

THE INTERNATIONAL HERITAGE HERALD

December 4, 2020



GENERAL

Quote: "A good beginning makes a good end." Louis L'Amour

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

That good beginning really has made sure we have a good end to the semester, especially with all the activities and learning that has continued in school. As we plan to complete the events of this semester, we are already looking into 2021 and a number of opportunities brought that point home over the last few days. Much as we would have liked to have repeated last year's visit to the AREAL animal welfare centre outside Chisinau, we did drop off the fantastic collection from our school community on Saturday. Founders and friends of Heritage passed on their appreciation and thanks and we will make sure we continue to raise awareness and hold another collection to support them in early 2021. Even the brilliant Moss, the Wyedean dog, passed on

his thanks on Twitter, and I have floated the idea of a Heritage school dog to support wellbeing. There was a gorgeous Anatolian shepherd dog at the shelter who would be a very welcome addition to the Heritage family...



We braved the icy rain and first powderings of snow on Monday, to step foot on British soil for a few hours, as invited embassy guests of H.E. Steven Fisher, the UK Ambassador to Moldova and wonderful supporter and friend of the Heritage community. Ahead of the UN's Climate Change conference 2021, #COP26, students and our head of global learning, Tatiana Popa, are involved in working with the UK Embassy, the University of Aberystwyth and local bio-thermal companies and on Monday as invited guests, planted trees in the embassy gardens along with ambassadors from the diplomatic community in front of the national press. I am always extremely proud of the incredible achievements of our international school and always of our students as they demonstrate the very best of being global citizens. Ambassador Fisher was very fulsome in his praise of our school and the students as he spoke and wrote comments later online. We are hoping to see our students in Glasgow next year to participate in the conference. Our students were really proud of Moldova and to hear that we were the 4th country globally to submit our nationally detailed and long term strategies back in March, for the Paris Agreement on Climate Change. We are also really pleased to be welcoming H.E. Paul McGarry, Ireland's ambassador to Moldova based in Bucharest, as our 4th guest Founders' Lecture on 16th December. Ambassador McGarry will be looking at how successful small nations can be developed and Ireland is an inspirational example to all small nations in Europe. A huge thanks to friend of Heritage, parent and the Irish consul, Dr Suzie O'Connell, for your support here for the lecture and for your advice in this crisis to the school as a practicing doctor.

Mr Graham complimented the events of Monday and gave a fascinating weekly teacher and learning briefing for staff on Wednesday, about the importance of international mindedness and how we develop it in our students. My weekly Gymnasium assembly wasn't that imaginative but we looked at the theme of winter from the point of view of reflection and taking time for ourselves. We launched the new Heritage International Lyceum on Monday to grade 10 parents and in all of this winter pandemic gloom these discussions and planning the next stage of the school feels very hopeful. We know the semester is not over for us yet and unfortunately, due to cases in families, we now have 3 classes off until next week in isolation as well as siblings. I want to thank all families for the very swift and clear way communications are when this happens and your support in the ongoing way we manage and lead the school in this crisis is invaluable. I also thank you for your patience, the respectful and constructive ways in how we work together solving issues for example, around hybrid learning. It is the only way we will make our school and the education for the children here outstanding. I have also sent an email to parents about staff wellbeing and communications this week especially in an era where a phone call, message or email can be sent late or on a weekend over a non urgent emergency issue that can wait for the next working day and should not be in the time we need with our own families. This is really important wellbeing for all of us in how we manage our communications between home and school.

We also started with a good beginning in September with our return pledge that has got us to week 14. That pledge stressed the need for all of us, inside and outside of school, to follow the safe measures. Wearing a mask is not a political statement but an act of courage and humanity to other people. We all know the seriousness and the acute crisis nationally, especially the toll on key health care professionals, and we all need to play our part in stopping transmission and modelling the way we don't allow our education to become a victim of Covid in this academic year. We want to make sure 2020-21 has a very good end when we celebrate another successful year in May, especially in the circumstances of the worst public health crisis to hit education and wider society for decades. Our young people, in the garden of the UK ambassador on Monday, planted their trees with optimism and a clear statement of hope for the next generation to come, their generation.

Rob Ford, Director

Please take time to have a look at supporting ChildAid, a charity in Eastern Europe supporting vulnerable children and families including the amazing work in the Tony Hawkes centre in Moldova (*Child Aid picture here*) - <https://www.childaidee.org.uk/>

The screenshot shows the ChildAid website header with the logo, social media icons, and navigation links. Below the header is a banner for 'ALTERNATIVE GIFTS AND CARDS' featuring a collage of photos of children and families. The text on the banner reads: 'Our range of life-changing charity gifts will help transform the lives of children and families'. At the bottom of the banner is a yellow bar with the text 'ChildAid's Shop'.

Heritage in the news:





On Monday, November 30, our Global Learning Coordinator Tatiana Popa was invited together with 6 Heritage students to the British Embassy, to participate in a symbolic tree-planting event, to mark one year ahead of COP26 climate change conference in Glasgow next autumn.

Our students actively took part in planting trees, after listening to important speeches, held by HE Ambassador Steven Fisher, the Deputy Head of Mission Gary Davies, HE Ambassador of Italy Valeria Biagiotti, HE Ambassador of France Pascal Le Deunff, and the Minister of Agriculture, Regional Development and Environment Ion Perju.

This invitation followed as an echo of our participation in the global Climate Action Project this autumn, as our students did lots of research and came up with lots of solutions to stop climate change. They were very pleased to hear valuable information from leaders which they so well explored while doing project activities.

After the official planting event, our director Rob Ford and the students were invited inside the British Embassy to drink tea the English way. The students enjoyed learning bits of English culture in the company of Queen Elizabeth II and Paddington the Bear, but also other symbols of the British culture. Heritage students are looking forward to visiting the Embassy at some point in the future to see how the trees are growing and what the British Embassy staff are doing.





Notes from Ms Elize

It is December, winter is officially here. The countdown to Christmas and the Holiday Season has begun. In the spirit of Thanksgiving and with the coming Holiday Season, it feels only natural to pause and touch on the subject of Kindness. But what does kindness really mean?

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness sometimes has a connotation of meaning someone is naive or weak, it is certainly not the case. Being kind often requires courage and strength.

Kindness has many benefits including increased happiness and a healthy heart. It can slow down the aging process and improves relationships and connections, which indirectly boosts your health. Kindness is an interpersonal skill that needs reinforcement and nurturing. It is the key ingredient that makes children feel happy. To support learning and personal growth one can follow A Kindness Calendar. This will support children to focus on helping each other instead of their differences. A little bit of kindness can change someone’s day from dreary to bright.

During this exceptional and unusual Holiday Season let us all spread some love and kindness to those around us and thus contribute to the Magic of this special Season.

KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Share the Kindness Calendar with others and spread kindness	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 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about
7 Leave a positive message for someone else to find	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 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
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 2021	Let's look beyond our differences and help each other. Every act of kindness matters		

ACTION FOR HAPPINESS

#DoGoodDecember

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

The IPC is an inquiry-based approach to learning. This Primary learning programme is designed to ensure our students feel supported, challenged, and inspired as well as to provide ample opportunities to discover who they are and how they learn. Ms Cristina and 3B students researched and studied the lives of some significant people. Each student chose someone they felt made an impact on them. They practiced their presentations skills and as part of a good audience asked some questions during a Q and A session.



During the pandemic Heritage has been able to keep our school physically open. We have been running our hybrid model successfully since September. Our teaching methods have evolved and we are able to ensure quality teaching and learning to students at home due to COVID as well students in the classroom.



3B participated in the Climate Action Project and tried out growing wheat. They found out that in autumn it's more difficult to grow wheat because the temperature is always changing. Students at home on DLP contributed to this project by growing healthy and happy plants and showing the result of consistent care and attention!

3E Students realised that we can all make a difference when it comes to protecting our planet and no act in looking after the environment is ever too small. They used recycled items and created some amazing useful and purposeful items. Some students made bird feeders, others made toys for their pets and some made Christmas decorations. A few students realised they needed some items to help them stay organised at school!





Primary Student Council:

On Thursday, the 3rd of December, Primary students held their first Student Council meeting. Students came in bright-eyed and enthusiastic to share their ideas for fundraisers and events for the school. Many suggested a Holiday fundraiser for children at a local orphanage- which goes to show how compassionate the students in the Heritage community are. We will be holding elections next Thursday, the 10th, for positions of President, Vice President, Secretary and Class Ambassadors. Here the students can be seen hard at work preparing their speeches, and practicing for their peers.



This week in 2A class was known as the week of gadgets. It was wonderful! We discovered how to use and learn the multiplication table using the site <https://toytheater.com/>, which is a collection of interactive educational games for elementary classroom. We added this site to our collection of web tools. It is useful and necessary for us. At eTwinning, participating in MIND AND INTELLIGENCE GAMES EVERYWHERE. Mind and Intelligence games are based on the principle of "Learning while having fun", which opens the mind and facilitates learning. We want our students to develop their logical thinking, reasoning, questioning skills. With our project, we have fun and learn by playing with our family and friends wherever we want. With our games, we aim to improve the thinking skills of our students by keeping their intelligence fresh, gaining a different perspective on events, revealing their creativity. We plan to make our lessons fun, ensure digital media literacy with mind and intelligence games, Web2.0 tools, and digital games.





Hope you have a wonderful weekend!

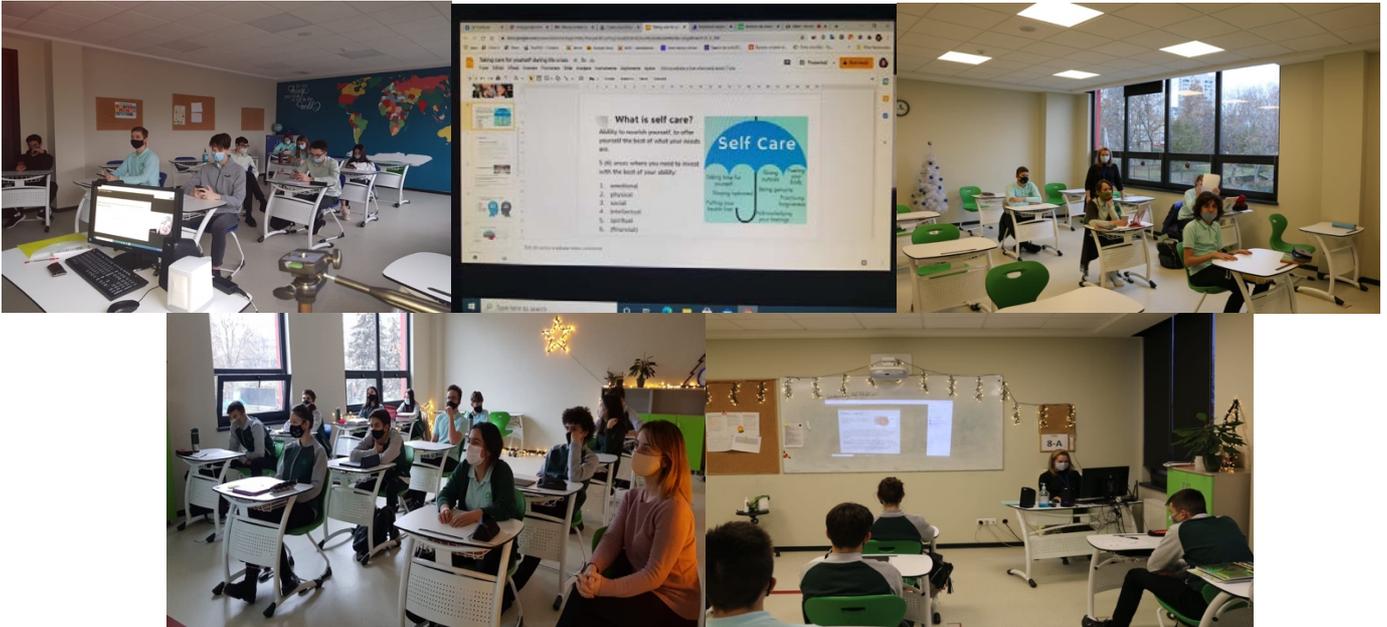
If you can be anything, be kind!
UNKNOWN



News from Secondary:

Heritage in collaboration with Youth Clinic Neovita and The Red Box Project organized a series of activities for the Secondary school students to provide training and education in youth health, health promoting strategies, develop communication and conflict solving skills.





Global Education:

On December 2, the entire world commemorates the anniversary of Shakespeare's death - 404 years since his death in 1616. On this occasion, teachers and students around the world discuss his works and learn facts about this famous poet's life.



The language of Science and Maths knows no borders



We call all Heritage students to participate in the **project "Christmas Greetings and Happy New Year Card"**!

All works will be featured in the "**Winter Exhibition**", in the school virtual **Art Gallery**.

The selected works will be printed on the school cards and send to organisations, parents and friends of Heritage around the World, wishing them seasons greetings and best wishes for the new year.

Type of work: New Year / winter artwork - a painting or a drawing, without text (not a card, just a painting)

Size of the work: A4 or A3.

Materials and technique: free choice.

Submitting the work: bring your work to Ms. Iulia Miscisina (Primary students) and to Mrs. Elena Meleca (Gymnasium students).

Due date: December 7



Art Competition

Competition theme: 'Connections'

Deadline: Wednesday 24 February 2021

cobis.org.uk/art



Students are invited to produce a piece of art that reflects this year's competition theme, 'Connections'.

Our [Art Competition](#) is a fantastic opportunity for young artists to compete internationally and showcase their talents. The competition is open to all COBIS schools, including Applicant schools.

Submissions will open on Wednesday 27 January and close at 3pm (GMT) on **Wednesday 24 February 2021**. Each school will be able to submit up to three entries per category listed below. Many schools choose to run an internal competition to select these entries.

- Early Years and Foundation Stage
- Key Stage 1
- Key Stage 2
- Key Stage 3
- Group Entries (all ages)

Entries will be submitted via an online form. Full details about how to submit your students' entries will be made available on this webpage in January 2021.

Winners and Prizes

The winners will be announced on our website and social media channels in April 2021. The winning entries will be published on our website and may feature at our Annual Conference in May 2021.

Discovery Education's student Coding Challenge Children will gain a firm understanding of coding concepts like algorithms, sequences and variables – while practising computational thinking through problem-solving and the breaking down of tasks into logical steps. Using Discovery Education Coding, students will be guided through a sequence of activities to familiarise themselves with the platform and develop their coding skills - before unleashing their creativity to design their own app!

Students can work individually or in groups of up to four. There will be two challenges, one for **children aged 5-7** and one for **ages 7-12**.



Black Sea Online Maths Cupon the 17th February 2021, for Year 5 & Year 6 students (UK grades)-your Math teacher will provide the details, we will need to select 10 students to participate

Check out **the Heritage Globe** for book reviews, interviews, school events, restaurant reviews, and more.

Our Student Newspaper
The Heritage Globe
 Click Below
<https://sites.google.com/heritage.md/heritageglobe>

<https://sites.google.com/heritage.md/heritage-globe/home>

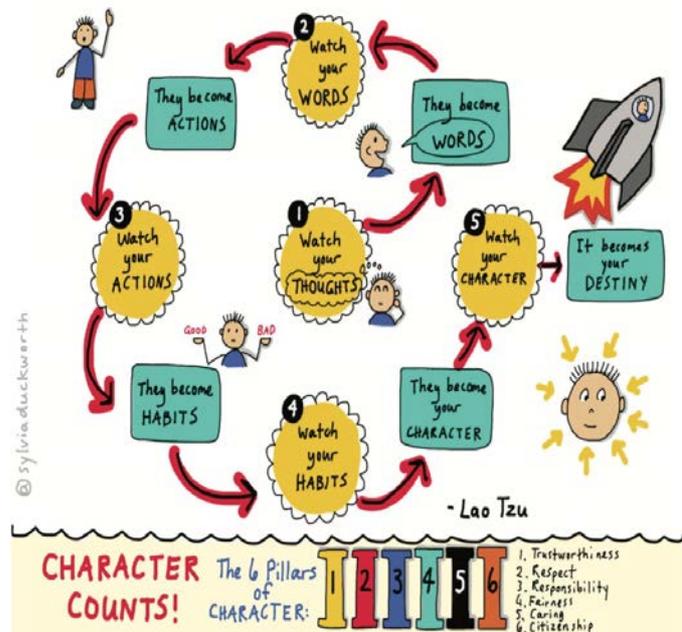
Increase Vocabulary Through Reading

5 Minutes of reading each day
 = 900 minutes/school year
 = 282,000 words

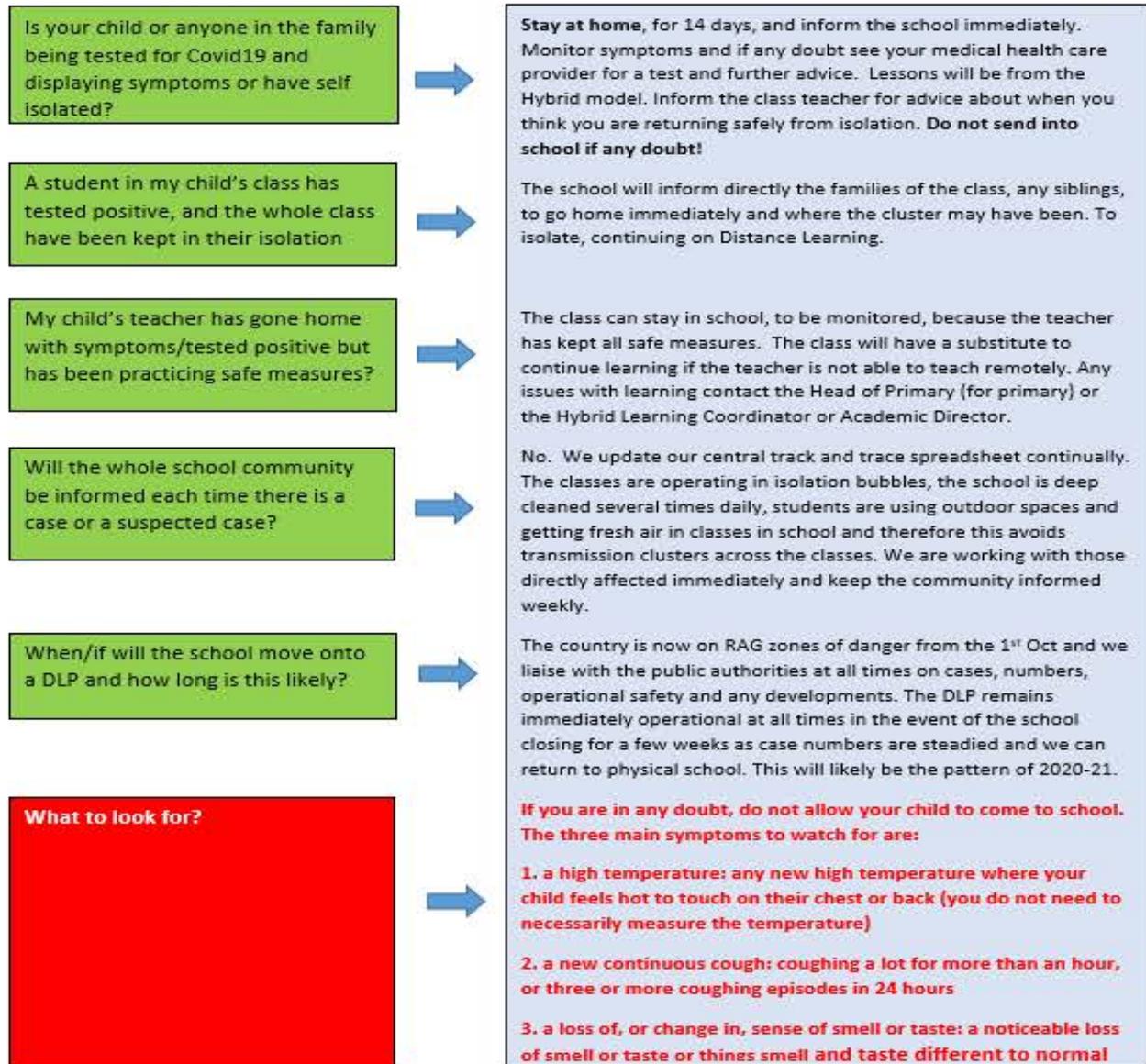


20 Minutes of reading each day
 = 3600 minutes/school year
 = 1,800,000 words

teachbesideme.com



Can/Should my child go to school today?



If one of the students is tested positive with Covid-19, the whole class will be quarantined for 14 days. **Siblings** do need to be in isolation as well.

For all the children who are in quarantine parents should fill in the **epidemiological form**:
<https://forms.gle/Ok1DBdfa4BykX8Gq9> All the information provided will be sent to the Public Health Center.

Necessary documentation for returning to school:

Before returning to school after the quarantine period, parents should present to classroom teacher the **Declaration**

https://drive.google.com/drive/u/0/folders/1J0WBrE37gjfOOHJAXY3UR0DG_klSi7wc?q=owner:iute%40mail.ru

For children who have been tested positive with Covid-19 and in case of any disease, for return to school it is mandatory to present the **medical certificate** with the 3 stamps, as a confirmation that the child can attend groups of children.

FORTHCOMING EVENTS

11th December - 22th December 2020

11th December 2020

16th December, Wednesday.3p.m.

18th December 2020

11th January 2021

IGCSE 2 Mock exams I

Christmas Jumper Day

4th Founders' Lecture:HE Paul McGarry, Ambassador of Ireland to Moldova "The success of small countries in a global World"

School Christmas lunch

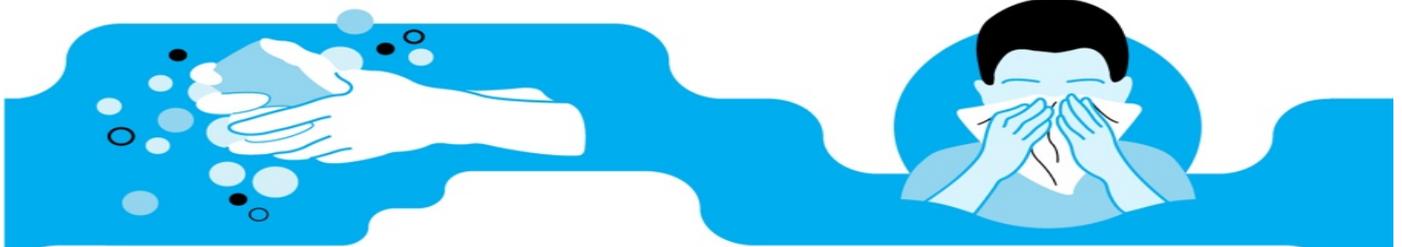
Semester 2 return date



Protect yourself and loved ones from coronavirus.

Wash your hands regularly with **soap** and **water**.

Cover your mouth and nose while **sneezing** or **coughing**.



Avoid close contact with anyone who has a cold or flu-like symptoms.

If you have fever, cough and difficulty breathing, **seek medical care early**.



unicef  | for every child

We don't have time for influenza this year.
Stop flu with vaccination, hygiene and physical distancing

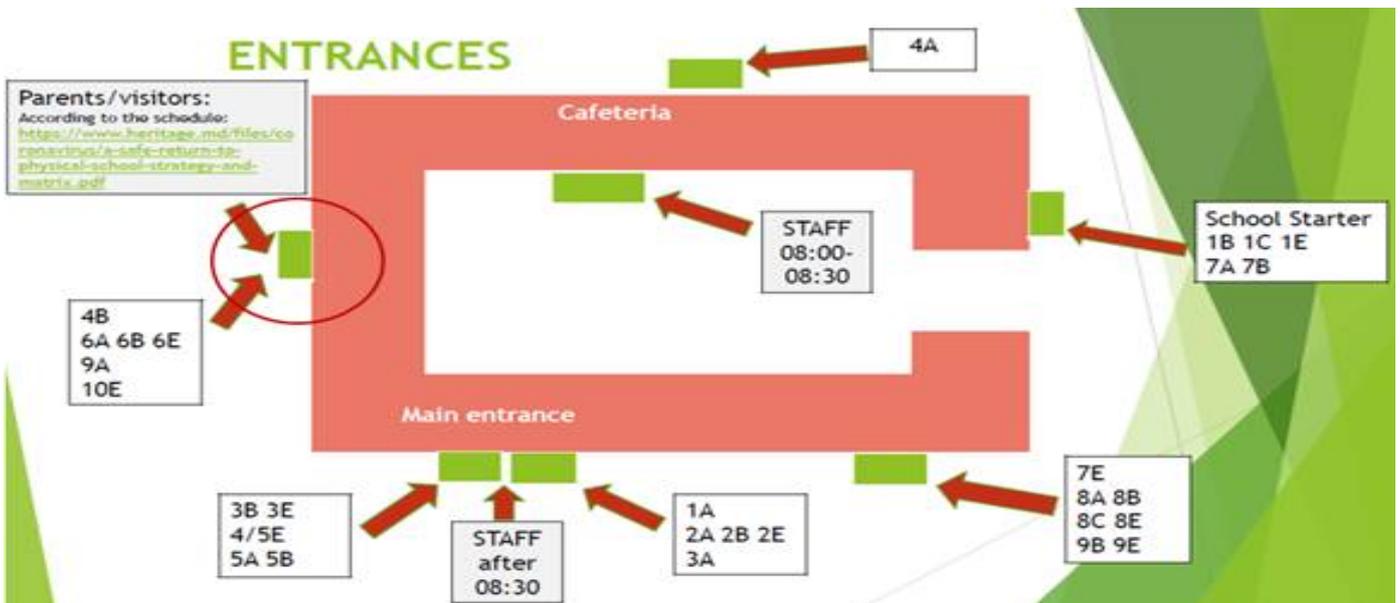


Six things NOT to do when wearing a face covering



- DO NOT use if damaged or damp
- DO NOT wear it around chin
- DO NOT wear loose-fitting mask

- DO NOT pull away from face to speak
- DO NOT touch front of mask
- DO NOT share your mask



A Smart School Life to Prevent COVID-19



Open windows often to let fresh air in and clean your desk regularly.

- Occasionally open the windows for your health and that of your friends. Especially, do so right after arriving at school and during break, lunchtime, and clean-up time!
- Clean your own desk regularly.

This is how your school life should be:

- Always wear a mask during classes and breaks.
- Wash your hands often.
- When coughing or sneezing, cover your mouth and nose with your sleeve.
- Avoid physical contact, such as holding hands.
- Do not let others use your personal belongings.



Be considerate to your friends during lunchtime.

- In the school cafeteria, line up at double arm's length apart from each other.
- Do not talk while eating.
- Take off your face mask right before eating your meal and put it back on immediately after.

If you are feeling ill, tell your teacher.

- If you have fever, sore throat, cough, or runny nose, tell your teacher right away.
- If your friend becomes a confirmed case, do not panic; just follow your teacher's instructions.



CORONAVIRUS SOCIAL DISTANCING



PLEASE KEEP APART

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child where they can thrive



MAIN CONTACTS

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