

# THE INTERNATIONAL HERITAGE HERALD

March 4, 2022



LET EDUCATION BE



*our strongest weapon*

GENERAL

Thought for the week:

*"The best way out is always through."- Robert Frost*

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

They say March comes in like a lion and out like a lamb. The courage and strength we see across communities and countries right now in the first week of March suggests there are many lionhearted people, ordinary people, doing extraordinary things in anything but normal times. The commitment and will from our students to begin collecting donations and supporting refugees had already been organised by Saturday afternoon along with so many in our country, watching in disbelief the tens of thousands of Ukrainians fleeing the fighting and trying to reach safety. We should be very proud in Moldova at the way we have responded and demonstrated our humanitarianism to do something to help people. To help children.



On Wednesday, I met with my fellow school leaders, from across the COBIS Black Sea School region, as we tried to understand what our colleagues were going through in Kiviv and what we could all do to support and plan ahead if this escalated west. The commitment by our colleagues, our friends, to host our entire staff and allow our students to use their schools in the event of the worst case scenario is enough to make us all weep. Let's hope, like the new additions to the school's crisis emergency plan, they all remain highly theoretical. Indeed, we all listened attentively to the vice president of the EU Commission, Joseph Borrell, assessing the current situation as a low threat to Moldova, but the numbers of refugees would be a strain on public and civic organisations to manage. The visit of US Secretary of State, Blinken, also underlined Moldova's support in the World.

The week of celebrating the coming of Spring did not suffer and you will see in this edition of the IHH, the wonderful pictures and scenes as our education continues and our students are focussed on school. The student council delivered a great assembly on spring and the martisor traditions to Gymnasium students this week and they also did a fantastic job representing Heritage and Moldova internationally at the wider GSA schools council meeting. This is the sort of modern leadership and the values we are developing in our students for the future leaders of society. Next week, we get to enjoy the Spring break and a long weekend. I think all of us will be looking for the precious time with our families and we will keep hoping and praying that there is a cease fire, war stops and peace returns to our part of the globe. It would be wonderful if March really did go out like a lamb.

Stay safe and take care,  
Rob Ford  
Director



International School Magazine  
@IntSchoolMag

'I can live with crisis being the norm, but I am tired of children living in fear.'  
Rob Ford, director of @HIS\_Moldova explains how the Russian invasion of Ukraine has sent shockwaves through his international school in nearby Moldova #ukraine #intled [buff.ly/3swlfOI](https://buff.ly/3swlfOI)



## Heritage in the Wider World:

- ISM Article: "I can live with crisis being the norm, but I am tired of children living in fear". Heritage International School, Moldova; <https://www.schoolmanagementplus.com/the-view-from-here/ukraine-war-makes-handling-the-covid-crisis-look-like-a-walk-in-the-park/>

- TES article: How to create a robust DEI policy - and why it matters more than ever; <https://www.tes.com/magazine/leadership/compliance/how-create-robust-dei-policy-and-why-it-matters-more-ever>

- Tatiana Popa, Letter from Moldova, guest blog piece for the Global School Alliance <https://platform.globalschoolalliance.com/education/letter-from-moldova-2022-war-in-ukraine/>

**John Rolfe MBE** @yorkshirejohn · 29m

Many thanks from @BritishCouncil @Schools\_British to inspirational Rob Ford @Tatianapopab and all at wonderful @HIS\_Moldova..proud to work with you and learn from your great support and commitment to international collaboration, communication and sharing trust and understanding..

**International School Magaz...** · 22h

'I can live with crisis being the norm, but I am tired of children living in fear.'  
Rob Ford, director of @HIS\_Moldova explains how the Russian invasion of Ukraine has sent shockwaves through his international school in nearby Moldova #ukraine #intied buff.ly/3swlfOI



**tes** magazine

Ad Nike JD Sports SHOP NOW

< Back

### How to create a robust DEI policy - and why it matters more than ever

After a racist comment from a pupil to a teacher forced this headteacher to put his diversity, equality and inclusivity policy into action, he reflects on why schools must have robust policies on this area – and enforce them when required

28th February 2022, 10:00am

**Rob Ford**



@ tes.com

**Heritage International School-Moldo...** @HIS\_Moldova

Thank you @BISTbilisi & all colleagues in the @COBISorg #BlackSeaSchools network for a very positive meeting. Our thoughts & support go to David & @BritishUkraine in #Kyiv Thank you also for the support of @HIS\_Moldova & #Moldova The international education community at its best!




BLACK SEA




**Heritage International School-Moldo...** @HIS\_Moldova

To David Cole, his team, students & all their families we are sending, up the road, all our prayers, wishes & thoughts to your school community, to all school communities, to be safe in these unreal & dreadful moments that should not be happening in Europe in 2022 @BritishUkraine



THE BRITISH INTERNATIONAL SCHOOL UKRAINE

**Global School Alliance**

### Letter from Moldova: 2022 War in Ukraine

Global School Alliance  
3 March 2022



The following article comes from Tatiana Popa, Head of Global Education and English teacher at Heritage International School, Moldova

HERITAGE INTERNATIONAL SCHOOL PRESENTS:

## FOUNDERS' LECTURE NO.7

WITH OUR GUEST SPEAKER  
**MRS VIOLETA AGRICI,**  
DIRECTOR AT THE MINISTRY OF FOREIGN AFFAIRS AND EUROPEAN INTEGRATION OF THE REPUBLIC OF MOLDOVA



**ON MARCH 16TH, 2022 AT 3PM ON GOOGLE MEET**

#FoundersLecture #HIS\_Moldova @HIS\_Moldova @his\_global

Please find below a link for the **Red Cross in Romania** who have been coordinating **support for refugees from the Ukraine**. As an active school member of the Black Sea Group we agreed to coordinate our efforts and have a specific landing page to channel donations on behalf of all our schools. In times of chaos or conflict we felt it very important to focus on the positive diversity reflected in our group and unite to show our strength.

This is the landing page on BSB's website <https://www.britishschool.ro/strongertogether> Click on it and on the new page you can either leave it in Romanian or select English from the top and you will get this page

[https://donate.redcrossredcrescent.org/ro/black\\_s2022/~my-donation?context\\_form\\_id=form\\_5dd9377b547da3423a26d87bb424043d\\_622226171cb776.24385623](https://donate.redcrossredcrescent.org/ro/black_s2022/~my-donation?context_form_id=form_5dd9377b547da3423a26d87bb424043d_622226171cb776.24385623)

Thank you very much for your support!



### Articles of interest:

- Why war? A letter from Albert Einstein to Sigmund Freud; <https://en.unesco.org/courier/may-1985/why-war-letter-albert-einstein-sigmund-freud>

- British Council Free Online course; Communicating Across Cultures. Communicating Across Cultures is a MOOC from the British Council, which will enable you to develop an understanding of the impact of culture in shaping everyday behaviour, including communication.. This free course will provide you with the skills and tools to identify cultural preferences in the way we communicate and to improve the effectiveness of your own communication in multicultural and multilingual situations: <https://www.britishcouncil.org/society/communicating-across-cultures/register>

- Top 10 world-spanning novels | Fiction | The Guardian; <https://www.theguardian.com/books/2022/mar/02/top-10-world-spanning-novels-ca-davids-how-to-be-a-revolutionary>

- 9 Ways to Help Children Develop a Love of Reading; <https://www.edarabia.com/9-ways-to-help-children-develop-a-love-of-reading/>

- How to donate to help children and civilians in Ukraine; <https://britishschool.ua/news/stop-war-in-ukraine/>

- Time Magazine; WOMEN OF THE YEAR. Creating a better future for women means building bridges—across generations, communities, and borders. These extraordinary leaders are working toward a more equal world: <https://time.com/collection/women-of-the-year/>

## 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>



The Heritage Globe has exciting news: We have social media accounts you can follow.

Instagram: [heritage.globe](https://www.instagram.com/heritage.globe)

Twitter: [heritage.globe](https://twitter.com/heritage.globe)

Please consider following the Heritage Globe.

## Heritage Primary

Hello, Spring!





*Spring fest and Library time in 5E*



*2E - Trophy for the Most Organized Class*



*This week we were looking for answers to the statement: If I had a magic remote control, I would ...*



Game "Cube of stories": reading in the school library.



Spring Flowers in 2B





*Origami gift boxes in technology lessons*





4A Group Project "Welcome, Spring"



Martisor celebration in School Starter and the 1<sup>st</sup> grade





**Heritage Gymnasium:**

**Gymnasium Assembly**

Gymnasium Assembly, Thursday 3<sup>rd</sup> March

**The joys of spring:  
traditions, flowers and holidays**

Donations for Ukrainian refugees  
28th February- 4th March

**CALL TO ACTION!**

**DEAR HERITAGE COMMUNITY,  
WE COLLECT DONATIONS FOR  
REFUGEES FROM UKRAINE**

28 Feb - 04 Mar

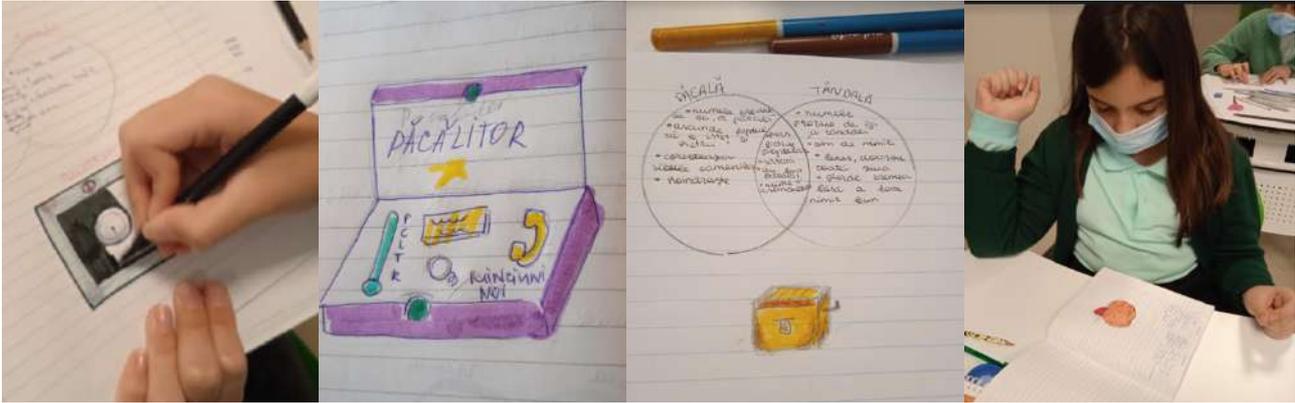
We appreciate you as being  
friendly, kind and generous!  
→ Please donate:  
→ Money, food, clothes  
→ Warm blankets  
→ Hygiene products  
→ Household items  
→ Christmas Stockings + Toys

Please pack the items responsibly in their shops and clearly mark them!

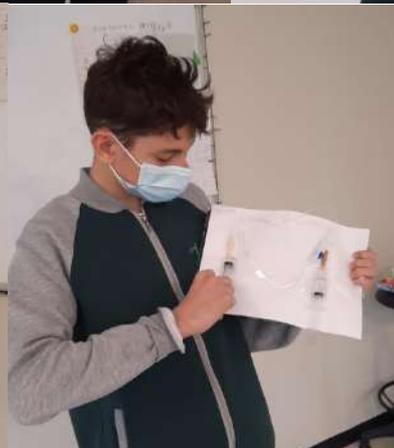
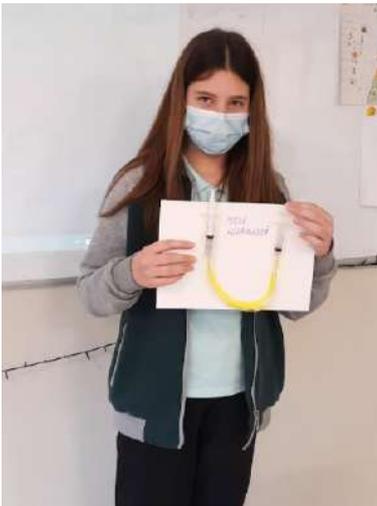


- Tips for effective exam preparation:  
<https://blog.cambridgeinternational.org/tips-for-effective-exam-preparation/>

Everyone knows who Păcală and Tândală are, but not everyone knows what a "trickster" looks like. The 5th graders created this character in the Romanian language and literature lesson.



7A students from Heritage made a hydraulic press in Physics lesson. The students developed practical skills, making devices based on the principles of physics. The hydraulic press is an application of Pascal's law, it was made of syringes, board and a plastic hose. Teodor Zaporojan built a crane - the operating system, made of cardboard, syringes, plastic hose. The students worked hard and used recyclable materials to create devices were made of recyclable materials.



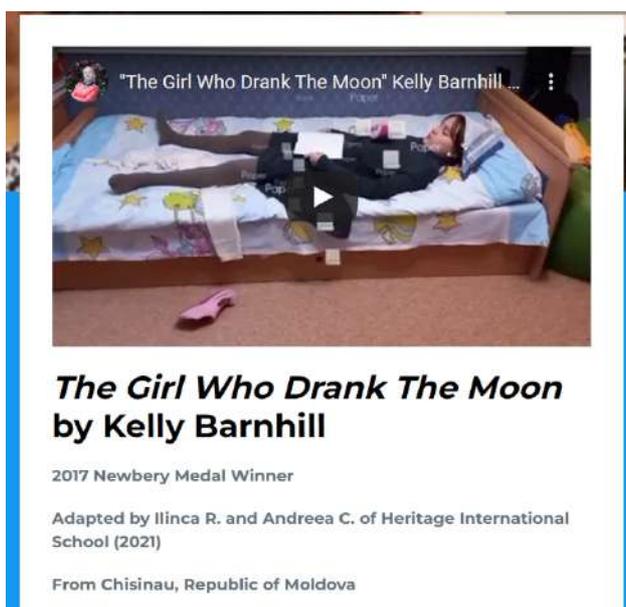


*Congratulations to our 7A student Teodor Zaporozhan on winning bronze medal, the 3d place in BalaTech International Programming Olympiad (7-9 grades category), as a prize he will have one year of free learning of Python programming language course from BalaTech.*



### *The 90-Second Newbery Film Festival*

*Ilinca Radu and Andreea Crivoi participated in The 90-Second Newbery Film Festival. They made a short video based on the book The Girl Who Drank The Moon by Kelly Barnhill. After a while Kelly Barnhill wrote back an amazing message to Ilinca and Andreea.*



**Judges' Remarks:** I knew this movie would be brilliant right from its strong, emotional beginning, in which baby Luna is snatched from her mother and left in the forest—it's always a great idea to start with a super-dramatic scene! I was also impressed by the cinematography and editing, with every shot thoughtfully framed and brisk cuts that kept the energy high. The scene where the witch Xan finds baby Luna in the forest was particularly evocative, shot in a beautiful location that felt like a magical forest! There was an effective use of soundtrack music to set the mood, especially how that music comes to a climax when Xan realizes she has mistakenly fed Luna moonlight. (And I liked how Xan used her witch's hat, with the aid of some subtle glowing special effects, to make it look like she was actually feeding Luna starlight and moonlight.) The use of a cat to portray the dragon Fyrian was cute, the costumes were resourceful and cool (especially Xan's witch costume!), and I liked the deployment of the special effects that made it look like "paper" and "moon magic" are flying everywhere. The acting performances of all the characters were engaging and convincing, especially when Luna and her mother are satisfyingly reunited at the end. This is a rich and complicated book, and this movie does a stylish job boiling it down to the essentials while still expressing an emotional core!

Dear Ms. Cires,

My name is Kelly Barnhill, and I wrote *The Girl Who Drank the Moon*. Mr. James Kennedy shared the movie that your students made for the 90-Second Newbery Film Festival, and I thought it was absolutely delightful. Would you please share the following message with them? Thanks!

Dear Ilina and Andreea,

I just watched your wonderful film, and I just wanted you to know how much joy and happiness it has given me on this otherwise unsettling day. How wonderful it is that there are children, like you, who read books, think about books, wonder about books and who use those books to make art of their own! How wonderful it is that imagination, creativity and art are all alive and well! I'm so glad that you liked my book enough to make something new. And I'm so glad that my beloved Luna, Xan, Fyrian and Glerk all found their way into your hearts. It's all I can ever hope for.

I hope you keep reading more and more wonderful books and keep sharing your insight, creativity and deep thinking with the world. The world needs more people with lots of imagination and empathy - in other words, people like you!

Thank you. From my heart to yours -

Kelly Barnhill

## Heritage Lyceum:



**HERITAGE**  
International School

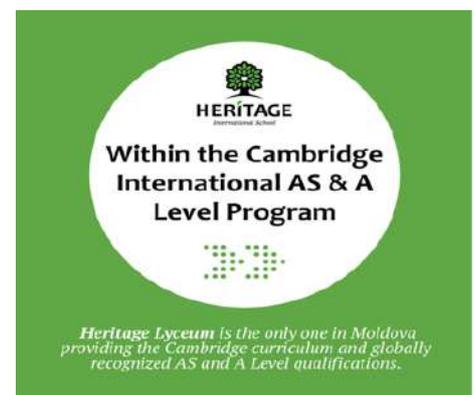
**Recommended  
Cambridge International  
A Level subjects for the  
most popular careers**

*Heritage Lyceum is the only one in Moldova  
providing the Cambridge curriculum and globally  
recognized AS and A Level qualifications.*

**Heritage Lyceum  
learners become:**

**confident**   **responsible**   **reflective**

**innovative**   **engaged**



**HERITAGE**  
International School

**Within the Cambridge  
International AS & A  
Level Program**

*Heritage Lyceum is the only one in Moldova  
providing the Cambridge curriculum and globally  
recognized AS and A Level qualifications.*

### **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>

## 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

## Top 20 universities in the world\*

The top 20 universities in the QS, Times Higher Education and Shanghai World University Rankings all accept Cambridge International A Levels. Search Cambridge International's recognition database to find out more about the universities below and their admission policies. Go to: [www.cambridgeinternational.org/recognitionsearch](http://www.cambridgeinternational.org/recognitionsearch)

University name	QS Ranking	THE Ranking	Shanghai Ranking	Cambridge International A Level Recognition
Massachusetts Institute of Technology	1	5	4	✓
Stanford University	2	2	2	✓
Harvard University	3	3	1	✓
California Institute of Technology	4	4	9	✓
University of Oxford	5	1	7	✓
ETH Zurich – Swiss Federal Institute of Technology	6	14	Not in rankings	✓
University of Cambridge	7	6	3	✓
Imperial College London	8	11	Not in rankings	✓
University of Chicago	9	10	10	✓
University College London	10	16	17	✓
National University of Singapore	11	Not in rankings	Not in rankings	✓
Princeton University	12	9	6	✓
Nanyang Technological University, Singapore (NTU)	13	Not in rankings	Not in rankings	✓

## Top 20 universities in the world\* continued

University name	QS Ranking	THE Ranking	Shanghai Ranking	Cambridge International A Level Recognition
EPFL – Ecole Polytechnique Federale de Lausanne	14	Not in rankings	Not in rankings	✓
Tsinghua University	15	=20	Not in rankings	✓
University of Pennsylvania	16	13	15	✓
Yale University	17	8	11	✓
Cornell University	18	19	12	✓
Columbia University	19	17	8	✓
University of Edinburgh	20	Not in rankings	Not in rankings	✓
University of California, Berkeley	Not in rankings	7	5	✓
Paris-Saclay University	Not in rankings	Not in rankings	13	✓
University of California, Los Angeles	Not in rankings	15	14	✓
Johns Hopkins University	Not in rankings	12	16	✓
University of California, San Diego	Not in rankings	Not in rankings	18	✓
University of Washington	Not in rankings	Not in rankings	19	✓
University of California, San Francisco	Not in rankings	Not in rankings	20	✓
University of Toronto	Not in rankings	18	Not in rankings	✓
Duke University	Not in rankings	=20	Not in rankings	✓

\*According to QS, Times Higher Education and Shanghai world university rankings.

Learn more! For more information on recognition go to [www.cambridgeinternational.org/recognition](http://www.cambridgeinternational.org/recognition)

## Student leadership:

We helped organize the Martisor donation on Monday! We earned around 3,000 lei to help Hospices of Hope Moldova, the individuals suffering from diseases.

At the same time, we encouraged families to donate for the Ukrainian refugees. Our reception is full of donations!

Last but not least, students are taking part in the Earth Project and utilising reusable water bottles and maintaining a healthy and happy life by taking care of nature!



## Global education:

*A very productive week in global education at Heritage school!*

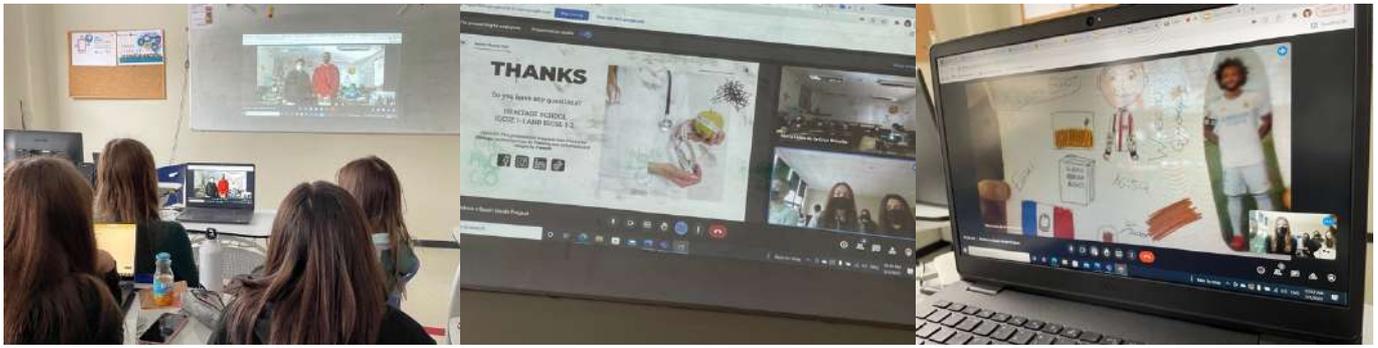
*This has been the last week of the GoalsProject, where students explored different Sustainable Development Goals. This week was one of sharing with the world.*

*On Monday, students in grade 7E met a group of students from St.Mary's Academy in Folkestone, the United Kingdom. The students had a discussion about mental health for young people and spoke about activities each team did in order to understand SDG3 Good Health and Wellbeing better.*



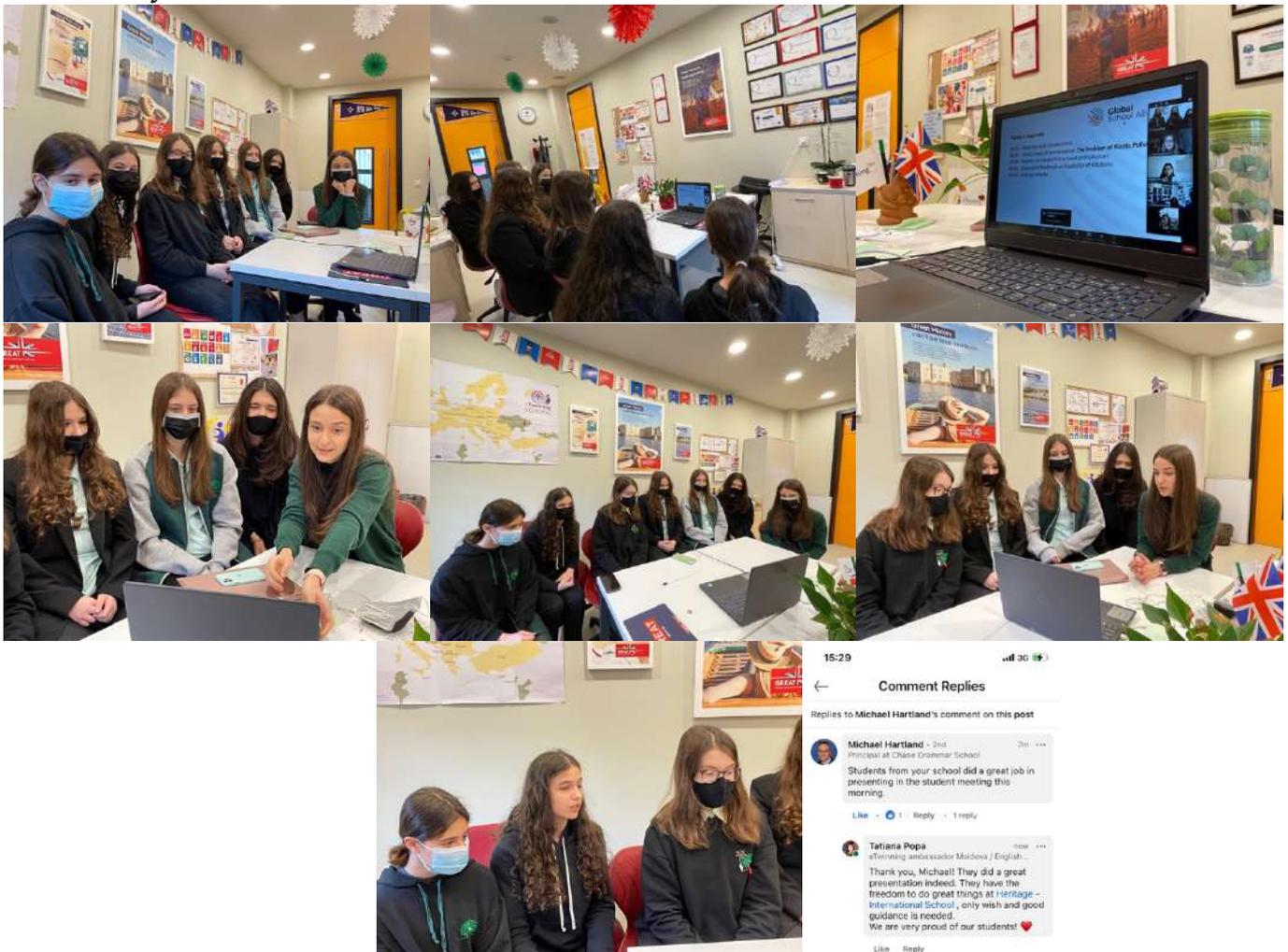
*On Wednesday, the students in IGCSE 1 had a meeting during their Global Perspectives lesson with a group of students from Madrid, Spain. After a long research, the students from both teams had lots of interesting facts to share, as well as to come up with a list of solutions for achieving SDG3.*



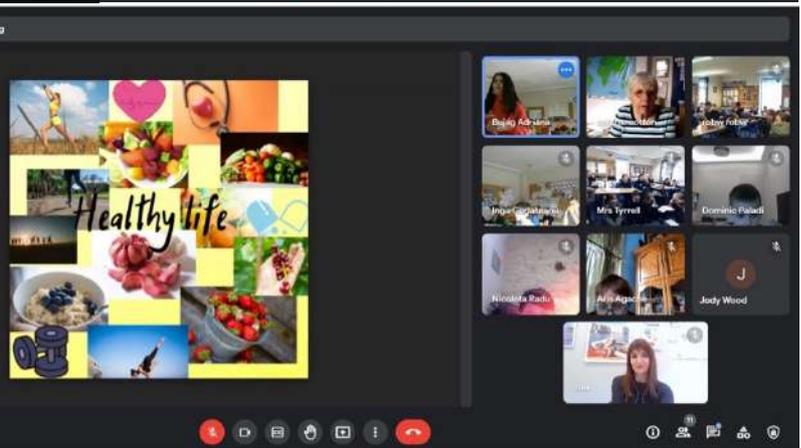


On Thursday, several members of the Student Council participated in the Global School Alliance Student Council meeting, where they had to present a report on their activities referring to the Plastic Waste Project, a GSA project entirely run by students.

Heritage students had many examples to illustrate student involvement, as well as they presented a clear course of action, out of which almost all the actions have already been done at Heritage. They presented the Earth Project app that offers a calculator of how much plastic or how much carbon we avoid weekly.



On Friday morning, students in grades 3A and 4A had a meeting with two groups at St.Mary's Academy in Folkestone, UK, and discussed healthy eating habits and simple solutions for boosting our mental health. Besides being very well prepared for the discussion, our students excelled at speaking English in front of their British counterparts and have been praised much by the teachers from the UK.



Also on Friday, a group of students in grade 9 recorded a video about how they feel about the war in Ukraine and what actions they do (if any) to help with the Ukrainian refugees. The video was highly appreciated by the leadership team of COBIS, as well as other educational leaders.



### **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.

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's needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

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

**NOS National Online Safety**  
www.nationalonlinesafety.com

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 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

### 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
- 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

### Parental Controls

Allow Up To:

- Everyone
- Everyone 10+
- Teen
- Mature 17+
- Adults Only 18+
- Allow all, including unrated

Save

www.nationalonlinesafety.com

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.04.2021

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.

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 issue of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# 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.

## 1 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.

## 6 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.

## 2 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.

## 7 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.

## 3 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.

## 8 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.

## 4 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!

## 9 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.

## 5 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.

## 10 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.

## 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.



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**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>

The students from 1 E learned how to draw tiny Snowdrops in different media, wax crayons and watercolor paints.



### 2 E Art class





*5<sup>th</sup> graders painting the tiny Snowdrops under the snow the symbol of Spring applying gouache technique painting.*



## Gifts for Woman's Day



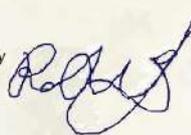

In December, I lost my mother after a long and painful fight against cancer. She was a determined fighter all her life, for her family, her community and especially her children. When she died, she was surrounded by her family and all the strong women she had made and influenced. I am proud of my sister, my wife, my mother in law, my nieces, my cousins, my daughters, all living the example of strong, intelligent, determined and wise females in my family, the same as countless families around the World. My mother believed in social justice and equality and fought for these ideals all her life with courage. She led for a year the miners' wives in our community during the bitter 1984-85 Miners' Strike and ensured all children had food and clothes and no one lost hope.

This International Women's Day comes at a moment of history when women yet again are seeing sons and husbands sacrificed to a futile war; their children suffering, their communities and homes under threat and we all need to find that extra amount of strength and courage to tell and remind the World that it is a good place. That bad people, ultimately don't prosper.

I am proud of all my colleagues at Heritage, but on this day, I am proud to celebrate women and girls around the World. There are no barriers to achievement and we live in an equal age where we want all our daughters to grow up happy, safe and meet the future with hope.

**"Here's to strong women: May we know them. May we be them. May we raise them."** -Unknown

Happy International Women's Day  
Rob Ford



### 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 Pas

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":

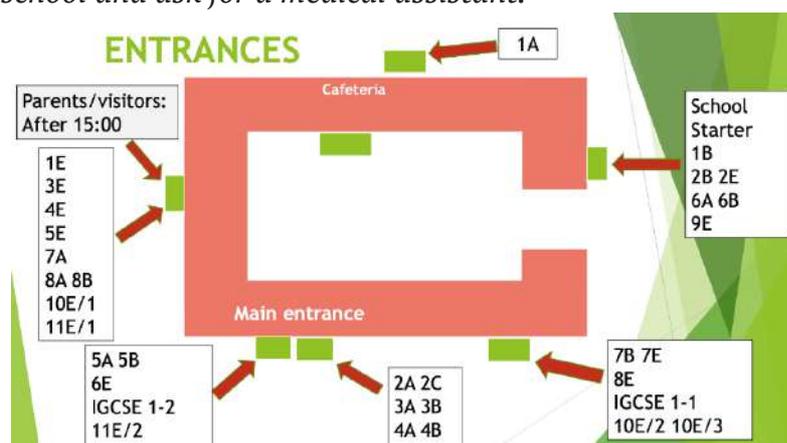
<https://www.heritage.md/en/school/coronavirus-updates>

**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



**BREATHE**  
As I focus my attention on my breathing, I will take extra long out-breaths.

Squeeze a stress ball or use another teacher approved fidget gadget.



Roll my neck and shoulders.

Think of or write a list of three positive things in my life.



Tell my teacher I would like to help or take on a classroom responsibility.



Ask to deliver books to the library or another class.



Imagine a peaceful & calming place.



Ask my teacher for help if I feel upset or overwhelmed.



1 2 3 4 5  
6 7 8 9 10

Count to 10, and back in coordination with my breath.



Squeeze my fists together as hard as I can... hold... then relax my hands.



Listen to calming music with headphones.



Push my palms together.

Push against the wall as hard as I can & then relax my body.



Doodle, draw or colour.



Think of at least three things I am grateful for.

Use I-statements to express how I am feeling, what I need, or what I hope for.



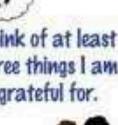
Move away from the distraction or person who is bothering me.



Write down my thoughts or questions if my teacher can't address them right away.



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



Tell my teacher I need help with the task or lesson.



Focus in on my senses, noticing:  
Five things I see  
Four things I feel  
Three things I hear  
Two things I smell &  
One thing I taste.



Volunteer to help clean or organise the classroom.

Drink water.



**Kids Inspire**  
Reclaiming Lives, Rebuilding Futures



Ask to work with a friend.

Ask permission to take a short walk down the hallway or up & down the stairs. And then return.



Tell myself a positive affirmation or mantra. Repeat.



Go outside during break time and notice the sky, trees & sounds from nature.

Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.



Slowly trace my hand with my finger, breathing in as I trace my fingers going up... breathing out as I trace my fingers going down.



Stretch.



Remind myself it's ok to make a mistake.



Use an approved break card to let my teacher know I need a break & then use a timer to remind me when to return.



Do an act of kindness.

Talk with my school counsellor/pastoral support.



Help a classmate or my teacher.

Cross my arms in front of me & do the arm pretzel.



Eat a healthy snack or tell my teacher I am hungry.



Take a 3-5 minute break in a designated classroom 'peace corner'.



Rub or tap my temples.



Journal or write a letter.



Ask if I can do my work standing up.



Ask permission to quietly jog in place for a minute or do 20 jumping jacks.



Give myself or a stuffed animal a hug.

Smile or laugh, even if I have to fake it.



Visualise a person who supports me & cheers me on.



Invent a secret hand signal with my teacher that communicates I need help.



Give myself an arm & hand massage.



Ask my teacher to break down the task into smaller chunks so it's not so overwhelming.



Rest my head on the desk for a moment or two.

Devise a secret code word or signal with my teacher that means time to get back on track.



# Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

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

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

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

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

5-8 March 2022

14-18 March 2022

16 March 2022

18 March 2022

14-18 March 2022

*Spring Break*

*Primary Checkpoint Mock tests*

*Founders' Lecture with Ms. Violeta Agrici, Director at the Ministry of Foreign Affairs and European Integration of the Republic of Moldova*

*Heritage Film Festival*

*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@heritage.md](mailto:meals@heritage.md)  
 Admission: [admission@heritage.md](mailto:admission@heritage.md)  
 Exam officer: [shabbir.anjum@heritage.md](mailto:shabbir.anjum@heritage.md)

Pastoral Care: [olesea.pletniiov@heritage.md](mailto:olesea.pletniiov@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)