

# THE INTERNATIONAL HERITAGE HERALD

February 25, 2022



GENERAL

***Thought for the week:***

*“Peace cannot be kept by force. It can only be achieved by understanding.”- Albert Einstein*

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

*I am not sure in the nearly 30 years I have been an educator, that I have experienced a week such as this one. None of us really believed that our continent would witness war on the scale we saw happen this week between two brethren European neighbours as we woke up on Thursday morning with the breaking news of the invasion of Ukraine. It still feels unreal and we are all anxious to see how this unfolds in the coming days and weeks. The tragic senseless loss of lives, the destruction, the turmoil for millions, shouldn't be happening in 2022. The very values of our school; international mindedness, global citizenship, interconnectedness, humanity, compassion, knowledge, wisdom, respect, deeper thinking; are the ones we need to hold tighter and we know these are the values we want our children to have as we hope they will create a better World. We shouldn't lose sight of this hope and belief and we know that the clock cannot be turned back by any individual to a World long gone three decades or more ago.*

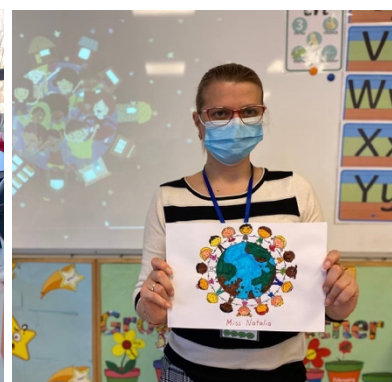
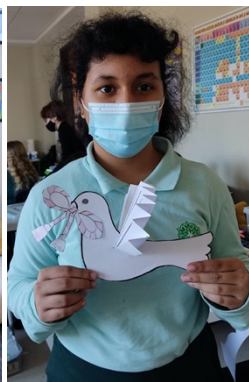


*I am really proud of the way the teachers and staff have spoken with students and ensured they are reassured, have the ability to speak about what is happening and ask questions about the situation. As ever, I am very grateful for the support and comments from our families especially in these difficult moments when we all need to take courage and strength from another. I said this week in my letter to the community, the routines, the certainty, our adaptability to continue, all keep us focussed and will help steward our community through these times as we have been doing for two years in the pandemic. And we also know we are tired, exhausted and fearful. We will come through these trying times of the early 2020s. We continue to keep on the situation, supporting our government, our national and international communities. We don't know how grave the refugee crisis will impact Moldova as people flee the fighting, but again, we live our humanitarian values. We have undoubtedly some tough weeks ahead still but we always show the kind of World we actually want for our children and teach & lead by example.*

*Next week, we celebrate on the 1st March the hope of the Martisor festival and the coming of Spring. We also want to show our desire for a peaceful World where conflict is not resolved by war. I used to have a quote in my classroom in Bristol when I was a history teacher by the writer HG Wells. It said "Human history is in a race between education and catastrophe". I choose education every time.*

*Have a restful weekend, stay safe (there is still a pandemic in all of this) and take time away from social media to appreciate the simple but important things we have in our lives like our children, our health, being together, and not to be ever taken for granted.*

**Rob Ford**  
Director





## Heritage in the Wider World:



## Articles of interest:

- Recipes to Cook Over a Long Weekend - Recipes from NYT Cooking; <https://cooking.nytimes.com/68861692-nyt-cooking/4237861-recipes-to-cook-over-a-long-weekend>
- Exploring the English Language Through British Food and Culture - FutureLearn/British Council; <https://www.futurelearn.com/courses/exploring-english-food-and-culture>
- IPCC: Climate change report to sound warning on impacts - BBC News; <https://www.bbc.co.uk/news/science-environment-60431081>
- Remains of 'world's largest Jurassic pterosaur' recovered in Scotland | Dinosaurs | The Guardian; <https://www.theguardian.com/science/2022/feb/22/remains-of-worlds-largest-jurassic-pterosaur-recovered-in-scotland>
- Unlock the secrets of Stonehenge through rare artifacts - CNN; <https://www.cnn.com/2022/02/19/world/stonehenge-science-newsletter-wt-scn/index.html>
- Organic farming and "living" experiments feel at home in Rîșcova by UNDP Moldova; <https://undpmoldova.exposure.co/organic-farming-and-living-experiments-feel-at-home-in-ricova>
- More than 10 thousand adolescents were vaccinated against COVID-19 in the Republic of Moldova. Health experts recommend parents to make informed decisions;
- Reports on Hope, Opportunity for 2,500 kids in Eastern Europe - GlobalGiving; <https://www.globalgiving.org/projects/hope-opportunity-for-2500-kids-in-eastern-europe/>
- How to recognize signs of distress in children | UNICEF Parenting; <https://www.unicef.org/parenting/child-care/how-to-recognize-signs-of-distress>

## 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 is 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

4E have worked with great dedication this week to mark the conclusion of the Black History month. They have created a collage of inspirational phrases.



The flowers bloom and the children of the 2nd grade made bouquets full of love and peace for their loved ones.





*Nothing escapes the watchful eye*



*1E students were drawing donuts on computers. They used different shapes and colors to design their yummy donuts.*



*For International Mother Language Day, a meeting with a writer would be best. 3A students had an online meeting with the writer Alex Donovici, the author of the book "Hoppy the Lark. Impossible is just another word".*

*The students became friends with Țup and other characters in the book. Tears welled up in the eyes of the children when they found out about a real-life case, a person with a disability who managed to do*



great things. The writer talked about his childhood, hobbies, and about his favourite childhood readings. „The students were amazing” the author commented in his post on Facebook.



#### 4A Group Project “Mărțișoare, beautiful pearls”







*2C students enjoy reading*



*Activities from Technology 1A 1B  
Spring has already come into first grade classrooms!*







*1B students celebrate the International Mother Language Day.*



*3A students and their teacher had a great meeting with Turkish eTwinning partners. The students talked about their countries, their schools, about our joint project "International Cats Calendar", and sang the songs in Turkish and Romanian. The students hope to meet again!*



*This week, 2nd graders sang "It's fun to walk together" in their mother tongue.*





## The joy of reading in 1E



*When the child creates, the sky rests. Children need peace!!!*







*Music lesson in 2B: we changed the entourage and performed the song "Mask Gala" outdoors. We enjoyed the sun and good weather; some students brought their masks.*



*School Starter students explored means of transport*







## 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.

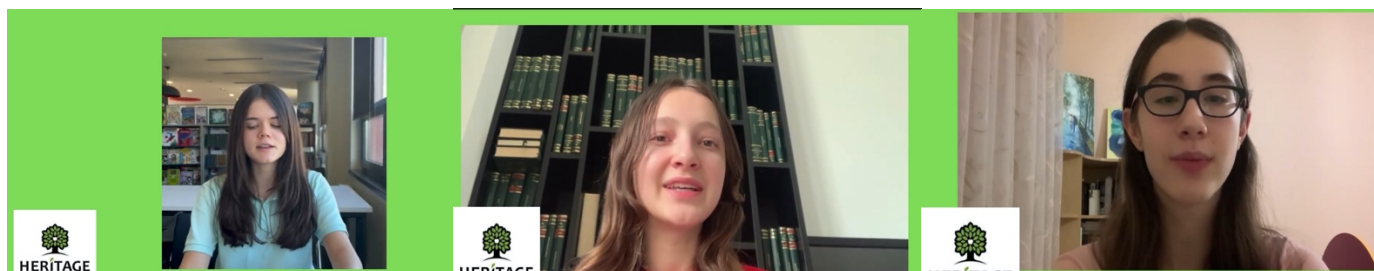
<https://www.cambridgeinternational.org/Images/417448-overview-brochure.pdf>

Congratulations to our students Bianca Sirbu, 9E and Andrei Ureche, 11E on their successful participation in I-STEM Olympiad! Go Heritage!



**INTERNATIONAL  
STEM OLYMPIAD**  
MATHEMATICS | COMPUTER SCIENCE | POPULAR SCIENCE

This week we celebrated at our school the German Week, which was dedicated to the brilliant German poet, writer and historian, Friedrich Schiller, who is also known as the German Shakespeare. The students of our school recited poems, true masterpieces of Schiller, spoke about his biography and about his contribution not only to the German Literature, but also to the World Literature.





### *Heritage Lyceum:*



- 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/>



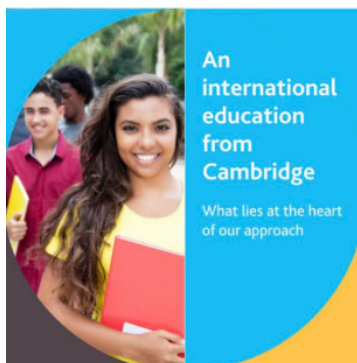
Browse the [list of universities](#), check their summary pages, entry requirements, special offers and scholarships. Check out the latest Study UK guidance for [EU students](#) and the fully comprehensive Study UK guides in English and [Spanish](#)



Do not forget you can also:  
Watch any of our recorded videos from our [calendar of webinars](#).

- At Cambridge International we offer two routes to university, watch this video to find out more  
#StudyAtUniversity: <https://youtu.be/XcL9zRkE1gs>

Cambridge Assessment  
International Education



- 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>

Mock exam AS & A level



## 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



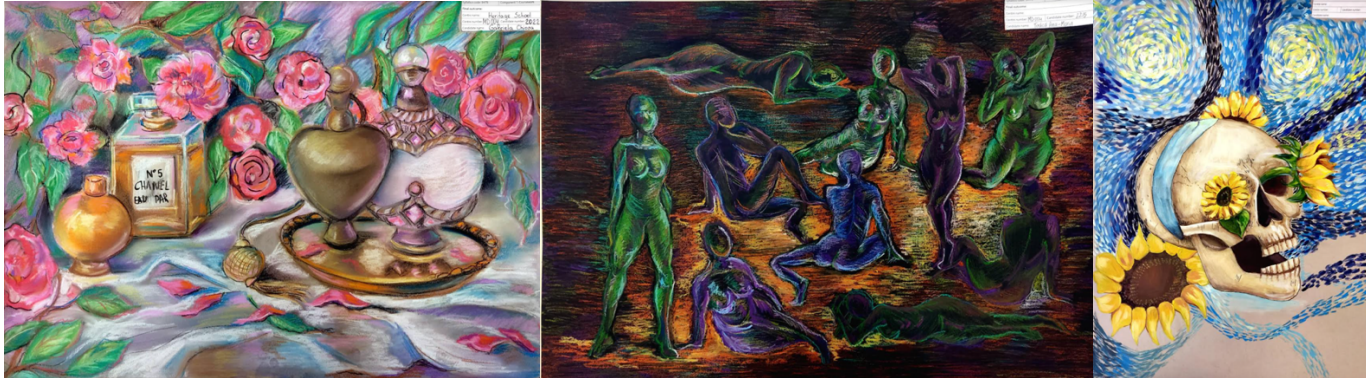
### 6. CREATIVITY

Employers are looking for professionals who can come up with creative ideas and solutions to ensure deadlines are met and results achieved





## AS Art Mock exam Final outcomes



## Global education:

On Monday, classes marked the UN Mother Language Day. Having a community of more than 20 nationalities, the variety of languages spoken at Heritage is very large and each student is proud of their identity. Students had activities and they reflected on the languages spoken and the importance of communication.

Watch the 9E ebook

slideshow here: [https://www.canva.com/design/DAE2YyV4zLk/SElWFRinDHNz0FktD1OBrA/watch?utm\\_content=DAE2YyV4zLk&utm\\_campaign=designshare&utm\\_medium=link&utm\\_source=sharebutton](https://www.canva.com/design/DAE2YyV4zLk/SElWFRinDHNz0FktD1OBrA/watch?utm_content=DAE2YyV4zLk&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton)

### Our languages at Heritage International School

Along with a lot of nationalities, the people at our school also speak a lot of languages and those are : English, Romanian, Russian, French, Spanish, German, Arabic, Turkish, Afrikaans, Chinese .



Since Heritage International School has a community made up of varied nationalities, we learn about each others' languages everyday, sharing our traditions .



My main language is Spanish, I speak it fluently, and I also talk English really well and I understand it. I'm learning Romanian and I understand it a little bit. I'm also learning Russian and French at school.



### GRADE 9E, HERITAGE INTERNATIONAL SCHOOL COMMUNICATION A CURATED GLOBAL PERSPECTIVES EBOOK





Languages are really important because that's the main thing for communicating with others. Every language has its own community and traditions. Languages also keep the culture alive, but unfortunately, a lot of ancient languages are dying everyday. As a half-Belgian, I am really proud to be a part of the Flemish, especially the Limburgish community, which has 5.5 million speakers.



Xander

Ich finde es sehr wichtig mehr als eine Sprache sprechen zu können, da es sowohl im Alltag als auch im Urlaub sowie Auslandsjahren hilfreich sein kann. Empfehlenswert wäre es Englisch als erste Fremdsprache zu lernen, da es nicht nur in Ländern wie der USA, England oder Kanada die Amtssprache ist aber auch in vielen anderen Ländern von den Meisten als zweite Sprache gesprochen wird.

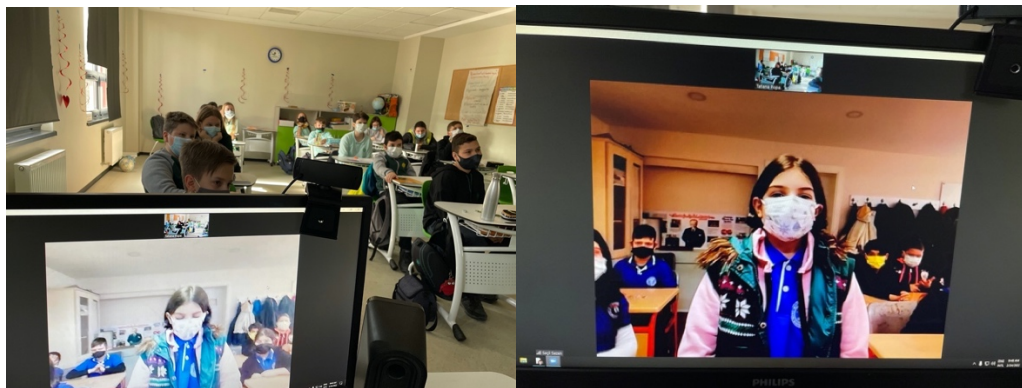
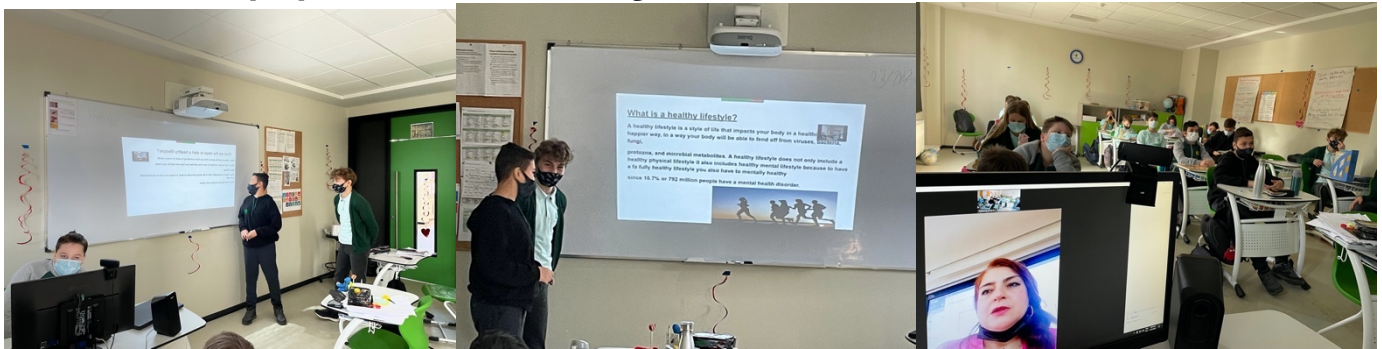
Communication has evolved a lot in the past years, from paintings on cave walls, to letters and carrier pigeons, the telegraph and now modern electronics. Communication is the way we make friends and speak our minds, so it is one of the most important things



Bianca

*As part of week 5 in the Goals Project, our students wrote calls for action to people and world leaders, as well as solutions for achieving the SDGs. Besides this, students started getting connected to classrooms around the world.*

*For example, students in grade 7E had a videoconference with a group of students in Samsun, Turkey. Students presented their findings, after doing research on SDG3 Good Health and Wellbeing, and solutions to make people's health and wellbeing better.*

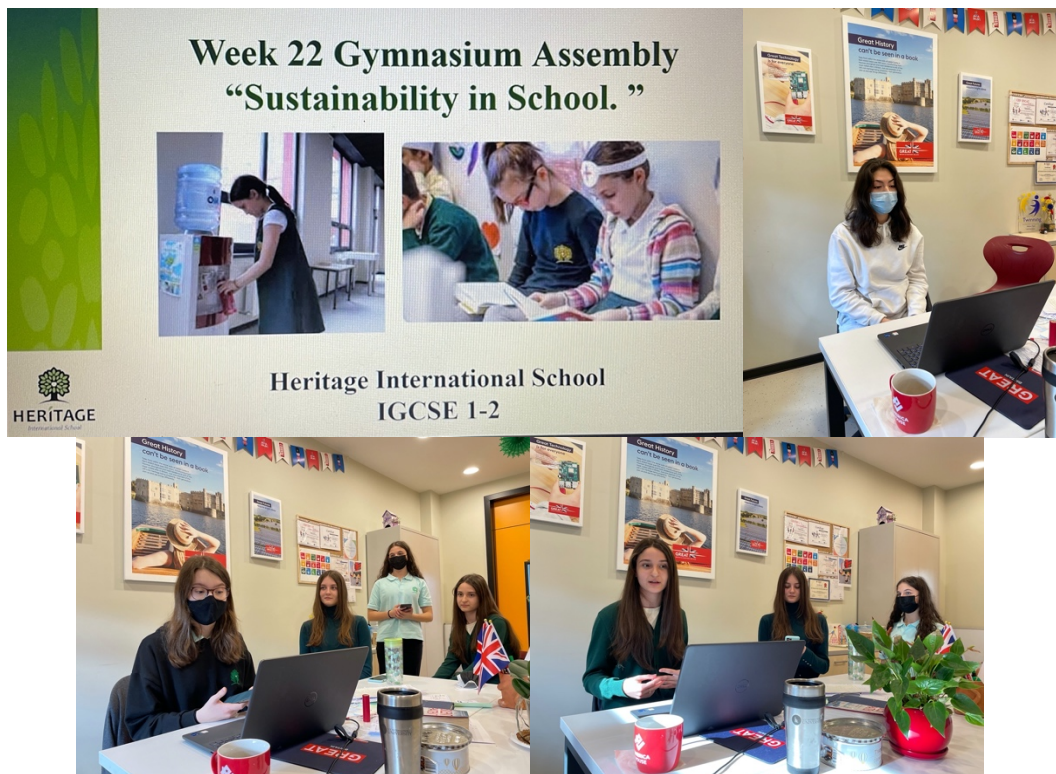


*The Projects Committee of our Student Council are getting ready for the Global School Alliance meeting next week. They are part of the GSA Student Council and they are running a project on plastic waste. Heritage students will present their take on plastic waste at Heritage International School.*





*In this respect, students in grade IGCSE 1-2 were the ones recording the gymnasium assembly for this week, where they presented how we are dealing with sustainability at Heritage and what are the actions we take or have taken as a community. They spoke about projects, global and local, as well as the importance of meat-free lunches and the use of refillable bottles instead of plastic cups daily.*



### **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>.





## 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](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\\_CSccuYlu3B](https://www.youtube.com/playlist?list=PLujLd9hMbSSxogHNzRwLY_CSccuYlu3B)



<https://www.cobis.org.uk/students/forthcoming-events-activities/eco-film>

2 E students listening to the sounds of waves created "The Great Wave " by Japanese artist Hokusai.





## 2 E Art class



## 1 E rainbow flowers



### **School Exit Pass:**

Starting this week, we have a new exit format for leaving the school premises before 4 o'clock provide even more security for your child.

Children will be allowed to leave school only if your permission is confirmed by phone or text message/email to the homeroom teacher or directly to the reception.



At the moment children receive a temporary Exit Pass that allows them to leave school. In order to have better functioning it is very important to use a permanent Exit Pass. In this case we ask parents to complete the attached form with the time they allow our students to leave the school, and present it to the homeroom teacher or leave it at the reception.

Thank you very much for your involvement. The safety of your children is our priority.

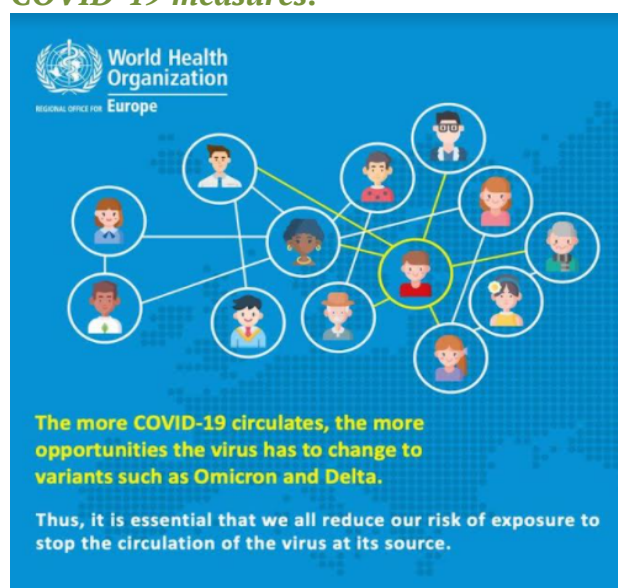
### Temporary Exit Pass



### Permanent Exit Pass

EXIT PASS				
PHOTO		Name, Surname		
Grade				
M / L	T / M	W / M	T / J	F / V
13:00	13:00	13:00	13:00	13:00
14:00	14:00	14:00	14:00	14:00
15:00	15:00	15:00	15:00	15:00
16:00	16:00	16:00	16:00	16:00

### 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](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 **Nº 63 from 08.10.2021**  
[https://gov.md/sites/default/files/hotarirea\\_cnesp\\_nr.63\\_08.10.2021.pdf](https://gov.md/sites/default/files/hotarirea_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>

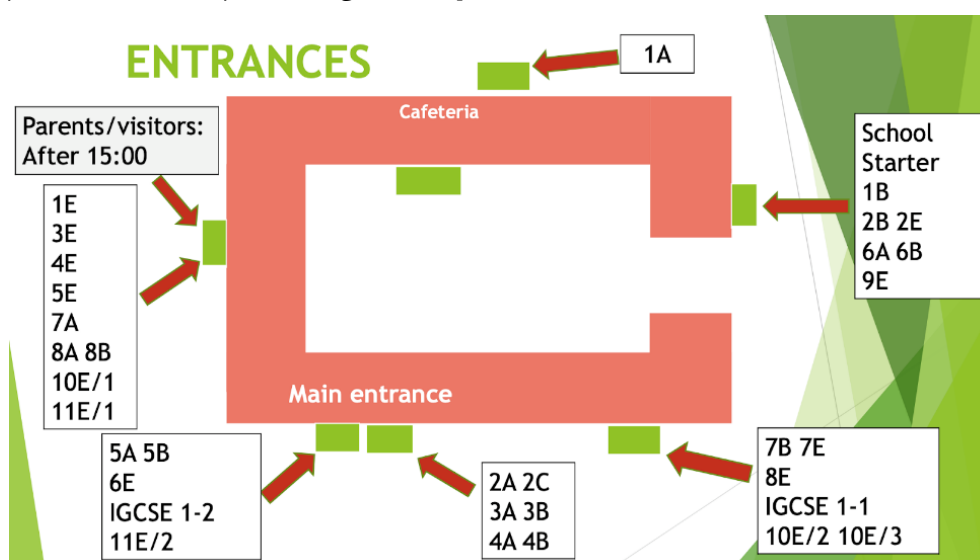


**IMPORTANT UPDATE:** according to the **Decision** of the Extraordinary Public Health Commission of Chisinau **from 03.02.2022**, in case of a class quarantine for 10 days, the return to classes with a physical presence can be resumed after the 5th day from the date of confirmation of the positive case 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 5 days if in this period no symptoms of COVID-19 have been reported. For pupils who end the quarantine period after 5 days based on a negative test, daily monitoring of symptoms is mandatory until the 10th day. Vaccinated students or the students who have had COVID within the last 90 days should not quarantine.

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.

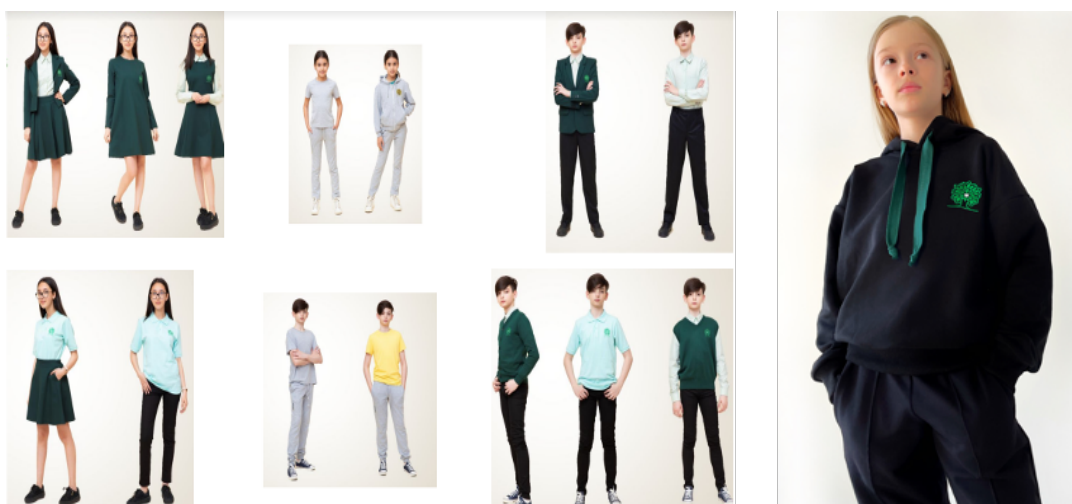
Distribution of the **entrances** for each grade is presented below



### 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'.





# Self-regulation coping strategies

## Students can use at school



**When I feel upset, sad,  
or unfocused at  
school I can:**

**Kids Inspire**  
Reclaiming Lives, Rebuilding Futures



# Mindful March 2022

MONDAY



TUESDAY

1 Set an intention to live with awareness and kindness

WEDNESDAY

2 Notice three things you find beautiful in the outside world

THURSDAY

3 Start today by appreciating your body and that you're alive

FRIDAY

4 Notice how you speak to yourself and choose to use kind words

SATURDAY

5 Bring to mind people you care about and send love to them

SUNDAY

6 Have a 'no plans' day and notice how that feels

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today  
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

## UPCOMING EVENTS

1st March 2022

2nd-3rd March 2022

5-8 March 2022

14-18 March 2022

Heritage Spring Fest

Parent Teacher Conferences

Spring Break

Primary Checkpoint Mock tests

## MAIN CONTACTS

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

Pastoral Care: [olesea.pletniov@heritage.md](mailto:olesea.pletniov@heritage.md)  
Head of English Department: [liliana.pulbere@heritage.md](mailto:liliana.pulbere@heritage.md)  
Head of Lyceum: [rose.moran@heritage.md](mailto:rose.moran@heritage.md)  
Absences: [school.absences@heritage.md](mailto:school.absences@heritage.md)  
Governors: [governorsclerk@heritage.md](mailto:governorsclerk@heritage.md)  
English language courses for children and adults: [language.academy@heritage.md](mailto:language.academy@heritage.md)  
Summer Camp activities: [summer.school@heritage.md](mailto:summer.school@heritage.md)