



HERITAGE  
International School



# THE INTERNATIONAL HERITAGE HERALD

September 30, 2022



## GENERAL

*Thought for the week:*

*"To anyone out there: I only ask that you care before it's too late,  
That you live aware and awake, That you lead with love in hours of hate."*

*Poet Amanda Gorman at the UN, Sept, 2022*

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

*It is hard to believe that we are at the end of September already and October commences this weekend. We have enjoyed a rich couple of weeks in the latter half of the month as we now get into our stride with the academic year and things are settling down. But, in keeping with the spirit of the 2020s, we don't take anything for granted and expect the odd "surprise" more and more. Last week we celebrated the UN's International Peace day and you will see from this IHH newsletter, the fantastic job the Primary School did in marking this key event in the school calendar. The Primary Class assemblies were fantastic here too. European Day of Languages was also celebrated this week and I counted 5 languages alone on Tuesday evening spoken in less than a minute as staff and students said goodbye; Welsh, Romanian, French, Spanish, Russian and English. A huge congratulations to Mrs. Anna Maria and Mrs. Ekatarina for being European ambassadors for the EU Code Week and representing both Heritage and Moldova. This week the ISC International School Awards, shortlist nominations were announced and we received the fantastic news that our school has been shortlisted for these prestigious international education awards for our work on "Sustainability" education. We are in outstanding company with the international schools included here. A huge thanks to Mrs. Tatiana Popa and her team here. <https://iscresearch.com/international-school-awards-2023-shortlisted-schools-announced/>*



*This Wednesday we started our 4 Series of Founders' Lectures as we were honoured to host HE Ambassador Logsdon, US Ambassador to Moldova. He spoke to staff and students in the school's Eminescu Library and online to schools around Moldova. Ambassador Logsdon gave a very clear message of hope and optimism to the audience and why we should look forward to a better future knowing our values of global citizenship and international mindedness in a peaceful, collaborative and respectful international framework will prevail. We again celebrated student success with our IGCSE graduating class of 2022. A huge thanks to our valedictorians, Loredona, Andrea and Nicoletta, speaking for all students to a wonderful speech. They are all waiting for the new lyceum to be finished and it is making fast progress. We are looking forward to their hoped for success in the upcoming COBIS international debating competition later this semester in Bucharest. I was really impressed to see the huge numbers of students wanting to be part of the student councils and you can see here from the pictures the importance of student leadership in the school.*

*A couple of practical things to end on. Please note that the October break will start on the afternoon of Friday 21st October with all staff and students returning on Monday 31st October. We are looking forward to celebrating the Autumn Festival, Conkers and Halloween. We are also looking forward to the Primary School's Christmas/Winter production in December and the secondary and lyceum students will be holding a "Winter Ball". Our commercial director, Mrs. Tatiana Arnautu, has been meeting with colleagues in schools around the globe to look at different models of parent associations as we look to see what will work for our Heritage community now we can meet together. On a cheeky note, we are looking to make a "media suite" in school for students as a place for the Heritage Globe team as well as being a suite to record podcasts and other similar media forms.*

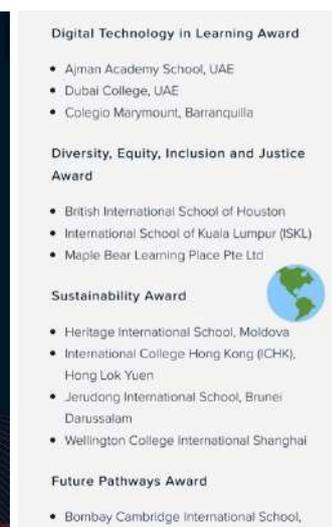
*If anyone has expertise and can help, let me know.*

*Have a good weekend and thank you for your support of Heritage,  
Rob Ford  
Director*





## Heritage in the Wider World:



<https://iscresearch.com/international-school-awards-2023-shortlisted-schools-announced/>



It has a delight to have Iulia with us over the past three weeks. Sadly today was her last English Lit with us but she is returning laden with books @Tatianapopab Thank you @HIS\_Moldova for sharing this wonderful student with us! @MyddeltonColl



Școala Internațională „Heritage”, or. Chișinău

La Școala Internațională Heritage au făcut echipă bună învățătoarea **Adriana Bujag** și coordonatoarea pe Educație Globală, **Tatiana Popa**. Profesoarea recunoaște faptul că concursul „Educația pentru media – prioritate în școala mea” a însemnat o adevărată provocare, fapt care i-a unit însă pe toți, de la mic la mare, în ideea de a promova cultura media în instituția lor. „Educația pentru media este extrem de importantă în era tehnologiilor. Având în vedere că elevii iubesc să se folosească, este important să-i învățăm și cum să citească corect informațiile de pe Internet, cum să distingă adevărul de fals și cum, în final, să-și dezvolte simțul critic. Nu Interzicerea îi protejează de fals și pericol, ci echilibrarea cu destule cunoștințe pentru a vedea diferența dintre bine și rău. Iar aici Educația pentru media își îndeplinește misiunea cu brio”, este convinsă Tatiana Popa.



Elevete de la Școala Internațională Heritage împărtășesc și ele convingerile profesoarelor și conștientizează pe deplin care este rolul educației media în era tehnologiilor și a digitalizării. „Acum, liniile trebuie să știe mai mult ca niciodată cum să folosească Internetul pentru a se dezvolta și a-și explora interesele”, spune eleva clasei a 11-a, **Loredana Sandu**. **Ariana Masnic**, elevă în clasa a 7-a susține că „Educația pentru media te ajută să utilizezi forme noi de comunicare, comportament și te învață cum să-ți argumentezi coerent ideile”, iar **Andreea Ghimpu**, elevă în clasa a 11-a este de părere că „Educația pentru media ne învață cum să nu comitem greșeli”.

### **Articles of interest:**

- 1) *WHY WE NEED A GLOBAL EDUCATION VISION*; <https://www.diplomaticcourier.com/posts/why-we-need-a-global-education-vision>
- 2) *How Mathematics Changed Me | The New Yorker*; <https://www.newyorker.com/culture/culture-desk/how-mathematics-changed-me>
- 3) *Maia Sandu speech on education & Moldova to the UN Sept 2022*; <https://youtu.be/RnzCBuG6eEI>
- 4) *EU in Moldova campaign for "Make it Clean"*; <https://eu4moldova.eu/make-it-clean/>
- 5) *Poet Amanda Gorman's poem for the UN Sept 2022*; <https://youtu.be/OR4vXQiI76M>
- 6) *Ukraine: 'Education has been a symbol of defiance and resilience'. As pupils start to return to the British International School in Ukraine, principal David Cole reflects on what the school and its pupils have experienced*; <https://www.schoolmanagementplus.com/heads-governors-school-leadership-governance/ukraine-education-has-been-a-symbol-of-defiance-and-resilience/>
- 7) *The Painters of Pompeii – in pictures. The Museo Civico Archeologico di Bologna presents The Painters of Pompeii, an exhibition of over 100 rare frescoes, with almost half having never left Naples since they were excavated in the 18th century*; <https://www.theguardian.com/world/gallery/2022/sep/26/the-painters-of-pompeii-in-pictures>
- 8) *How to start your own podcast. Don't worry about the equipment ... the most important thing is the idea*; <https://www.theguardian.com/money/2022/sep/26/how-to-start-your-own-podcast>
- 9) *National Museum of History to host exhibition on war | IPN*; [https://www.ipn.md/en/national-museum-of-history-to-host-exhibition-on-war-7967\\_1092421.html](https://www.ipn.md/en/national-museum-of-history-to-host-exhibition-on-war-7967_1092421.html)
- 10) *Ukraine and Romania to Ease Gazprom's Pressure on Moldova*; <https://balkaninsight.com/2022/09/27/ukraine-and-romania-to-ease-gazproms-pressure-on-moldova/>

### **Heritage Primary:**

*Primary School students started the eTwinning club. They visited the school's media corner. They will participate in many international projects in the new academic year.*



*5E have worked on their Global Perspectives projects related to 'work' from their chosen perspective and they were proud to present these to their peers and parents.*



International Peace Day in 2B





1 B students celebrated International Peace Day



English lessons in Grade 2



IPC lessons "My Brain "





*EU Code Week Moldova at Heritage  
Unplugged coding activities*



*Exit Point Brainwave 2nd A/B and 4th A/B*

*Learning is so important for every single human being. But do we know how learning happens, how to improve our abilities, what can be done so we become more empathetic, mindful, helpful for ourselves and our surroundings? The answers to these questions and many more have been discovered at the IPC*

lessons by students from the 2nd A / B and the 4th A / B grades. This week they celebrated their learning as they got to their first Exit Point.



First graders a first great experience with computers at Technology Lessons.



3B students love school activities very much! They are ingenious in solving tasks in Mathematics, creative in composing texts in Russian language as well as literature classes.





*First graders learning the secrets of writing*



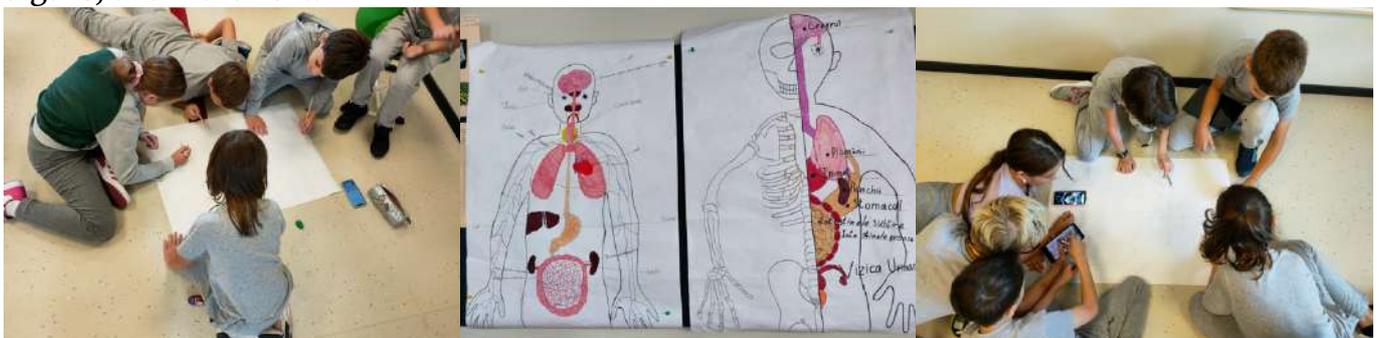
*Narrative and dialogue sequences presented by the 3A students.*



*This week in 4E we learned about Skeleton and movement. Students got to make a moving arm that engages the opposite muscles to contract and relax.*



*It is wonderful when several classes from Heritage Primary study the same topic Human body at the same time. In the hallway, we displayed the projects describing the human skeleton, muscles, joints, organs, and movement.*



*European Day of Languages in 2B*



*English lessons in School Starter*



*5E have enjoyed researching and creating projects about balanced diet this week.*



*When there is PEACE in the world, the trees bloom with love. A symbol of freedom, it is the DOVE OF PEACE! The students of the 2nd A made a dove that symbolizes Peace, and in the lessons, they learned a lot of useful information about the dove and the symbols of peace. For Peace and bright skies.*





*3B students enjoy learning about moral values and actively participate in the activities of the Moral Education classes*

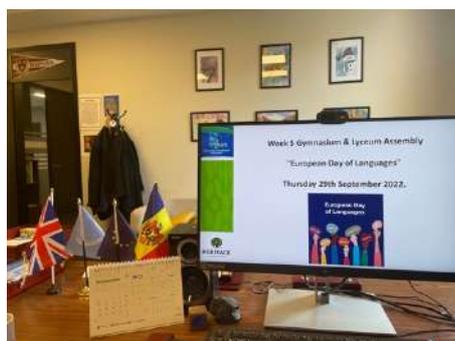


*Heritage students celebrated International Peace Day, they learned more about Peace, its key concepts as well as its symbols and importance in the world*





**Heritage Gymnasium:  
Gymnasium Assembly:**

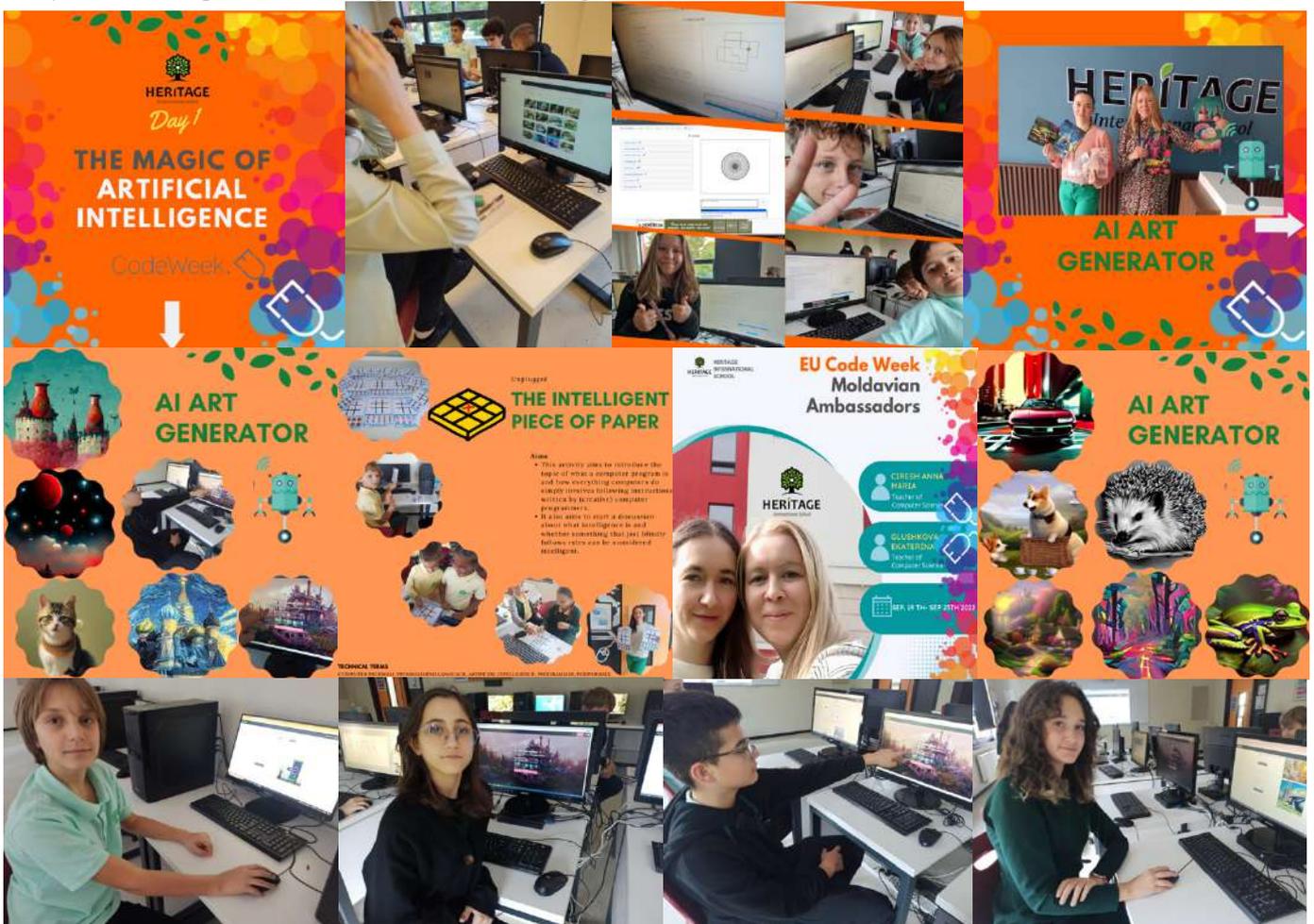


*On Technology lessons Grade 5 students actively researched terms associated with today's digital devices, discovered the use of various digital devices, including tablets, portable media players, cell*

phones, video and digital recorders, personal computers and laptops etc. After exploring the devices in detail, students collaboratively completed a data collection and presented them.



*EU Code Week Moldova at Heritage  
Artificial Intelligence with Digital and NonDigital Activities.*



By taking part students will develop leadership skills, learn about local and global issues, explore their passions, build confidence, connect with other students from COBIS schools around the world, and become part of a global movement.



Join us for the return of the **COBIS GSL Leadership Weekend**, taking place from the **11th – 13th November 2022!**

We are excited to share that this year's weekend will include two strands:

- **COBIS GSL Catalyst** – For students who are starting their journey as a social leader.
- **COBIS GSL Accelerator** – For graduates of previous Catalyst programmes who are looking to further develop their social action skills.

- **AGE ELIGIBILITY** | 11-18-years-old
- **DATES** | 11th – 13th November 2022
- **DURATION** | 3 days of live interactive virtual sessions followed by 30-days (Catalyst) or 60-days (Accelerator) of independent action
- **GRADUATION** | Thursday 26th January 2023
- **COST FOR INDIVIDUAL BOOKINGS** | Early bird £185, or £220 if booked after 9th October (member school students access 20% discounted rates)
- **COST FOR SCHOOL BOOKINGS (groups of 10+ students)** | Early bird £165, or £200 if booked after 9th October
- **EARLY BIRD BOOKING DEADLINE** | 9th October 2022
- **FINAL BOOKING DEADLINE** | 31st October 2022



*COBIS Student Leadership Weekend event* <https://www.globalsocialleaders.com/cobis-leaders-weekend/>

*The Heritage Golden 10:* <https://docs.google.com/document/d/19a84QG84nwA-RrbVDPwo9rDDn0SH1QfSAz6aq4F9JI0/edit?usp=sharing>

**Heritage Lyceum:**

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

**Heritage Lyceum learners become:**

- confident
- responsible
- reflective
- innovative
- engaged

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

*COBIS Higher Education Week will be running from 3-7 October 2022. It is an online event and free of charge to attend.*

*The week will include:*

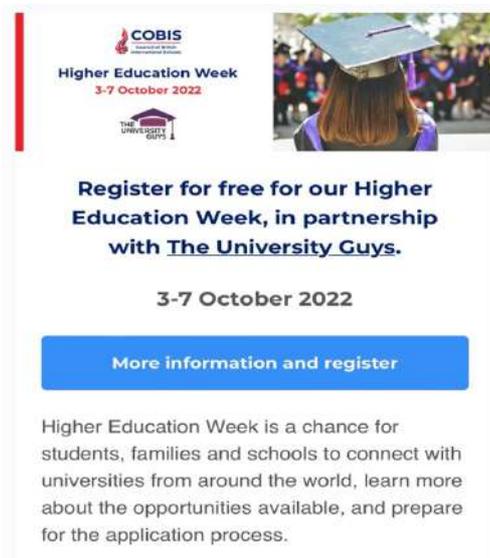
- **Monday 3 – Wednesday 5 October: a series of webinars to support students applying to university.**

- **Thursday 7 October: a Virtual University Fair** for students, advisors, and teachers to connect directly with universities.

Full details, including the registration form, are available on COBIS website.

<https://www.cobis.org.uk/students/forthcoming-events-activities/he-week>

This event will be of great use for those of you planning to apply to European, UK and USA universities.



The graphic is a promotional poster for Higher Education Week. At the top left, it features the COBIS logo and the text 'Higher Education Week 3-7 October 2022'. To the right is a photograph of a student wearing a graduation cap. Below this, it says 'Register for free for our Higher Education Week, in partnership with The University Guys.' and '3-7 October 2022'. A prominent blue button reads 'More information and register'. At the bottom, a short paragraph explains that the event is a chance for students, families, and schools to connect with universities from around the world, learn about opportunities, and prepare for the application process.

**Higher Education Week:** <https://www.cobis.org.uk/students/forthcoming-events-activities/he-week>

**Don't miss out: 18 free opportunities for young people in the Republic of Moldova - EU NEIGHBOURS east**

<https://euneighbourseast.eu/news/explainers/dont-miss-out-18-free-opportunities-for-young-people-in-the-republic-of-moldova/>

**Heritage Lyceum building progress:** The construction of the new lyceum building is apparently progressing and we would love all of our lyceum students to be actively involved in creating a wonderful interior that will motivate students and contribute to a productive learning process at the same time helping them feel like they belong here. Please contact your homeroom teacher for more details. Any ideas regarding the decoration inside the building, names of the rooms, etc. are welcome.



### **The Heritage 10 Golden Rules**

<https://docs.google.com/document/d/19a84QG84nwa-RrbVDPwo9rDDn0SH1QfSAz6aq4F9IIo/edit?usp=sharing>

### **Global Education:**

Another school year means months of fresh online trends to jump on, different things to message about, and cool new games to play – for the kids anyway! Whatever they enjoy online, our online

safety guide has some top tips to help them do it safely!

In the guide, you'll find tips such as thinking before posting, reporting upsetting content and avoiding screens late at night.



Right now, humans aren't living sustainably: we're taking too many resources and not leaving the world in a fit state for future generations. Old tech products are a clear example: if we throw them away, the poisonous lead and mercury inside can get into the food chain through the soil. Recycling tech, though, has its own issues: it's often exported to countries where the law doesn't protect people from hazards. Whole villages (including children) sort through discarded devices to remove useful parts and substances like gold, silver and copper – often putting their health at risk. Finding ways to re-use tech is the greenest option.

# 10 tips for parents and carers

## HOW TO BE GREEN WITH YOUR TECH

Right now, humans aren't living sustainably: we're taking too many resources and not leaving the world in a fit state for future generations. Old tech products are a clear example: if we throw them away, the poisonous lead and mercury inside can get into the food chain through the soil. Recycling tech, though, has its own issues: it's often exported to countries where the law doesn't protect people from hazards. Whole villages (including children) sort through discarded devices to remove useful parts and substances like gold, silver and copper – often putting their health at risk. Finding ways to re-use tech is the greenest option.

So what can we do with those cupboards and drawers full of old phones and unwanted computers?  
**Reuse, recycle, donate or sell them!**

### 1 DONATE THEM TO CHARITY

There are lots of charities that redistribute unwanted tech to worthy causes, either in the UK or in developing nations, if your old products are still working, this is a great option – as it means that new products don't have to be made. Search online for your nearest place that does this.

### 2 REMEMBER THE BATTERIES

Almost all batteries can be recycled – even the little 'button' ones from smaller gadgets. You could choose a box at home or school to keep used batteries in, and then take them to a designated place that collects them. Be very careful, though – button cells can be deadly if eaten by small children or pets.

### 3 USE YOUR ONLINE SAFETY KNOWLEDGE

If you're recycling, selling or repurposing any of your devices, make sure that all your personal data, private photos and so on have been deleted before the tech leaves your hands or is connected online.

### 4 REUSE THEM

Old smartphones can be used as webcams, security cameras, baby monitors or pet cams: there are apps that will configure them to do this. You can also turn an outdated phone into a TV remote control, an alarm clock that wakes you up with your favourite track, or a media centre you can take to places where you wouldn't risk your new phone.

### 5 TURN IT INTO SOMETHING NEW

Smartphones are more powerful than most older computers. If you have an unwanted android phone, it's quite easy to create a new computer – you could use an old TV as a monitor, meaning you just need a mouse and keyboard. There are also small devices you can buy which let you do the same with iPhones.

### 6 RETURN THEM

Return devices to the manufacturer or retailer you bought them from. Some manufacturers take responsibility for their products and accept them back, to refurbish and redistribute. If they don't, you could contact them and ask why: the more consumer pressure there is on shops and manufacturers, the more likely they are to act in a greener way.

### 7 SUPPORT SCIENCE

Let your old devices help modern research. Scientists currently investigating topics like far-off star systems, cancer treatment and earthquakes need enormous computing power. If your unwanted device is WiFi enabled, for example, you can connect it to a network so that it can boost scientists' research.

### 8 SELL THEM

This is also a green option as it means that fewer devices have to be produced. On top of that, you could also donate some of the money you make to an environmental charity.

### 9 RESEARCH DISPOSAL METHODS

If your device is beyond repair and no one wants it, get rid of it safely through a specialist tech disposal company. Check that your device won't be shipped off to another country for processing.

### 10 KEEP THINKING

There's no such thing as 'too many' ways to help our planet! If you come up with a better idea than ours, contact National Online Safety and tell us.

### Meet Our Expert

Nell Atkin teaches scientific literacy through his non-profit organisation, Rubbish Science, which engages people in working together to live more sustainably and creatively uses waste to help address real-life problems. There are a range of environmental activities you may like to try on their website: [www.rubbishscience.com](http://www.rubbishscience.com).



**NOS** National Online Safety®  
#WakeUpWednesday

USEFUL LINKS: Recycle and donate electrical items: [www.recycleanddonate.org.uk/donate-electrical-goods](http://www.recycleanddonate.org.uk/donate-electrical-goods) How to turn an old smartphone into a computer: [www.maketeof.com/faq/how-to-turn-smartphone-into-pc](http://www.maketeof.com/faq/how-to-turn-smartphone-into-pc)  
The best eco-friendly smartphone on both [www.gizmodo.com/2022/01/best-eco-friendly-smartphone/](http://www.gizmodo.com/2022/01/best-eco-friendly-smartphone/) and [www.cnet.com/2022/01/best-eco-friendly-smartphone/](http://www.cnet.com/2022/01/best-eco-friendly-smartphone/)  
[www.wasteheroes.com/what-to-do-with-old-tech/](http://www.wasteheroes.com/what-to-do-with-old-tech/) Find out how to recycle your old tech: [www.recycleanddonate.org.uk/](http://www.recycleanddonate.org.uk/)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

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

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

[@nationalonlinesafety](https://www.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: 26.08.2022

The shortlisted schools have been announced for the International School Awards 2023 hosted by ISC Research. 291 applications were received this year from international schools in 61 countries.

*The judging panel complimented all schools that submitted applications on their commitment to improving student learning. The shortlisted schools were congratulated for their innovative initiatives, many of which are student-led and embrace the entire school community as active partners.*

The award winners and special awards will be announced during a live virtual ceremony on Tuesday 24th January 2023 hosted by ISC Research. Details explaining the shortlisted initiatives will be available on the event platform from late October, which will also provide community forums to ask school representatives about their initiatives and to exchange ideas.

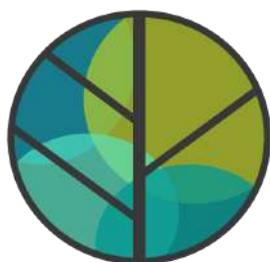
Heritage International School has got shortlisted in the Sustainability category, alongside other 3 well-reputed schools in the world. Congratulations to our community of students and teachers, who showed excellence in implementing sustainability at Heritage as a whole-school approach! Well done!

As a result, the team at COBIS contacted us to have one sustainability leader from Heritage be a co-chair of the sustainability group at ConnectED network. Thus, Tatiana Popa will be working this year closely with COBIS to promote sustainability and to share good practice with other educators that are members of the Council of British International Schools. She will co-chair the group with a climate change expert from Hungary.



Award Category	Shortlisted Schools
Diversity, Equity, Inclusion and Justice Award	<ul style="list-style-type: none"><li>British International School of Houston</li><li>International School of Kuala Lumpur (ISKL)</li><li>Maple Bear Learning Place Pte Ltd</li></ul>
Sustainability Award	<ul style="list-style-type: none"><li>Heritage International School, Moldova</li><li>International College Hong Kong (ICKH), Hong Lok Yuen</li><li>Jerudong International School, Brunei Darussalam</li><li>Wellington College International Shanghai</li></ul>
Future Pathways Award	<ul style="list-style-type: none"><li>Bombay Cambridge International School, Andheri West, Mumbai</li><li>Dubai College, UAE</li><li>The British School of Brussels</li></ul>

Heritage International School is proud to announce that we have been accepted as a **Climate Action School for 2022-2023**. As part of the Climate Action Schools program, our community of teachers and students will be engaging in a year-long plan of action joining with schools from around the world and leaders in sustainable development, including WWF, the UN, NASA, Earth Day Organization, and LEGO Build the Change. As part of the experience, we will be matched with three other global schools! Stay tuned as we learn of our new partner schools in the coming months. We will also have opportunities for parents and community members to join in: tree planting experiences, days of community action, and global events and celebrations! We look forward to sharing about our journey and our path to progress! If you are interested in joining in or sharing your own interests or expertise, please message our school program coordinator **Tatiana Popa** at [tatiana.popa@heritage.md](mailto:tatiana.popa@heritage.md).



**Climate  
Action  
Schools**



The Centre for Independent Journalism in Moldova has published an article about the winners of the media literacy competition run in the previous semester. Our school is mentioned there as a winner, too. Well done to all the Media Committee members of our school that submitted quotes for this article!

[https://cji.md/in-patru-scoli-din-moldova-au-fost-amenajate-coltisoare-de-educatie-media/?preview\\_id=15370&preview\\_nonce=1e2932ba41&post\\_format=standard&thumbnail\\_id=15380&preview=true&fbclid=IwAR3LUGvOvrhS828G6MSNKw6-IietEWMgYEo9OYpuGbbjfl9t695O1PpoiQ](https://cji.md/in-patru-scoli-din-moldova-au-fost-amenajate-coltisoare-de-educatie-media/?preview_id=15370&preview_nonce=1e2932ba41&post_format=standard&thumbnail_id=15380&preview=true&fbclid=IwAR3LUGvOvrhS828G6MSNKw6-IietEWMgYEo9OYpuGbbjfl9t695O1PpoiQ)

**Școala Internațională „Heritage”, or. Chișinău**

La Școala Internațională Heritage au făcut echipă bună învățătoarea Adriana Bujeg și coordonatoarea pe Educație Globală, Tatiana Popa. Profesorile recunosc faptul că concursul „Educația pentru medii – prioritate în școlile noastre” a însemnat o adevărată provocare, fapt care le-a unit însă pe toți de la mlaștea la mare. În ideea de a promova cultura mediilor în instituțiile lor, „Educația pentru medii” este extrem de importantă în era tehnologică. Având în vedere că elevii trebuie să se folosească, este important să-i învățăm și cum să creeze conținut corect în mediul online, cum să distingă adevărul de fals și cum, în final, să-și dezvolte simțul critic. Nu întotdeauna îl protejează de fals și pericole, ci echiparea cu doctele cunoștințe pentru a vedea diferența dintre bine și rău. Iar aici Educația pentru medii își îndeplinește misiunea cu brio”, este convingătoare Tatiana Popa.



Elevii de la Școala Internațională Heritage împărtășesc și ale convingerile profesoarelor și conștientizează pe deplin care este rolul educației mediilor în era tehnologică și a digitalizării. „Acum, trebuie să fim mai mulți ca niciodată să ne folosim Internetul pentru a ne dezvolta și să explorăm interesele”, spune eleva din clasa a 11-a, Lorena Șandru. Adriana Bujeg, elevă în clasa a 7-a susține că „Educația pentru medii” le ajută să utilizeze forme noi de comunicare, comportament și înțelegere cum să-și argumenteze coerent ideile”, iar Andreea Ghimpu, elevă în clasa a 11-a este de părere că „Educația pentru medii ne învață cum să nu cîștigăm greșit”.

*Democracy lives in schools, or at least at Heritage does!*

*This week, our Secondary Student Council had its first kick-off meeting in the Eminescu library. More than 60 applicants this year to be members of the Student Council. We have many events, activities and projects for our school to plan together. We are also proud members of the Global School Alliance Student Council and it's a full year of global collaboration planned for our active members of the school community. Congratulations to all those selected!*

*The first event on the list is Teacher's Day next week - keep your eyes on our social media platforms for more information!*



*On Wednesday, we launched our 4th series of the Founder's Lectures at Heritage. We were honoured to have as a first guest speaker HE Kent Logsdon, the US Ambassador to Moldova.*

*HE Logsdon told us about the journey that languages have taken him on since school years and adulthood, and how one chooses a path in life careerwise, when life is there to be enjoyed and a person wants to do good for their country and other countries in the world. The life of a diplomat, with its*

challenges and good moments, all these passed through our eyes while sitting there in the library with him, or watching on Google Meet. We had Moldovan schools joining from all across Moldova.



### **Heritage Creativity**

How can we use lines to draw organic and geometric shapes, and then to use geometrical and organic shapes of drawing animals. All this knowledge class 1 E has already got it during art lesson.



*The topic is "Vivid colors and collage" .*

*The students from 3 E have learned about Henri Matisse' cutouts and they recreated the same collages as the artist. Well done works! Bravo!*

*The last picture shows how well organized the students were waiting for the Art class! It was my pleasure to see this!*





## Art Competition

'Who am I?'

Submission Deadline:  
16 November 2022

EYFS - KSS

[cobis.org.uk/art](http://cobis.org.uk/art)

ARTS UNIVERSITY BOURNEMOUTH



**DANCE FITNESS CLUB**  
for IGCSE, AS and A Level students

EVERY FRIDAY 15.00-16.00  
in 215 16.00-17.00

### School Improvement Priorities Headlines 2022-23:

<https://docs.google.com/document/d/1DT0Cx-vFBrTuxuOK3znedxCuifXHRk9oQtq6dNbFaY/edit?usp=sharing>

### Heritage International School School Improvement Plan 2022-2023

Student Progress, Personal Development, Attainment & Achievements

School Improvement Priorities for 2022-23

**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 21<sup>st</sup> Century curriculum & learning for all that prepares students confidently 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...

**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**

<p>What does success look like for us</p>	<p>Living our Values</p>	<p>Concentrate &amp; Consolidate Core</p>	<p>Our strategy matches our organisation</p>	<p>Making Moments</p>	<p>Building &amp; sustaining legacy for the future</p>
<p>Qualifications &amp; Skills through holistic, challenging &amp; rigorous education</p> <p>A World Class School that is outward facing</p> <p>Supporting &amp; sharing innovation with our national education community</p> <p>Developing future leaders &amp; global citizens</p> <p>Our communities working with us for all students</p>	<p>Our ethos and values as an international school permeate everything we do in our school culture</p> <p>Diversity, equality, kindness, respect, global citizenship, trust, honour, leadership, social responsibility, are the hallmark of our education</p> <p>Our teachers, staff and community uphold these values and we live them daily in our school culture</p>	<p>Our organisation is held against the highest standards of a World Class school delivering international education</p> <p>Our duty of care is for a safe, happy and caring environment for all students</p> <p>Our organisation operates effectively and efficiently based on structure, systems and policies</p> <p>We are a school people want to be a part of our community</p>	<p>Our education is about substance not gimmicks</p> <p>We continue to develop as a unique, innovative international school in Moldova</p> <p>Our international partnerships and accreditation such as Cambridge, COBIS, the international community, as well as local such as UTM, define us and help us grow further</p> <p>We build on our legacy but we look outward and forward for our education, not backwards.</p>	<p>A focus on celebrating key moments in education &amp; school life</p> <p>To continue to find ways to engage and bring all our communities together</p> <p>To continue our success in bringing the World into classrooms daily</p> <p>To link the wider curriculum to the formal, daily classroom for holistic education</p>	<p>Our new Lyceum is built this year as we grow as a World Class school</p> <p>To put sustainability solutions at the heart of our organisation</p> <p>To recruit and retain the best people and to invest in skills and leadership for the future</p> <p>To continue to meet and adapt to the anticipated challenges of the 2020s with success</p>



# Worried that your child is depressed?



Growing up is full of changes – like starting school, going through puberty, and preparing for exams. For some children, changes like this can cause stress and depression. If you think that your child may be depressed, read on...

## What you should know

### If you have young children

- It's common for young children to experience emotional problems.
- A headache or stomach ache, persistent crying or difficulty being away from you can be signs of an emotional problem.
- Loss of interest in play, irritability and difficulty concentrating are other signs.
- Depression, however, is rare among young children.

### If you have older children or teenagers

- Depression is quite common among older children and teenagers.
- Signs and symptoms include: persistent sadness or irritability; difficulty in carrying out daily activities; loss of interest in activities that they normally enjoy; withdrawal from others; feelings of worthlessness or guilt; fatigue; restlessness; difficulty concentrating; changes in appetite or sleep patterns; taking risks they wouldn't normally take.
- Depression is not a sign of weakness and can be prevented and treated.

## What you can do

- Talk to your child about how they're feeling and whether anything's worrying them.
- Pay particular attention to their well-being during life changes such as starting a new school or puberty.
- Encourage your child to get enough sleep, eat regularly, be physically active, and to do things they normally enjoy.
- Spend time with them.
- Speak to people you trust who know your child, to see if they've noticed anything that might be worrying them.
- Ask your health-care provider for advice. Don't delay getting in touch if you're worried.
- Protect your child from situations where they may experience excessive stress, maltreatment or violence.
- If your child has thoughts of self-harm, or has already self-harmed, seek help from the emergency services or a health-care professional. And remove items such as medicines, sharp objects and firearms.

## REMEMBER:

If you think your child might be depressed, talk to them about how they're feeling. And don't be afraid to seek professional help.



World Health Organization

# Optimistic October 2022

SATURDAY

1 Write down three things you can look forward to this month

8 Make some progress on a project or task you have been avoiding

15 Thank yourself for achieving the things you often take for granted

22 Share a hopeful quote, picture or video with a friend or colleague



29 Plan a fun or exciting activity to look forward to

SUNDAY

2 Find something to be optimistic about (even if it's a difficult time)

9 Share an important goal with someone you trust

16 Put down your to-do list and do something fun or uplifting

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

MONDAY

3 Take a small step towards a goal that really matters to you

10 Take time to reflect on what you have accomplished recently

17 Take a small step towards a positive change you want to see in society

24 Write down three specific things that have gone well recently

31 Set a goal that brings a sense of purpose for the coming month

TUESDAY

4 Start your day with the most important thing on your to-do list

11 Avoid blaming yourself or others. Find a helpful way forward

18 Set hopeful but realistic goals for the days ahead

25 You can't do everything! What are your three priorities right now?



WEDNESDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

12 Look out for positive news and reasons to be cheerful today

19 Identify one of your positive qualities that will be helpful in the future

26 Find a new perspective on a problem you face

THURSDAY

6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

20 Find joy in tackling a task you've put off for some time

27 Be kind to yourself today. Remember, progress takes time

FRIDAY

7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

21 Let go of the expectations of others and focus on what matters to you

28 Ask yourself, will this still matter a year from now?



ACTION FOR HAPPINESS

Happier · Kinder · Together

## UPCOMING EVENTS

5 October 2022  
19-21 October 2022  
21 October  
20/21 October  
24 October-30 October 2022

UN World Teachers' Day  
Golden Autumn Fest  
Heritage Conkers Competition  
Teacher Parent Conferences  
Autumn Break

<https://www.heritage.md/en/learning/academic-calendar>

## 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.pletniov@heritage.md](mailto:olesea.pletniov@heritage.md)  
Cambridge Secondary Coordinator: [shabbir.anjum@heritage.md](mailto:shabbir.anjum@heritage.md)  
National Secondary Coordinator: [livia.state@heritage.md](mailto:livia.state@heritage.md)  
Head of Lyceum: [dorina.calinovscaia@heritage.md](mailto:dorina.calinovscaia@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)