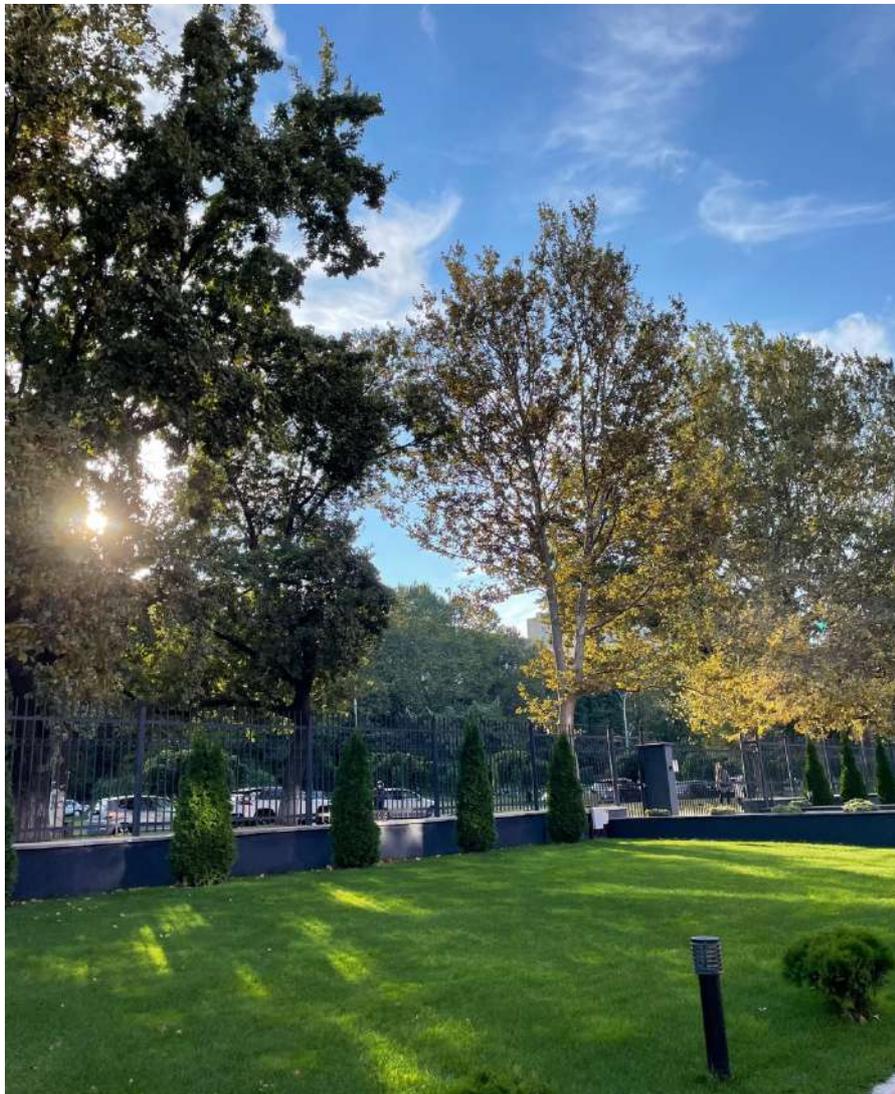


# THE INTERNATIONAL HERITAGE HERALD

September 24, 2021



## GENERAL

*Thought for the week:*

*"And all at once, summer collapsed into fall." - Oscar Wilde*

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

*It was Mr. Andy who commented to me this week that I was wearing a scarf for the first time as we pass the Autumn equinox and next week we are already into October and Week 5. September is always the "harvest month in schools in terms of student engagement and learning but for all of us, it seems to have been a tougher month than was necessary as we continue to keep one eye on the wider society and the rest of our energies devoted to ensuring our school is operating safely and successfully for all the students. I welcomed the Minister of Health's words on Wednesday towards schools in Moldova as it puts the responsibilities on us in our school communities to stay physically open through vaccinations and the continual operation of safe measures around clean masks, distance and good hygiene. To date, only two classes have been in quarantine, through cases in the family, and we anticipated more especially with increased travel abroad and the wider society being allowed to be open for a range of social and commercial sectors. It certainly bodes well for us as we go further into the autumn and into winter as long as we all act responsibly.*



*Schools and children should not suffer continuously in this crisis because people cannot simply wear a mask in the supermarket and the trolley bus. I had the privilege of representing Heritage and Moldova in the Varkey/UNICEF global leaders group this week and presented how we had managed the pandemic as a school and what lessons we have from this so far. It was also a privilege to listen to my colleagues from around the World and some of the issues they are grappling with in their parts of the globe. It was common to us all that at times it is easy to forget we are in a pandemic especially when simple issues escalate unnecessarily in schools and one of the common themes this week has been how much time is spent on issues that shouldn't take up the hours, especially when we all need to continue to show patience, understanding and respect throughout our school community to one another. I made the point at how fortunate I am to have the wider community we have at Heritage for support and what we are doing in school and how we have a common purpose for our children here. Our energies are better served on the education of the students. It's why we continue to build the school and that we are together.*

*The strength of our school is also our remarkable students, the reason we are all in this community. This week, Grade 10 Ges Sirbu of the student council, took the Gymnasium Assembly as we marked the UN's Peace Day and you can see here in this IHH the work from classes in Primary and Gymnasium schools as we incorporate the global calendar into the curriculum as a key part of our liberal values as an international school. The students were also aware of President Sandu's speech at the 76th UN General Assembly in New York and the hope for all of us that better days lie ahead. We will need all our strength, and our scarves, to prepare to tackle the winter first and my colleague in a school in Argentina made this very good point in her speech; it is important to always look ahead but let's also ensure we preserve ourselves to make it through each day. This is where we are right now.*

*Have a good weekend,  
Rob Ford*

"The goal is not to be perfect by the end, the goal is to be better today."

Simon Sinek



## #5 Meeting with School Principals: Best Practices being shared by School Principals



Marianne Pärnänen - Finland



Carlos Villalba - Colombia



Kavita Sanghvi - India



Kurnia Dwi Wahyuni- Indonesia



Lucia Cristina Cortez de Barros Santos-Brazil



Rosa Verónica Fuentes Nicacio - Peru



Virginia Hildt - Argentina



Sarita Nair - India



Rob Ford - Moldova



Rehema N.Kisitu Lutalo -Uganda



Abdikadir Ismail - Kenya



### Articles of interest:

#### For secondary school students (ages 14 - 25)

- [NCW Book Club: Sudden Traveller](#), the National Center for Writing reading club has a special guest. Sarah Hall, the author of *Sudden Traveller*, the winner of the BBC National Story Award in 2020. Hall will discuss her book, signature themes and her personal experiences. **17 September**. Relevant to anyone interested in Literature and English.
- [Reimagining 'The Heart of Europe'](#), organised by Oxford University. This conference focuses on the Czechoslovak history, art, culture, communism and politics. Bringing together speakers from the leading universities in this subject such as McGill, University of North Carolina and more. **17 September**. Relevant to anyone interested in History, Art, Politics, and International Relations.
- [Engineering the Next Wave of Immunotherapy](#), held by the Koch Institute at MIT, cancer immunotherapy created a leap forward in cancer treatment. Following multiple FDA-approved treatments and a Nobel Prize in 2018, Jim Allison and Tasuku Honjo are continuing to push the boundaries of research in this field. **17 September**. Relevant to anyone interested in Medicine or Biology.

- [\*In what ways can museums, gardens and libraries be good for our health?\*](#), organised by Oxford University. Did you ever think about why older people might be so interested in going to cultural spaces? This conference brings new insight into how these spaces can support the well-being of older people, and why are they so important to them. **20 September**. Relevant to anyone interested in Social Studies, Culture, and Art History
- [\*Beyond the lean startup\*](#), held by the Imperial College London. Featuring Steve Blank, this event will discuss the future of entrepreneurship and modern ways how to start an innovative business. **22 September**. Relevant to anyone interested in starting a business or studying Entrepreneurship.
- [\*MIT Nano\*](#), Debbie Senesky, an associate professor at Stanford University will talk about the latest research done in the field of Nanomaterials during this MIT event. These materials are usually exposed to extreme environments, such as space exploration. Making their functionality even more crucial. **27 September**. Relevant to anyone interested in Physics, Engineering or Materials Science.

### For younger students (ages 5 - 18)

- [\*HBI Career Chat\*](#), organised by Harvard University, Stephanie Courchesne will talk about what career paths are available beyond academia for scientists. **22 September**. Ages 10 - 18
- [\*Harvard: Teacher Virtual Open House\*](#), organised by the Harvard Museums of Science and Culture, this event aims to show their online programs in many fields that might interest you. **22 September**. Ages 6 - 14
- [\*Coding Class\*](#), with the ever-increasing reliance on technology, coding is becoming ever more popular. Using the program Scratch is a great way to get kids excited about coding. **25 September**. Ages 5 - 9

### Heritage in the Wider World:



### Heritage Primary:

Heritage Primary students started the week with **Global Goals Week**, celebrating the 6th anniversary of the SDGs (set in 2015). Each day learners had a range of different activities which offered them ways in which they can support the Goals.

**Day 1 – Climate Changemakers** – Students wrote a 100 word -paragraph explaining why learning about the climate crisis is important to them.

**Day 2 – Gender Equality Project** – Heritage students explored what gender (in)equality looks like where they live.

**Day 3 – Artivism for Nature** – Students learned what it means to be Nature Positive and use their creativity for change.

**Day 4 – Social Justice** – *The world is not equal. Is that fair? Students were invited to learn about the life and experience of someone who is different from them. They put themselves in their shoes and see what life is like from their perspective.*

**Day 5 – Voices for Change** – *Students added their voice by describing what change they want to see in the world. Every voice matters.*

*To wrap up the Global Goals week Heritage primary students invited Mr. David Gullette-  
Human Rights Programme Manager - OSCE*



*On Tuesday, September 21, Heritage Primary celebrated International Day of Peace. Students learned that Peace means freedom from disturbance; a time of tranquility when you're not disturbed by anyone or anything. Peace involves understanding each other and working together to find solutions to problems. They made posters which will encourage people to be more environmentally friendly and sustainable. Also, they came up with a list of ways we can practice the values of International Day of Peace and try to achieve as many as possible in one day.*





*School Starter students exploring the World of Fairy Tales*





**VOCABULAR**

- POVESTE**  
— istorisire, relație a unor întâmplări, fantastice cu personaje pozitive și negative în care triumfă bunul.
- SCUFITĂ**  
— bonetă, căciuliță
- SLUT**  
— urât, pocit, hidos
- CREFUL**  
— care crede ușor, — care se încrede ușor în cineva.



3B students made All about myself cards



**Heritage Secondary:**

**Heritage Lyceum learners become:**

- confident
- responsible
- reflective
- innovative
- engaged

Choosing and applying for a study programme. With so many world-class higher education programmes on offer across Europe, choosing what to study and where can be difficult! Use this EU website to help look at universities in Europe after A Levels. [https://ec.europa.eu/education/study-in-europe/planning-studies/choosing-applying\\_en](https://ec.europa.eu/education/study-in-europe/planning-studies/choosing-applying_en)

HERITAGE  
Cambridge Assessment  
International Education

**Congratulations to our  
1st IGCSE graduates**

**WELL DONE THE  
CLASS OF 2021**



## **Gymnasium/Cambridge Secondary:**

**IGCSE** are very demanding qualifications and it is thus of utmost importance to put maximum effort into preparing for them in order to achieve good results. Not only will a thorough preparation for the exams yield those good grades, but it will undoubtedly lay a solid foundation for the AS & A level program. For these reasons, we urge our students to take the learning process very seriously and be very consistent in this sense. An excellent work ethic here is crucial. Most of our IGCSE students have got very good studying habits and they display a praiseworthy attitude towards school in general and towards IGCSE exam prep in particular. For some, however, there is still room for improvement. Here are some very simple hints and tips for students to follow:

1. Always be ready for class with all necessary materials, in accordance with your subject teacher's requirements. It is absolutely necessary to have a separate notebook for each subject and make notes for every new topic you study, as it is a well-known fact that note-making is an excellent learning technique. A4 format notebooks are recommended in this sense. Also, if you have a laptop or a tablet, please bring it with you. Using the smartphone for learning purposes in school is by far not the best idea: it has a small screen and it is thus very difficult to navigate the resources shared by the teacher in Google Classroom, for example, not to mention the fact that, depending on the device, it is sometimes impossible to edit a Google document attached to a task in Google Classwork.
2. Follow school policies and rules, such as the ones regarding the uniform and the mask wearing. It is such a pity to have your subject teacher waste valuable teaching/learning time, your time, reminding you about those simple rules over and over again.
3. Be respectful to and mindful of your teachers and colleagues. Remember, your teacher has put a lot of effort into that lesson preparation and your colleagues would like to learn, so don't disrupt it and do your best.
4. Focus in class and do your homework on a regular basis, but most importantly, do it well, not just for the sake of doing it. Learning is a hard endeavor and it takes a lot of work to yield results.

Finally, if you struggle with something in a certain subject, talk to your homeroom teacher, your subject teacher or to the Cambridge Coordinator about it. Don't wait for the difficulties to escalate till you find them unbearable.

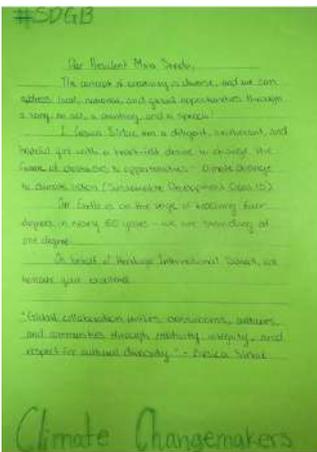
## **Modern technologies and projects in the IT classroom**



In the Romanian language lesson 5A students learnt about the parts of a book, how many covers a book has, what is a title page, what is the role of a table of contents, etc. To consolidate their knowledge, they drew the covers of their future books on the asphalt! They learned and had fun! With much confidence about the future!



## Student leadership



### Message for Heritage Students

*We are recruiting new students for the Gymnasium Student Council academic year 2021-2022! We seek diligent students who are willing to advocate, eager to provide services, and ready to activate their bright minds.*

*Let us reflect on our former Student Councils, which we have advanced over the years. This academic year, we will step up our game in fore-sight.*

*With the help of Mr Rob and Ms Cristina Ungureanu (Gymnasium Student Council supervisor), we will learn to enhance our capabilities, engage with student perspectives, and execute well-made events never done before at Heritage.*

*We have excellent ideas for implementation:*

1. Meat-free Mondays
2. International Teacher's Day (special event)

3. *Halloween Game Night (fundraiser)*
4. *Winter Formal*
5. *Prom*
6. *Small monthly Heritage competitions: film competitions, book reviews, balloon car races, film nights, spelling bees.*

*Our mission is to build our Heritage network through student empowerment and input in school provisions.*

*Are you already interested in joining? Ms Cristina will send out an application form to all teachers/students by the following Monday.*

*We are waiting in great anticipation for you in our Oak Center!*

### **Heritage Lyceum:**

#### **Monitoring and assessment**

*It has been another busy week for Lyceum students as their regular assessments have begun.*

*Parents can expect bi-monthly updates from subjects, starting October. These updates will contain important information such as attendance, assessment and homework data as well as individualised comments.*

*Please be reminded that parents can inquire at any time about student progress in addition to this.*

#### **Attendance**

*As we know, A-Level courses are intensely, academically challenging making attendance a top priority. If a student is absent, please follow the following protocol:*

1. *Parent/guardian to email [rose.moran@heritage.md](mailto:rose.moran@heritage.md) with the motivation for the absence.*
2. *The student must email all of their subject teachers explaining that they will be absent and requesting any work they will miss, so that they can catch up sufficiently once they are back to full health.*
3. *At this point in their academic career, full commitment to their studies is required in order that they are successful in achieving what they wish for themselves.*

#### **Upcoming events:**

- *Tuesday 5th of October will be our first A-Level Mindset day and we will be visited by the team from Excel - a company who offer university and careers counselling.*
- *On 20th October Students and parents are invited to take part in the [Virtual University Fair](#) hosted by COBIS*
- *On 25th October we will be visited by the University Roadshow from the UK, representing various universities and courses*

## **Virtual University Fair**

**Wednesday 20 October 2021**

**8-11am BST and 3-6pm BST**



## Global education:

We celebrated the Global Goals Week across all classes this week. Students got more familiar with the 17 Sustainable Development Goals, wrote messages to people in authority in Moldova and around the world, asking for climate education in schools, but also asking for change for the better in our country (countries) in general. The messages addressees ranged from our President, Maia Sandu, the Minister of Education, our director or our teachers, to the Prime Minister of Norway, Elon Musk and many others. Several examples are illustrated below. These messages were sent on World's Largest Lesson website, and the best ones will be read to world leaders at the COP26 Conference on Climate Change this November in Glasgow, Scotland.



Dear Maia Sandu,

I think that Moldovan students should be more exposed to climate change, and what's happening around the world. They should be told what is happening to our climate. They should be exposed to what is happening with our Earth. So they know how to reduce their carbon footprint. So they know how to change the world. So they know what is good or bad. They need to know. They have to know.

-Fionnlagh Springett

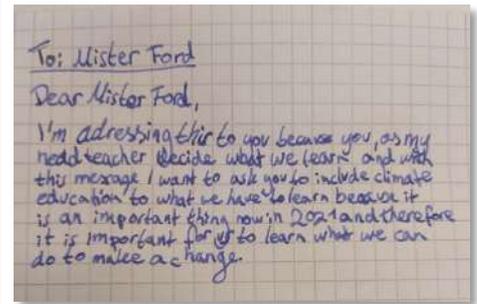
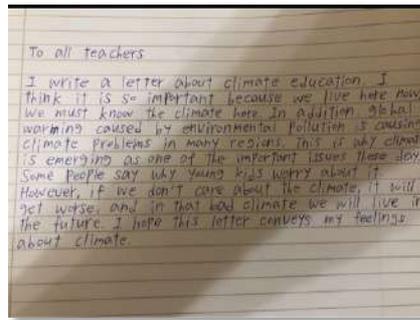
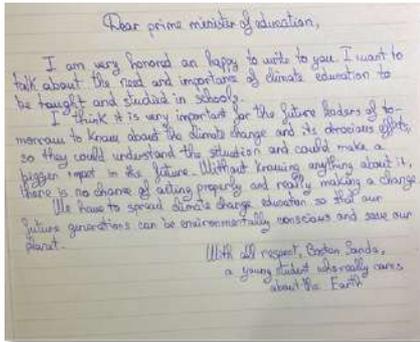
Dear ms Tatiana:

I think that it is important for us to know what climate change is and how it can be stopped because if we can't stop it now then we as the next generation can't stop it in the next generation because it is growing and rapidly and if we can't stop it then earth is doomed to die.

How can we stop it?

We can stop climate change by uniting and working together because I have read through history marking the important parts of it and realized that humans are so greedy that they would rather even sacrifice their own family to save themselves so I have decided as the future generation to become a political activist to finally unite humanity and fight against the dangers that have been hidden from us for centuries!

What I wrote in the app: THINK THAT IT IS IMPORTANT FOR US TO KNOW WHAT CLIMATE CHANGE IS AND HOW IT CAN BE STOPPED BECAUSE IF WE CAN'T STOP IT NOW THEN WE AS THE NEXT GENERATION CAN'T STOP IT IN THE NEXT GENERATION BECAUSE IT IS GROWING AND RAPIDLY AND IF WE CAN'T STOP IT THEN EARTH IS DOOMED TO DIE. WE CAN STOP CLIMATE CHANGE BY UNITING AND WORKING TOGETHER BECAUSE I HAVE READ THROUGH HISTORY KNOWING WHAT HUMANS ARE CAPABLE OF DOING.



Some students also recorded short voice messages there, having the same destination as the written ones. You can listen to several messages on our Twitter social channels @HIS\_Moldova and @EducationHIS.

Besides these, some classes have guest speakers for celebrating SDG16, others designed the Tree of Promises to the Planet - for more details, read the Primary section.

On Friday, teacher Tatiana Popa attended a seminar led by a German expert about greening schools and implementing the Eco-Schools programme, as this is one of our aims. A Beautiful way to finish the Global Goals Week.

This week, Mrs Adriana Bujag visited the National Library with her students in order to mark the European Day of Languages, that is celebrated across Europe on September 26 (this Sunday). The students explored the empty library, seeing the rich collections, and met the Chief of Council of Europe in Moldova, who praised them for their excellent English skills.



We are very much looking forward to the launching of this years edition of Climate Action Project on Monday, September 27th. This year, we have 2 project facilitators from our school - Mrs Larisa Mirza and Mrs Adriana Bujag, and Tatiana Popa is the Country Ambassador for entire Moldova. The Heritage students are totally ready to be the change in the World!

5A students got a quality label for their eTwinning Project “We code life, We learn by coding”



eTwinning project „International Cats Calendar”

In this project the students create an international Cats Calendar, working in transnational team.

Third graders began collaborating on a new eTwinning project, the International Cats Calendar. In September we created a video about our school. We created colorful logos and books about cats. Most of all, we liked to create a video, in which we brought arguments about why we like cats .We talked about netiquette. We can't wait to go through the project tasks with our partners. The main outcome is the international cats calendar.



### Heritage Creativity:

This week as we celebrated Peace Day, I tried to involve all the students from primary and gymnasium classes, to participate in an Art Project for Peace Day. Each student painted a small dove, then to create a huge one. I involved Mrs. Liuba Burla, the English teacher as well. The students' tasks were to fill the dove template with words or sentences in English that depict this day. To enjoy the final part of the project, class 6 A helped me to arrange all the doves into a huge one. Thanks to each student that took part in this project. Great job!!!!

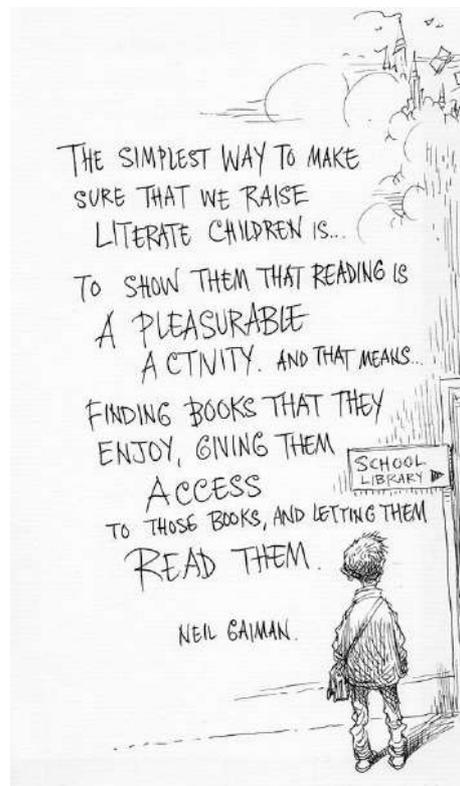


[https://docs.google.com/presentation/d/156TBD\\_OZc4FBnPXKPct3Q70awcdBmzBRWOPJ3sHKbPw/edit#slide=id.g87684b1a2b827bb\\_3](https://docs.google.com/presentation/d/156TBD_OZc4FBnPXKPct3Q70awcdBmzBRWOPJ3sHKbPw/edit#slide=id.g87684b1a2b827bb_3)





**Poetry Competition**  
**'Looking Ahead'**  
**Submission Deadline:**  
**2 February 2022**  
[cobis.org.uk/poetry](http://cobis.org.uk/poetry)

**Access to school for parents:**

Anyone entering the school must wear a face mask that will cover the mouth and nose.

Parents can go to the Administration through the administration entrance.

No more than 5 people are allowed into the administration at the same time.

No more than 1 person is allowed to the buffet (to pay the meals) at the same time.

Parents can come to administration and buffet as follows:

- Monday to Friday – after 15:00

**Useful contacts:**

- Reception 062022210

- Accountant Office 062022213

- Uniform shop 069500062
- Meals 079900171

### COVID-19 measures:

Please find below the legal requirements in conditions of epidemiological safety for the prevention of the disease with the virus SARS-CoV-2:

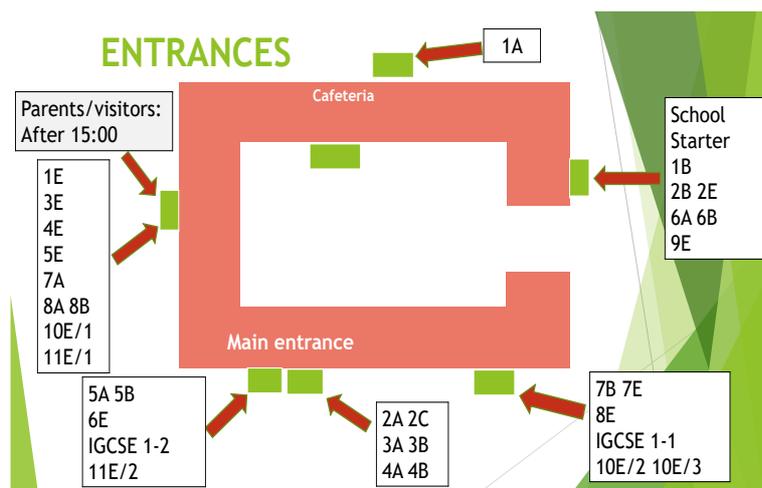
- **Order no. 1070 of 22.09.2021** "On the intensification of precautionary measures, prevention and epidemiological control in primary and secondary education institutions, cycle I and II" <https://chisinauedu.md/ordinul-nr-1070-din-22-04-2021/>
- Instructions regarding the measures for organizing the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

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**": [Matrix](#) / [Matricea](#) / [Mampuuq](#)

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:



### School days in September:

Starting 15th of September the school day is as follows:

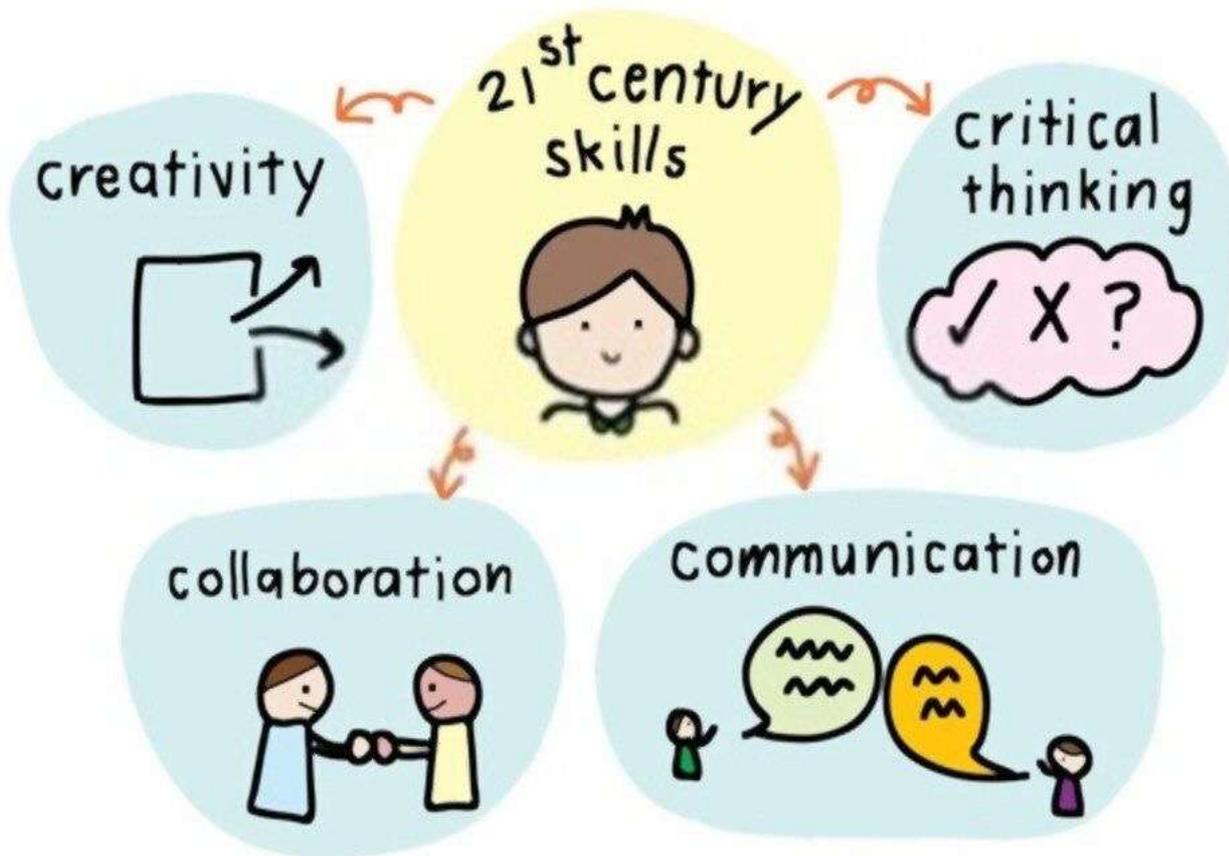
- 1st grades 08:30-16:30
- 2-11 grades 08:30-17:00
- on Fridays, the school day for the whole school is until 16:00

School busses leave: Monday-Thursday at 17:10, on Fridays at 16:10

**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-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Find time for self-care. It's not selfish, it's essential	 2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes		
6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost
13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 Notice what you are feeling, without any judgment	18 Ask a trusted friend to tell you what strengths they see in you	19 No plans day. Make time to slow down and be kind to yourself
20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Find a new way to use one of your strengths or talents	26 Avoid saying 'I should' and make time to do nothing
 27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are			

ACTION FOR HAPPINESS

Happier · Kinder · Together

## 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)  
 Buses/meals: [tatiana.arnautu@heritage.md](mailto:tatiana.arnautu@heritage.md)

School psychologist: [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)

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