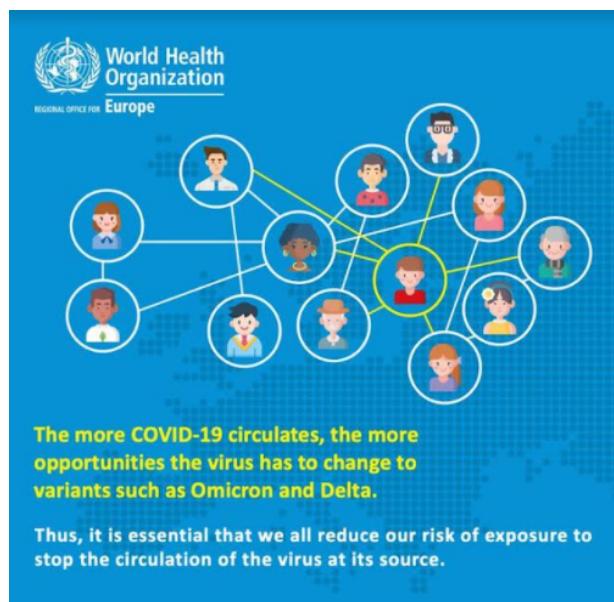


- * TO ESCAPE * TO IMAGINE *
- * TO TRAVEL * TO UNDERSTAND *
- * TO CONNECT * TO DREAM *
- * TO LAUGH * TO LEARN * TO CRY *
- * TO KNOW * TO COMPARE *
- * TO DISCOVER * TO MEET *
- * TO EMPATHIZE *
- * TO BUILD VOCABULARY *
- * TO DEEPEN * TO RELAX *
- * TO THINK * TO ADVENTURE *
- * TO MOTIVATE * TO GROW *
- * TO FOCUS * TO WRITE *



Appointment of Mrs. Olesea Rotaru as Support Staff Operations Manager; It is with pleasure we welcome the appointment of Mrs. Olesea Rotaru, joining the Leadership Team to line manage and look after the support staff team that ensures our school's core business of education can flourish. Mrs. Olesea was chosen from a very strong field and brings a wealth of experience to our school from outside. Last week, Mrs. Tatiana Arnautu had a handover transition and is now on maternity leave. I know you will all make Mrs. Olesea feel welcome and support her particularly as she is coming into a key leadership role in the school right in the middle of a pandemic.

COVID-19 measures:



Below are presented legal requirements in conditions of epidemiological safety for the prevention of the disease with the virus SARS-CoV-2:

· **Order no. 1070 of 22.09.2021** "On the intensification of precautionary measures, prevention and epidemiological control in primary and secondary education institutions, cycle I and II"
<https://chisinauedu.md/ordinul-nr-1070-din-22-04-2021/>

· Instructions regarding the measures for organizing the activity of the primary, gymnasium, high school educational institutions for the 2021-2022 academic year, in conditions of epidemiological safety for the prevention of the disease with the virus SARS-CoV-2, approved by **Decision Nr. 60 from 23.08.2021**
https://gov.md/sites/default/files/hotarare_cnesp_nr.60-redactat-ro.pdf

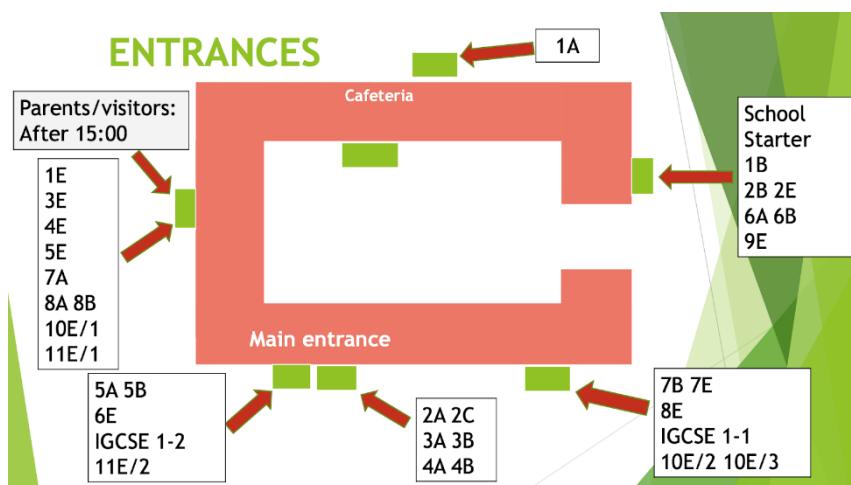
- **Decision of the Extraordinary Public Health Commission of Chisinau No 42 from 25.08.2021**
<https://chisinauedu.md/hotararea-cespmc-nr-42-din-25-08-2021/>
- **Decision of the Extraordinary Public Health Commission of Chisinau № 63 from 08.10.2021**
https://gov.md/sites/default/files/hotararea_cnesp_nr.63_08.10.2021.pdf

Due to Covid restrictions this academic year our school follows the rules according to the "**A safe return to physical school strategy and matrix 2021-2022**":
<https://www.heritage.md/en/school/coronavirus-updates>

IMPORTANT UPDATE: according to the **Decision** of the Extraordinary Public Health Commission of Chisinau № 63 from 08.10.2021, in case of a class quarantine for 14 days, the return to classes with a physical presence can be resumed after the 7th day from the date of confirmation of the positive case for those pupils who present a negative test result for the SARS-CoV-2 virus, performed in the last 24 hours. Negatively tested pupils may end the quarantine period after 7 days if in this period no symptoms of COVID-19 have been reported. For pupils who end the quarantine period after 7 days based on a negative test, daily monitoring of symptoms is mandatory until the 14th day.

If your child has **any symptoms** of acute viral respiratory disease, including temperature higher than 37.0°C, parents should not send the child to school and ask for a medical assistant. For children who have been tested positive with Covid-19 and in case of any disease, for return to school it is mandatory to present the **medical certificate** with the 3 stamps, as a confirmation that the child can attend groups of children.

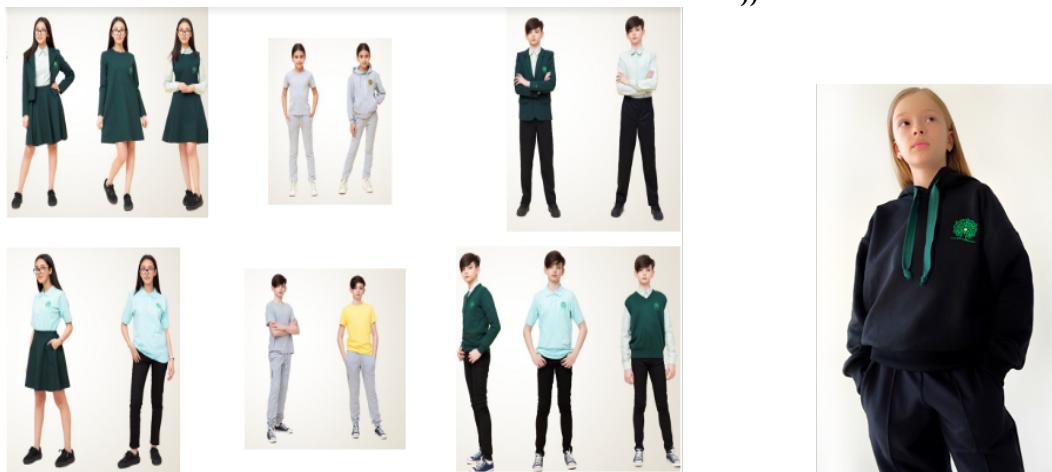
Distribution of the **entrances** for each grade is presented below



Uniform:

We remind you that wearing uniform is mandatory for all the students grade 1-10. Following the link below, you can find the [School Uniform Presentation](#)

Lyceum students' dress code will be black and white smart casual to 'office wear'.



Friendly February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Send a message to let someone know you're thinking of them 	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Organise a virtual 'tea break' with a colleague or friend	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while 
7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day
14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun
21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them 
28 Give positive comments to as many people as possible today 						

ACTION FOR HAPPINESS

Happier · Kinder · Together



UPCOMING EVENTS

14th-18th February 2022
17th-18th February 2022
18th February 2022
21st February 2022
21st-25th February 2022

Literature week
Book Review Competition
Readers Cup
International Mother Language Day
German Language Week



MAIN CONTACTS

Director: director@heritage.md
Academic/Secondary School inga.chiosa@heritage.md
Primary School: larisa.mirza@heritage.md
Hybrid Learning Coordinator: tatiana.popa@heritage.md
Transportation service: transport@heritage.md
Catering services: meals@heritage.md
Admission: admission@heritage.md
Exam officer: shabbir.anjum@heritage.md

Pastoral Care: olesea.pletniov@heritage.md
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Head of Lyceum: rose.moran@heritage.md
Absences: school.absences@heritage.md
Governors: governorsclerk@heritage.md
English language courses for children and adults: language.academy@heritage.md
Summer Camp activities: summer.school@heritage.md