



HERITAGE
International School

December 14, 2024

THE INTERNATIONAL HERITAGE HERALD



THOUGHT FOR THE WEEK

“ In seed time learn, in harvest teach, in winter enjoy. ”

William Blake



WHAT'S NEW?

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The View from Dacia Boulevard, Director's notes

I know from the school gate daily, students are counting down the days left of semester 1, and especially so close to the winter vacation, there is a hive of activity and wonderful noise around the schools. The awful cold and rain of recent days are a contrast inside the campus where there is so much light and warmth in the schools right now. And yes, the cold rain of Chisinau does remind me of home. The classrooms and schools are certainly looking very festive, enough to gladden any heart.

Throughout semester 1 and this autumn, the very hard-working teachers, teaching assistants and support staff, have made sure we keep the focus on improving standards but also to make sure this is balanced with holistic education and this will continue to be our lodestar as schools. There are a number of activities, performances and opportunities to celebrate the season and the end of semester 1 for our

final full week next week. We also have the daily, core purpose of our schools and I know from the faces of IGCSE and A Level students, they have had a couple of hard weeks as they have undertaken Cambridge mocks. Teachers are currently collating school reports for the semester to share with you to celebrate student success and achievement, as well as the areas that need attention and how individuals can improve in the new year.

Throughout this semester, it has been one of the most stand out things to be part of the very constructive and positive way school and home work together for the good of the children to succeed. Especially at times when we have had difficult conversations. It is a school, they are children and young people, it is inevitable that not everything is straightforward in their lives all the time, but it is what we do about it together to solve their issues that is central for me.

It has been a pleasure to host events in school these weeks such as our Lyceum Open day and to work with the national education community as we welcomed teachers from across Moldova last Saturday for a special forum on sustainable education. In the international education networks I am part of, I have also been speaking about and sharing our model from Heritage and in these moments, I understand how far we have come as an idea, as a school, in the nearly 6 years since I first came to Moldova in January 2019. How time flies. Some of those students are no longer the "little ones" and are on the cusp of university as Grade 12s.

There will be a special Week 16 'Christmas/Winter' edition of the International Heritage Herald next week, to share with the community all the moments from the last week of the semester, and we are all looking for a well-deserved rest and vacation. There is certainly a lot of reflection time too over the break due to the extraordinary and eventful year that was 2024. I know all our thoughts and prayers are for a more peaceful and hopeful new year in 2025.



The Future starts here.

Rob Ford
CEO & Director.



Heritage in the Wider World

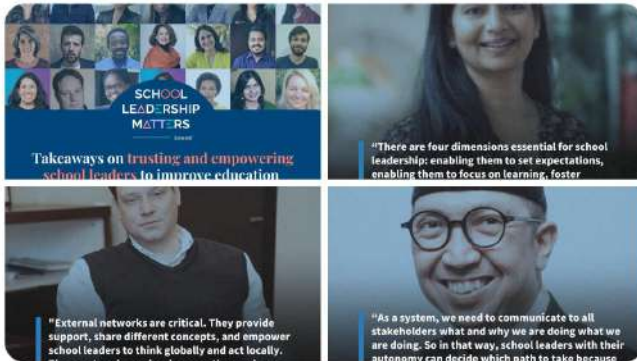


GlobalSchoolLeaders
@gschoolleaders

🌟 The 2024 @GEMReport highlights the need to empower school leaders with trust and autonomy to #LeadForLearning.

At the #SchoolLeadershipMatters Summit, experts emphasized that trusted leaders can drive real school improvement.

📺 Watch the summit: bit.ly/48JgqVn

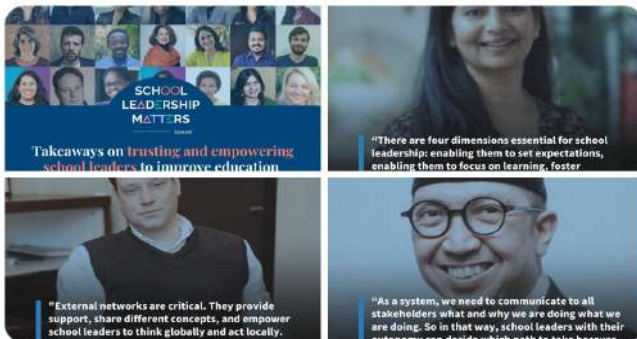


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Heritage International School-Moldova, Eur...
@HIS_Moldova

A fantastic panel & @Schools_British webinar, sharing ideas, tips and stories on how we build & develop international school partnerships and connections. A pleasure to share our story from #Moldova 🇷🇺

#UKEU #Schools #Collaboration
#GlobalLearning #Teachers
#CompellingLearning



Heritage International School-Moldova, Eur...
@HIS_Moldova

"Zeama pe care am urât-o în copilărie"

A wonderfully evocative article from our own Catalina Rosca.

moldova.org/?p=531334 via @moldovaorg_ro

@his_global @HIS_Pastoral @HisIpc
@HeritageMusical @paulaerizanu
@HeritagePrimary @CpdHeritage
@EminescuLibrary #Moldova 🇷🇺 @tes

Translate post



Zeama pe care am urât-o în copilărie — Moldova.org

From moldova.org



Heritage International School-Moldova, Eur...
@HIS_Moldova

Navigating Leadership: Rob Ford's Transformative Path in Education

Rob Ford is a member of the School Leadership Network, a global community of school leaders convened by Global School Leaders, the Varkey Foundation, and UNESCO's Teacher Task Force (TTF)



From medium.com

[link](#)

Heritage in the Wider World

Edu+ Forum, 9th edition

Last Friday, our school hosted a national event - the Edu+ Forum, organised by EcoVisio Moldova.

The training event focused on sustainability resources for the classroom and various practices that would help students act to stop climate change.

Around 50 teachers from all regions of Moldova attended this event.

Heritage is proud to work with the wider national community and support the development of education in Moldova.



Heritage in the Wider World

A Memorable Visit from the Ambassador of Qatar to Heritage School

We were honored to welcome Dr. Turki Abdulla Al-Mahmoud, the Ambassador of Qatar to Moldova, to our school this week. Having heard many great things about Heritage, he was eager to see our school firsthand!

During his visit, the Ambassador took a tour of the school, exploring several classrooms and engaging in discussions with both our faculty and students. He even conducted a small survey during a Global Perspectives class, gathering insights on internet usage in education.

Our guest was particularly impressed by the high level of English proficiency demonstrated by our students. They eagerly shared their thoughts on various topics, ranging from football and chocolate to university studies and favorite school subjects.

We look forward to welcoming Ambassador Al-Mahmoud again in the future, hopefully at one of the upcoming "Founders' Lectures" next semester!

It was a pleasure to host such an esteemed guest, and we are excited for future opportunities to collaborate.



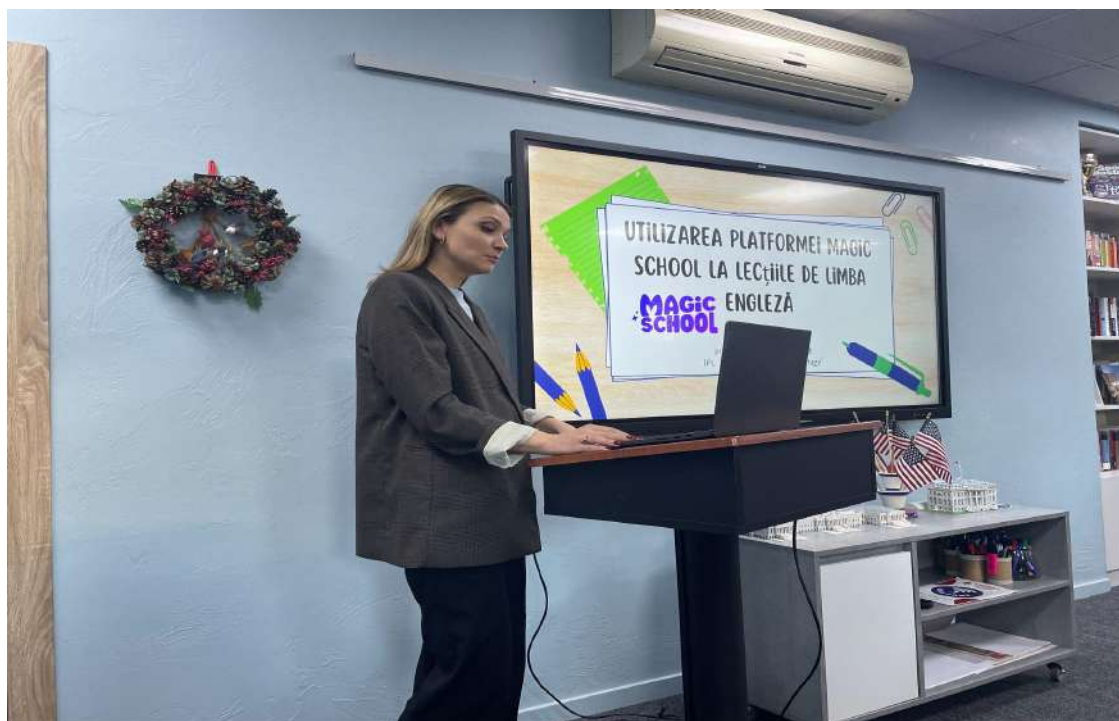
Heritage in the Wider World

Mrs. Inga Corlateanu Presents at America House Chisinau During 'Digital Education Week'

Our ESL coordinator, Mrs Inga Corlateanu, delivered a presentation at America House Chisinau on Friday, as part of the teaching practices marathon "The digital education week".

Mrs Corlateanu presented the Magic School platform for teachers, showing how she uses it to design her own lesson plans and resources.

Well done, Mrs Corlateanu! We are proud!



Articles/Stories of Interest:

1

Zeama pe care am urât-o în copilărie, Catalina Rosca

[link](#)

2

Now is the time to challenge gender stereotypes in the Eastern Partnership countries;

[link](#)

3

9 Ways to Embrace Winter—Even if You Think You Hate It

[link](#)

4

Heritage students represented Moldova at the 2024 World Scholar's Cup finals held at Yale University in the USA;

[link](#)

5

Why Is Gratitude So Difficult? | The New Yorker;

[link](#)

6

Understanding Neurodivergence: A Guide for Parents - LDRFA

[link](#)

7

Navigating Leadership: Rob Ford's Transformative Path in Education | by TTF School Leadership Network | Medium;

[link](#)

8

Hundreds gather to celebrate the Global School Alliance's fifth anniversary in London;

[link](#)

9

100 Notable Books of 2024 - The New York Times;

[link](#)

The Heritage 10 Golden Rules

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

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

News from Primary

Bake Sale

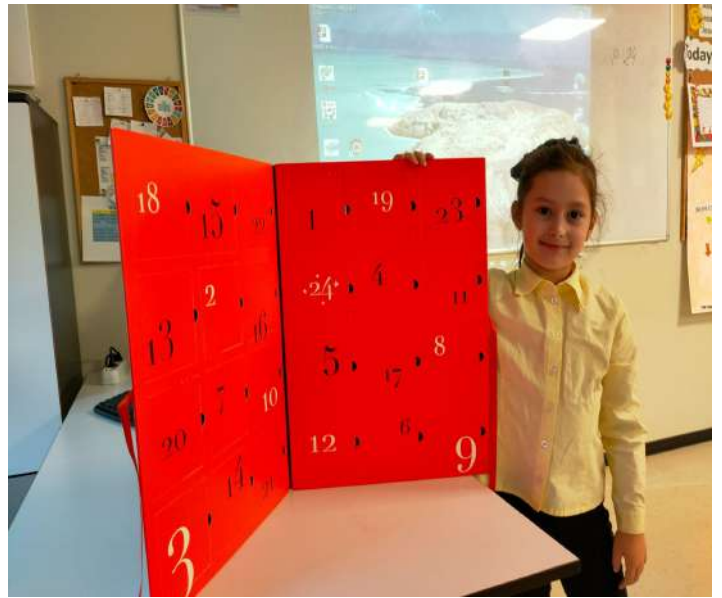
On Friday, 13th of December, the entire Heritage community got together for a good cause - to sell Christmas cookies, ornaments, cards and toys in order to collect money for a vulnerable family in Moldova.

We will announce the final results soon, but till then - enjoy the colourful photos taken at this lovely winter event!



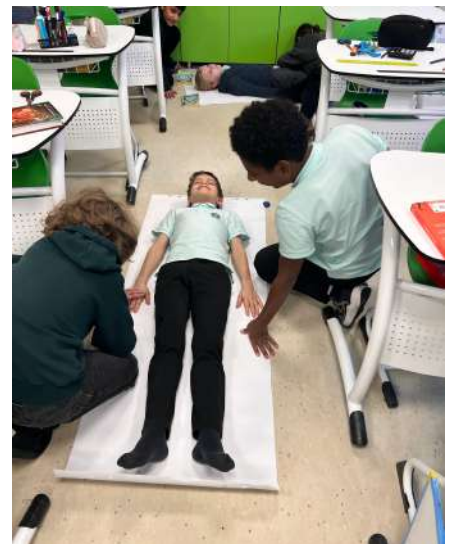
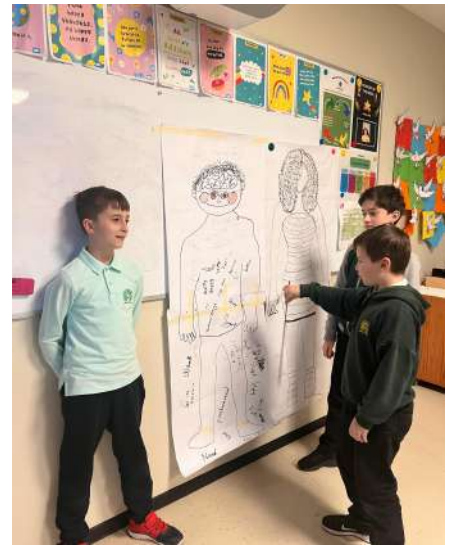
Countdown to Christmas with Fairy Tales in 2A!

The excitement for Christmas has officially begun in Grade 2A! Anastasia brought a special Fairy Tale Calendar to class, where students will uncover a new story each day as they count down to the holiday season. This festive tradition not only brings joy and wonder but also encourages the love of reading. As they enjoy these magical tales, the students are reminded that reading makes us winners! Let the holiday spirit and the adventure of storytelling begin!



Active Living: Inspiring Movement for All

In GP class, students took on a creative project to promote the benefits of physical activity. They drew the outline of a person on a large sheet of paper and filled it with motivating words and messages, encouraging those who aren't currently active to get moving. Inside the figure, they highlighted the positive impact of indoor workouts, outdoor sports, and general movement on both physical and mental health. This collaborative activity aimed to inspire others to embrace a more active lifestyle, showing that fitness and fun can be found in all kinds of activities—whether it's a team sport, personal exercise, or simply staying active throughout the day.



View all materials at the link:

[link](#)

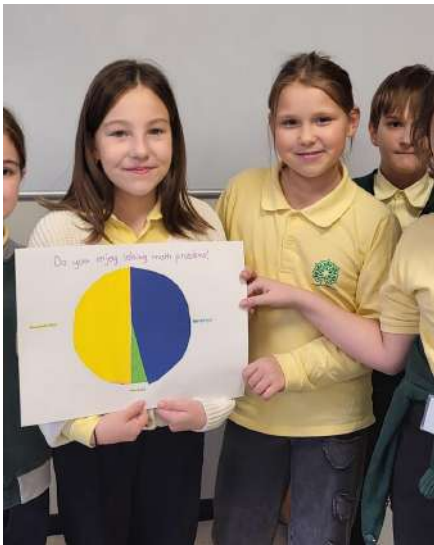
News from Primary

Storytime by the Fireplace: Third-Grade Students Enjoy Classic Tales



Grade 4A Math Week - Survey and Data Representation

Grade 4A took on the role of young statisticians during Math Week with a fascinating survey across all Grade 3 classes. They asked students about their favourite math topics, the most challenging ones, and whether they enjoyed solving problems. After collecting and organizing the data, they calculated totals and presented their findings using colourful bar graphs and pie charts. Their work provided valuable insights into student perspectives and was proudly displayed for the whole school to explore and enjoy!



View all materials at the link:

[link](#)

In the Spirit of St. Nicholas: First-Grade Students Prepare for Surprises

On the eve of St. Nicholas Day, it's a cherished tradition for children to leave their clean shoes out, hoping for delightful surprises. The students of 1B embraced this custom by crafting their own little shoes, eager for the gifts from the much-anticipated Moș Nicolae. Known for their good behavior and hard work, these young students were surely rewarded with many wonderful surprises from St. Nicholas!



News from Primary

The Magic of Christmas Begins in December: 1B Students Celebrate the Season

The Christmas magic arrived in December, as the students of 1B transformed their classroom and entrance with festive decorations—Christmas trees, baubles, garlands, and more. Supported by their teachers and with the loving help of their parents, the children worked together to craft and prepare everything needed to bring the holiday spirit to life.



Winter Wonderland: School Starter Preschoolers Embrace the Season of Joy

The eager preschoolers of School Starter are the first to dive into the magic of winter, beginning their seasonal activities with great enthusiasm and excitement! Filled with energy and emotion, they have already memorized poems celebrating the beauty of winter and learned sweet Christmas carols. Their eyes are sparkling with anticipation as they eagerly await the miraculous visit of Moș Nicolae. It's a festive start to a season full of joy, learning, and unforgettable moments!



View all materials at the link:

[link](#)

Mixer media winter landscape inspired by Van Gogh' s work .

In this stunning artwork, students have created a winter landscape inspired by the expressive brushstrokes and vibrant colors of Vincent van Gogh. Using a mix of media, the scene captures the essence of a chilly winter day, blending swirling skies, dynamic textures, and bold, contrasting colors reminiscent of Van Gogh's iconic style. This piece celebrates the beauty of winter through the lens of artistic creativity, offering a unique twist on a classic theme.



View all materials at the link:

[link](#)

Exploring Biomes: A Creative Classroom Project

In IPC with 6E, students dove into the fascinating world of biomes, learning about different ecosystems and the unique characteristics that define them. After gaining an understanding of various biomes, each student created their own biome model, showcasing their knowledge through creative expression. From lush rainforests to arid deserts, the students' projects brought these diverse environments to life, reflecting their deep understanding of nature's intricate systems. It was an engaging and hands-on way to explore the world's biomes!

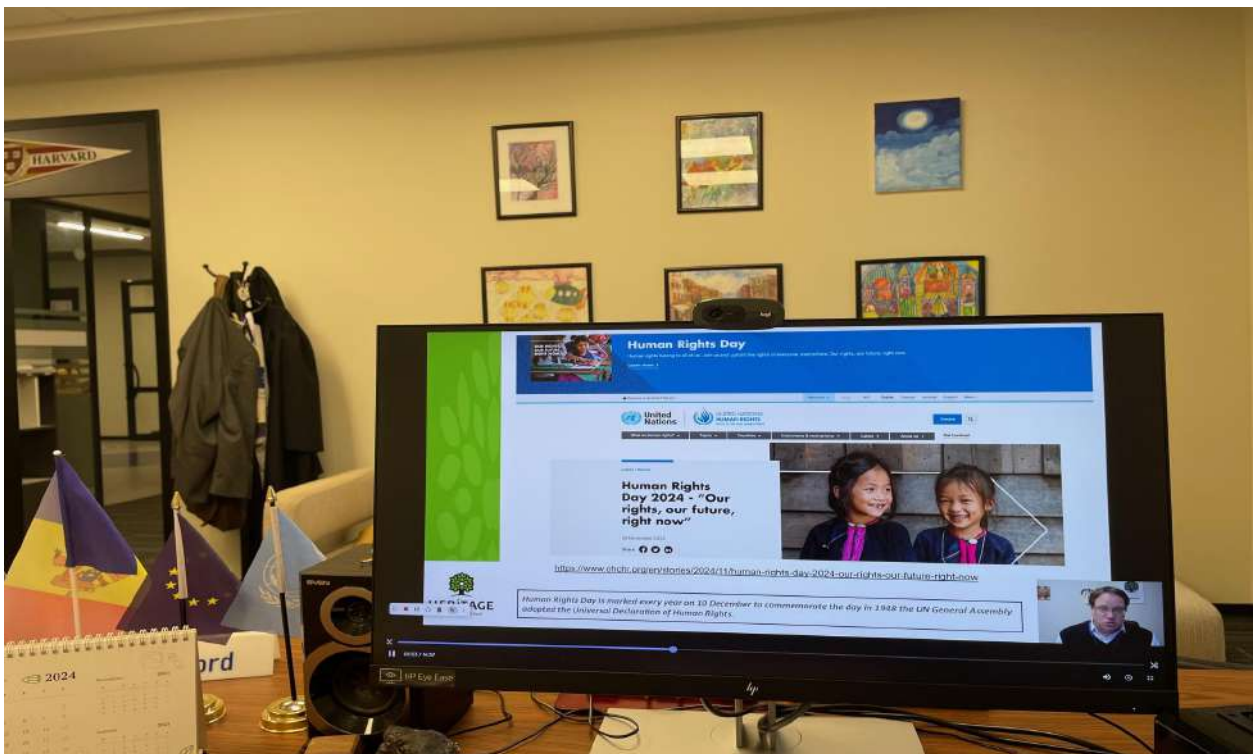
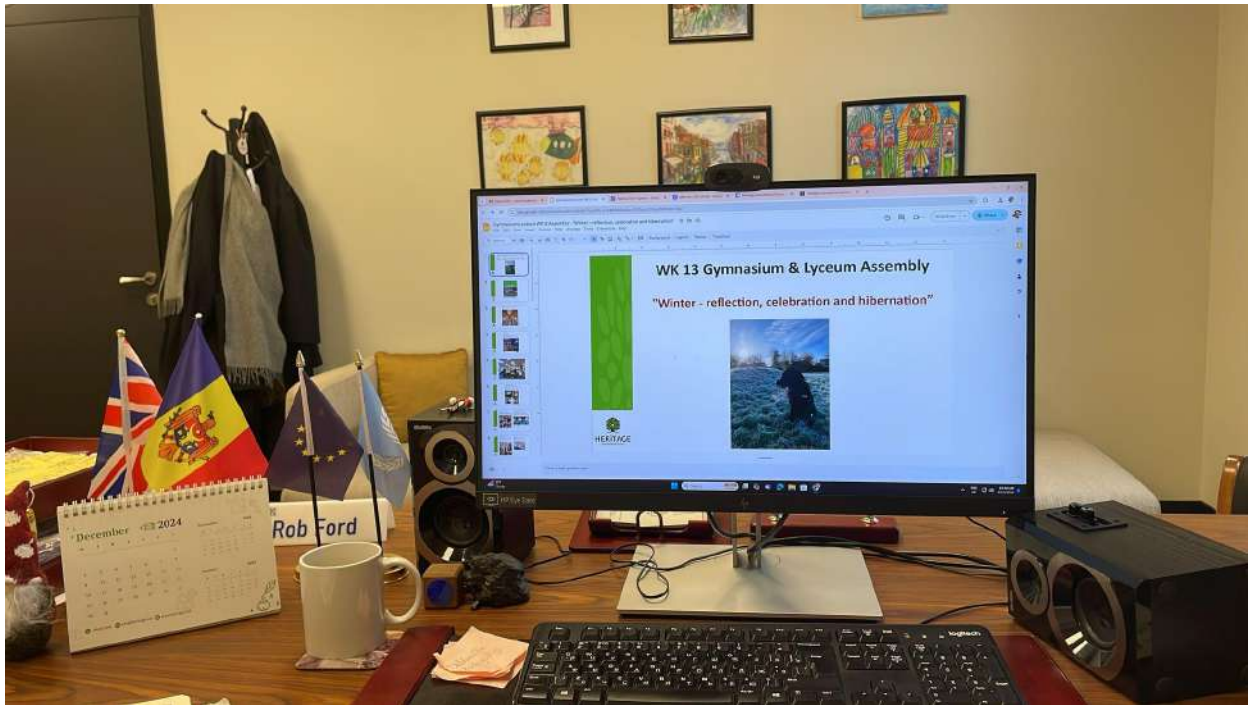


View all materials at the link:

[link](#)

News from Secondary

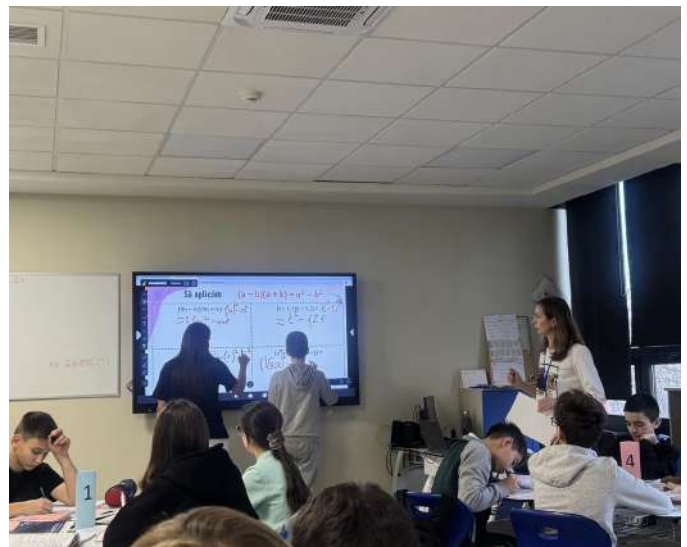
This Week's Assembly Highlights



News from Secondary

Key to success in Maths

A real pleasure to observe the progress of the 7A heard working students and motivating lessons by our Maths teacher Ecaterina Bors





Support your child on the path to success

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

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



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

Head of MFL at Yateley School

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

Student

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

Parent



- 30+ GCSE subjects
- 4 KS3 subjects
- Available online and offline
- Audio visual learning
- Builds confidence
- Revision & learning videos
- Knowledge checkers to test understanding

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

Join one of our **free webinars** by visiting:

<https://www.theaccessgroup.com/en-gb/education/resources/gcsepod-teacher-parent-and-student-webinars/>



Student Activation

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

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



www.gcsepod.com

Heritage Lyceum Open Day: A Successful Event for Students and Parents

*Last week, Heritage Lyceum hosted its highly anticipated **Lyceum Open Day**, welcoming prospective students and their parents to explore the opportunities our school offers. The event provided a comprehensive look into our academic program and the enriching experiences available at Heritage.*

*Students had the chance to attend '**A Level**' lessons in subjects of interest, gaining first hand insight into our curriculum and teaching standards. They also had meaningful discussions with teachers about their academic aspirations and the pathways available to them.*

*Parents participated in an informative meeting with the Lyceum's leadership and academic team, where they received a detailed overview of our '**A Level**' program, including **admission requirements, subjects offered, and application procedures**. Additionally, they had the opportunity to meet with the school's career counselor, who shared valuable information on **career exploration, university application processes, and educational summer programs**.*

We would like to express our gratitude to all those who attended and participated in the event. Your interest and engagement are greatly appreciated!

We look forward to continuing to support our students and families in their academic journeys.



Cambridge International Qualifications

Facts and figures About Cambridge International Qualifications:

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

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

Programmes and qualifications offer at Cambridge International:

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

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

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

[link](#)

Student Leadership

Heritage Students Shine at the International "Battle of Books" Competition

Two talented students from Heritage have made their mark in the final stage of the prestigious international "Battle of Books" competition, held at the B. P. Hașdeu Municipal Library!

🏆 *Teodor Zaporojan earned the title of "Persuasive Reader" for his exceptional presentation of "The Great Gatsby" by Francis Scott Fitzgerald, competing in the 16-18 age category.*

🏆 *Anna-Eliza Efimov was named "Erudite Reader" for her insightful interpretation of "When You Reach Me" by Rebecca Stead, in the 10-12 age category.*

Both students demonstrated impressive reading skills and captivated the audience with their deep understanding of the books. Congratulations to Teodor and Anna-Eliza for their remarkable achievements!



Student Leadership

A Triumph in Karting!

We are thrilled to announce that our very own Mark has been crowned the Absolute Champion of Moldova 2024 in Karting! His exceptional skill and determination have earned him the title, and he has set new track records in all classes, including Mini, Junior, and KZ2.

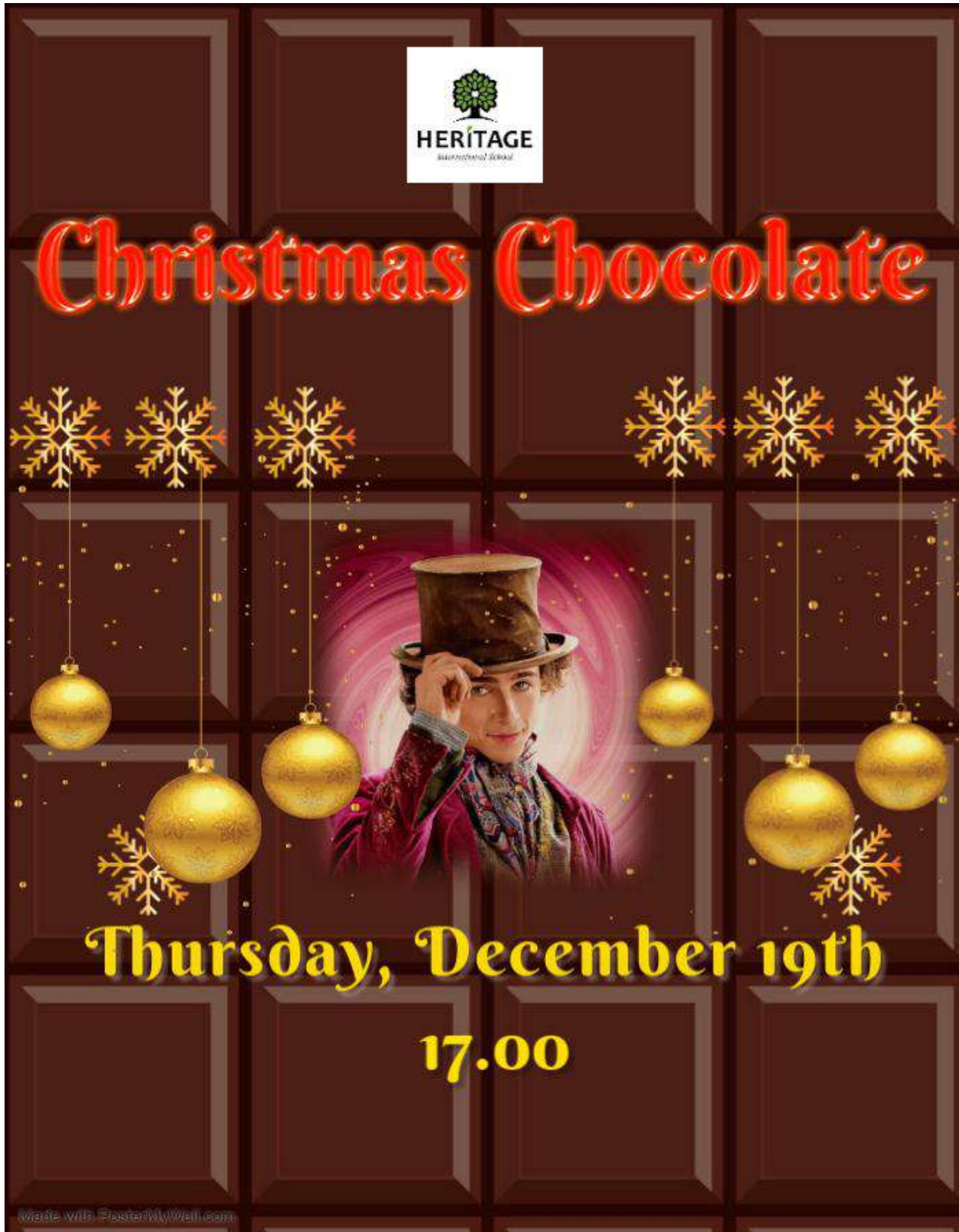
This victory is not just Mark's achievement, but a shared source of pride for all of us. His success reflects the hard work and unwavering support from his coaches, family, and everyone who has been part of his journey.

We celebrate Mark's success and look forward to even greater accomplishments in the future!

Congratulations, Mark, and thank you for making us proud!



Christmas Program for Primary students Grades 1-5 and 6E



Christmas Program for Lower Secondary students



Student Leadership

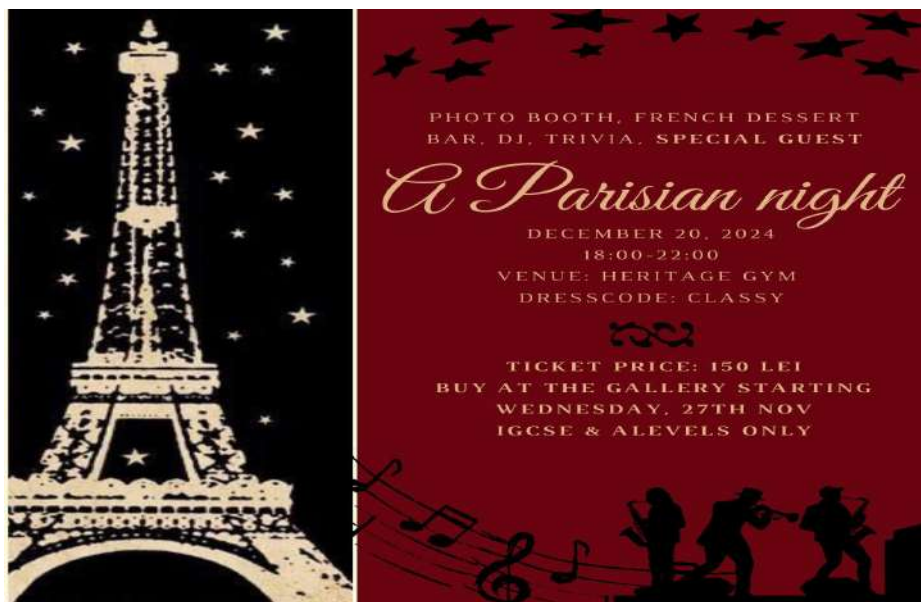
Last Call for Winter Ball Tickets: Don't Miss Out!

Dear students in IGCSEs and A Levels,

If you still haven't bought tickets for the winter ball, please find the Sc President Magdalena Rucan, and the Events Committee leader, Ece Kahraman, on the bridge between the cafe and lyceum entrance.

The organisers need to know the exact numbers of participants, and they need the money for buying the necessary things for the event. Don't leave it for the last minute!

This is one of the most exciting events of the year for all the students!



University Destinations 2024



Christmas card winners

All children's works are special, each work conveys emotion and full of creativity. Some of them caught the eye and heart of the jurors. It was a difficult choice among so many wonderful works. We thank each individual student for their participation and work. Even if you haven't won in this contest yet, participating in this contest will remain a valuable experience for you, perhaps a beginning of a path in the world of art, which is the most beautiful and full of positive emotions. When you take part in a competition, you get an excellent chance to build your confidence and will have a decent chance to win next year.

I want to thank the teachers who got involved and the jury who found it quite difficult to appreciate so many beautiful works.

Congratulations to those 5 winners, 5 more examples of Christmas Cards will remain in the legacy of the Heritage community.



Student Leadership

Capturing the Essence of Christmas: A Photo Collection



Student Leadership

Heritage Globe



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

Link here: <https://www.heritage.md/en/school/heritage-herald>

Sport. Clubs and Activities

Building Creativity: Join the LEGO Club



Sport. Clubs and Activities

Public Speaking with Mrs. Tinca Mardarie



What Parents & Educators Need to Know about

SNAPCHAT

AGE RESTRICTION 13+

SNAP STREAK
97 DAYS

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE
My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

SCREEN TIME ADDICTION
Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

PREDATORS AND SCAMS
Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 66% of teenagers had experienced this - on this app or others. This likely isn't helped by 'SnapMaps' - a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

INAPPROPRIATE CONTENT
Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse - so sexting continues to be a risk associated with Snapchat.

MY EYES ONLY
Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

ONLINE PRESSURES
Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body image expectations - creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS
Snapchat's 'Family Centre' lets you view the details of the child's account - their friends list and who they've spoken to in the last week - and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

FAMILIARISE YOURSELF
Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

BLOCK AND REPORT
If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user - such as annoying or malicious messages, spam or masquerading as someone else.

ENCOURAGE OPEN DISCUSSIONS
Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

Meet Our Expert
Dr Claire Butherford is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2021>

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

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

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BOOKS RECOMMENDATION

We propose some fragments from books that describe the atmosphere of the winter holidays

<p>The mitten ALVIN TRESSELT</p> <p>It was the coldest day of the winter, and a little boy was trudging through the forest gathering firewood for his grandmother. „Bring back all you can find”, the old woman had said as she sat knitting a pair of mittens.</p>		<p>Micușele doamne LOUISA MAY ALCOTT</p> <p>O trezi pe Meg, urându-i „Crăciun fericit!”, și îi spuse să se uite sub pernă, să vadă ce a primit. Descoperi o carte cu coperte verzi, cu aceleași poze înăuntru și cu câteva cuvinte scrise de mama ei, care făceau ca darul să fie foarte prețios pentru ea.</p>	
	<p>A Christmas Carol CHARLES DICKENS</p> <p>Snowballs whizzed and splattered on laughing faces. Bustling between brightly-lit, glowing shops, the glowing people ran and dashed, forgetting their quarrels and full of the spirit of human love.</p>		<p>Marile speranțe CHARLES DICKENS</p> <p>Când eu și conștiința mea vinovată am hotărât să dăm ochii cu ea, doamna Joe, în loc de urările de Crăciun, m-a întâmpinat cu întrebarea „Pe unde ai umblat?” „I-am spus că m-am dus în sat să ascult colindele.</p>
<p>Щелкунчик и мышиный король ЭРНСТ Т. ГОФМАН</p> <p>Большая ёлка посреди комнаты была увешана золотыми и серебряными яблоками, а на всех ветках, словно цветы или бутоны, росли обсахаренные орехи, пёстрые конфеты и вообще всякие сласти. Но больше всего украшали чудесное дерево сотни маленьких свечек, которые, как звёздочки, сверкали на тёмных ветках.</p>		<p><i>"In every snowflake, there is a magical story that only children know how to read." – Anonymous</i></p> <p>Reading challenge</p> <ul style="list-style-type: none"> • Read a Christmas story • Read a book with a green cover • Read a book with the title snake • A book based on the movie <p>Take a picture and bring it to the library. We will attach it to the wall in the library. Good luck!</p>	

A Kind Reminder from the Head of Pastoral

Dear Parents,

Please ensure your child adheres to the school uniform policy. Here are a few key points to note:

- Visit the school uniform shop to find the correct size for your child.
- If suitable sizes are unavailable, students may wear a white top and black bottom as an interim measure.
- If your child arrives without the proper uniform, you will be contacted to:
 - Bring the correct uniform to school, or
 - Pick up your child to change at home.
- A special request to IGCSE parents with female students: skirts should be no shorter than 10 cm above the knees.

We appreciate your cooperation in helping us maintain high standards.

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

10 Top Tips for Parents and Educators SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

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School Improvement Priorities Headlines 2024-25

Vision and Aims:

Sustaining our ambitious culture and vision for World Class education as a growing international school in Moldova to meet future challenges.

A belief in people as our best assets and a positive school culture - Cohesion, Community, Communication, Compassion, Care

A leading innovative school and World Class, professional educational organisation in Moldova, Europe & Globally

A World Class, nurturing, outward facing 21st Century curriculum & learning for all that prepares students confidently in our values for the challenges of the future as global citizens, socially responsible & leaders in their communities.

Outstanding innovative teaching and learning – a professional learning community that is adaptable to face uncertainty with certainty for our community. A servant team leadership culture that prepares leaders.

Heritage International School School Improvement Plan 2024-2025



Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2024-25

Key framing Questions for all staff

How do we measure our key outcomes?
Is safeguarding & Child Protection effective?
Are we preparing our young people for the challenges they face in a global society?
Are compelling learning and innovative opportunities at the heart of our education?
How are we responding to global challenges to ensure trust, confidence and responsiveness which allows quality meaningful education to continue?
How are we growing a responsive, sustainable and professional organisation?
How are we communicating effectively?
How are we supporting the development of wider education in Moldova, Europe & Globally?
What value do our partnerships & network bring?
Do we challenge ourselves enough? Who challenges us?
Do we know what outstanding international education looks like? Are all our people for "Heritage"? How do we grow them?

1 Leadership, Organisation & Governance

2 Quality of Teaching, Learning, Assessment and curriculum

3 Personal Development, Growth, Nurture, Wellbeing, effective & challenging learning environment

4 Successful Outcomes for Students as active citizens, fulfilled, balanced life long learners

Academic Quality & Standards

A raising standards agenda in all schools especially linked to Cambridge & National Qualifications.

Effective use of data informing Teaching & Learning as well as outcomes.

A developed Home/School partnership supporting learning & the Learner.

Systems & Strategies that raise attainment & achievement both in qualifications & personal intellectual development.

Professional Quality & Standards

Our ethos and values as an International school permeate everything we do in our school culture

To recruit and retain the best people and to invest in skills and leadership for the future

To have a clear focus & support in HR & Schools on CPD & Appraisal that develops all staff in our schools

To have an organisation that wants ideas and individuals.

An effective quality assurance system.

Organisational Quality & Standards

We are a school people want to align with & be part of our community

Our communities working with us for all students

To continue to find ways to engage and bring all our communities together

Recognising that there is no "typical Heritage student" in our communities, remaining responsive to all Heritage families

We continue to develop systems, policies, structure, mindset, as an International organisation serving our communities well

Providing Certainty in Uncertain Times

We want our students to maximise their potential with us and go onto university, careers & future life. A focus on skills as well as knowledge.

To continue to develop holistic student support services that support & celebrate fully young people.

To continue to provide unique, compelling and engaging learning opportunities and moments inside and outside of the classroom.

To not fear the future but want to lead and change it, connecting the local to the global.

A Values led Education for all

Diversity, equality, kindness, respect, global citizenship, trust, honour, leadership, social responsibility, are the hallmark of our education

To continue to meet and adapt to the anticipated challenges of the 2020s with success

Our organisation is held against the highest standards of a World Class school delivering international education

Our duty of care is for a safe, happy and caring environment for all students

Shaping our Future; H@10

Our education is about substance not gimmicks

We continue to develop as a unique, innovative international school in Moldova

We build on our legacy but we look outward and forward for our education, not backwards.

We embrace these aspects as part of our mission to prepare for the future

H@10 is an established, sustainable, outstanding beacon international school in Europe

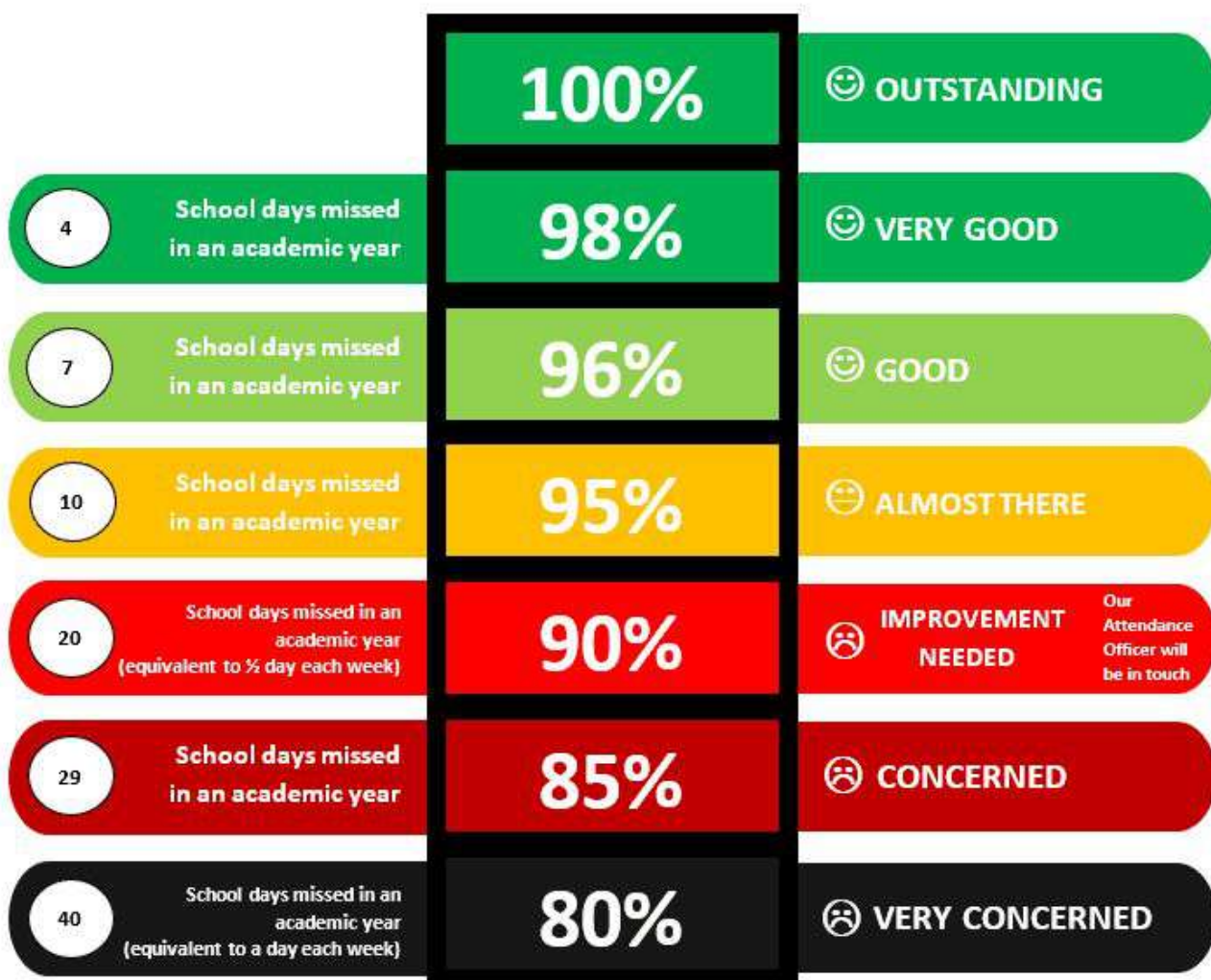
School Improvement Priorities Headlines 2024-25:

School Information

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

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

Attendance Ladder



Uniform Reminder

Students are kindly asked to wear the Heritage uniforms, and in case they didn't find sizes for their respective colours, to wear white tops and black bottoms, as instructed by our Head of Pastoral at the beginning of the year. The school uniforms variations are as follows:



Read more details in the [School Uniform Policy](#)

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School Uniform

LYCEUM

School uniform colours appropriate to the grades:

Class	School Starter	Primary classes					Gymnasium classes					Lyceum	
		1	2	3	4	5	6	7	8	9	10	11	12
Cambridge Pathway													
Bilingual Pathway (Romanian, Russian)	optional												

Dress Code



Uniform Mandatory on every day



Read more details in the [School Uniform Policy](#)

Action for Happiness Calendar

December Kindness 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				

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

Key Dates

16-20th December 2024	Traditional Christmas Songs Festival
19th December 2024	Heritage Christmas Programme (Primary)
20th December 2024	Winter Ball (Lower Secondary and Upper Secondary)
23rd December 2024	Boarding School Visit
25.12.2024 -08.01.2025 (14 days)	Winter Break
9th January 2025	Resumption for the Second Semester

[See the Academic Calendar here](#)

MAIN CONTACTS

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[instagram](#)

[twitter](#)

[linkedIn](#)

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