

THOUGHT OF THE WEEK

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

Mahatma Gandhi

GENERAL

- Heritage International School community support this week for Animal Welfare & Rescue centre: A huge thanks to all our parents and students for their overwhelming support and donations this week. The organisers from the UK want to pass on their heartfelt thanks and what a wonderful school we have.
- School Uniform; Thank you for the support and a reminder of no blue denim jeans, non HIS PE kit and with the weather turning colder in school students shouldn't be wearing outdoor coats but need school jumpers, jackets or cardigans.
- Rob Ford in the UK 21-25th Oct with the British Council; Our director is in London speaking at a major international conference this week and working with the British Council and schools.
- Reading book & supporting literacy; We are encouraging you to make sure your child has a reading book in school for when they have moments to read and not to default to a screen.
- Donate your books to the Library; if you have suitable books that you are happy to pass on we will gladly receive them
- Tardiness & signing in and out to school; Just a reminder that we need all students in school at 8:20 to start learning. If students are late, and traffic can be bad in Chisinau, they need to make sure they are signed in. If students leave site, before the official end of the school, they need permission and to be signed out. At 5:00, all children should have been collected for home at the end of the school day.

- Autumn/Fall creativity: We are looking to have a creative pumpkin carving and lanterns competition this week. These can be carved at home and brought in or for pumpkins to be brought into school to carve. See Mrs Elena in art for further details.



- Christmas Celebrations: We are looking for two things ahead of December;

- If anyone is prepared to donate real Christmas trees to school, we are looking for a very big one to go in the centre of the quad outside, then let us know
- We would love all students to make decorations to use in school for the trees and then at the end of term we are going to donate them locally (and the trees) to care homes for the elderly and orphanages.
- Christmas Card creative competition; We are holding a Christmas card design competition throughout the school and we will be using the most creative ones as the official school Christmas card this December.

PRIMARY SCHOOL

- Family Friendly Fridays kicked off this week and will continue to be held every Friday from 8:10 to 8:40. Please join us to see the classroom environment, school work, your child's workbooks, or read with your child.

- Next Wednesday, October 16th, we will host the Conkers competition during snack time. While the event is just for students, parents can follow us on Twitter and see pictures: @HeritagePrimary

- Huge thank you for all students who brought in dog/ cat food for Animal Welfare Week. It was terrific!

SECONDARY SCHOOL

Heritage International school organizes school assemblies for Upper School for a variety of special programs on a weekly basis, on Tuesday at 8.15 for Grades 5-6 and on Thursday at 8.15 for Grades 7-9. The first Assembly focused on Mental Health Awareness, it is a great way to build school culture, motivate the students with appreciation, rewards, and accolades on performing well in academics and curricular activities!

UPCOMING EVENTS

On October 16th everyone celebrates World Food Day.

A combination of unhealthy diets and sedentary lifestyles has sent obesity rates soaring, not only in developed countries, but also low-income countries, where hunger and obesity often coexist. Now, while over 800 million people suffer from hunger, over 670 million adults and 120 million girls and boys (5–19) are obese, and over 40 million children under five are overweight. Achieving Zero Hunger by 2030 is not only about feeding the hungry, but also nourishing people, while nurturing the planet. This year, #WorldFoodDay calls for action across sectors to make healthy and sustainable diets affordable and accessible to everyone. At the same time, it calls on everyone to start thinking about what we eat.

Our school will be part of the celebration worldwide, by making nice posters, taking photos and uploading them online for international contest. The application form is on the following link:

<http://www.fao.org/world-food-day/contest/en/>

Some of the primary teachers will organize healthy food making with their classes in the canteen, too.

We will discuss with students about the need to limit our consumption of foods that are high in salt, sugar, trans and saturated fats to make healthy eating and #ZeroHunger a part of our daily lives.

Hashtags for social media posts: #WorldFoodDay and #ZeroHunger

October 14 - **Chisinau City Day (public holiday)**

October 15 - **World Maths Day**

October 23- **Golden Autumn Festival**

October 24-25 - **Teacher -Parents Conferences**

October 26 - November 3 - **Autumn Break**

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