



CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 30 MARCH 2020

Hello CRHS Students...

We hope you are all well and that you are adjusting to the strange situation we are all dealing with. We know that it has been a challenging week and there has been a lot to think about and to get used to. As we move into the second week away from school, we are sending you an update and a little advice. We know you will be missing your friends and the support of your tutors and teachers, so we will keep in touch every week.

If you have managed to get some home learning up and running, well done! We can see that lots of you have been engaging already. If you haven't been very successful yet, don't worry. It takes time to adjust. Now is the time to get into a new routine and make sure that you are still learning. You might find that you like sticking to your own timetable to give your day some order, but this isn't for everyone. You might prefer to do some more typical school work in the morning, then do some cooking, some physical activity, some craft or some reading in the afternoon. We know that you may have your whole family at home and you may not all have unlimited access to online resources. Try to make a plan that works for you and don't worry if it isn't the same as your friends' plans. We are all different.

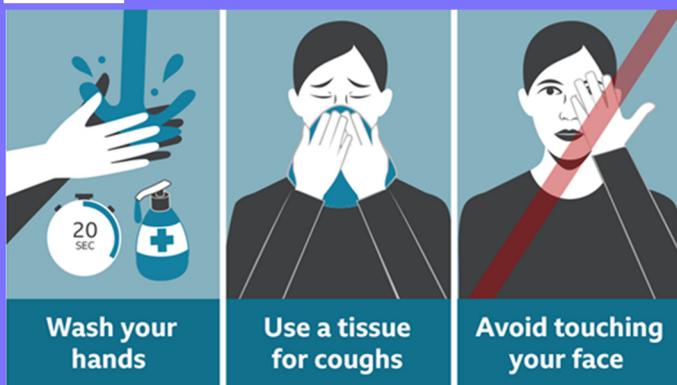
Our remote learning uses the Its Learning Platform for certain year groups and subject areas, and Google Classroom for other year groups and subject areas. Your teachers are also learning about new ways to try to support you, so keep checking the Challenge Centre on itslearning and read your update every week to stay well informed. It's a good idea to keep a log of what you've done each day and each week, so that you can check you're not spending all your time on your favourite subject at the expense of one you find tough!

Itslearning is widely used across all our schools and it's under pressure between 9-10am at present, so you might want to spread out your use of itslearning over your day.

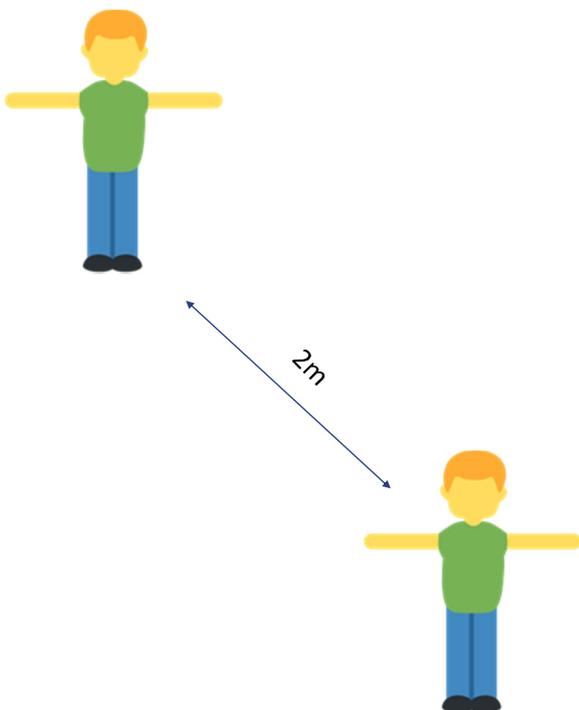


Need to contact us?

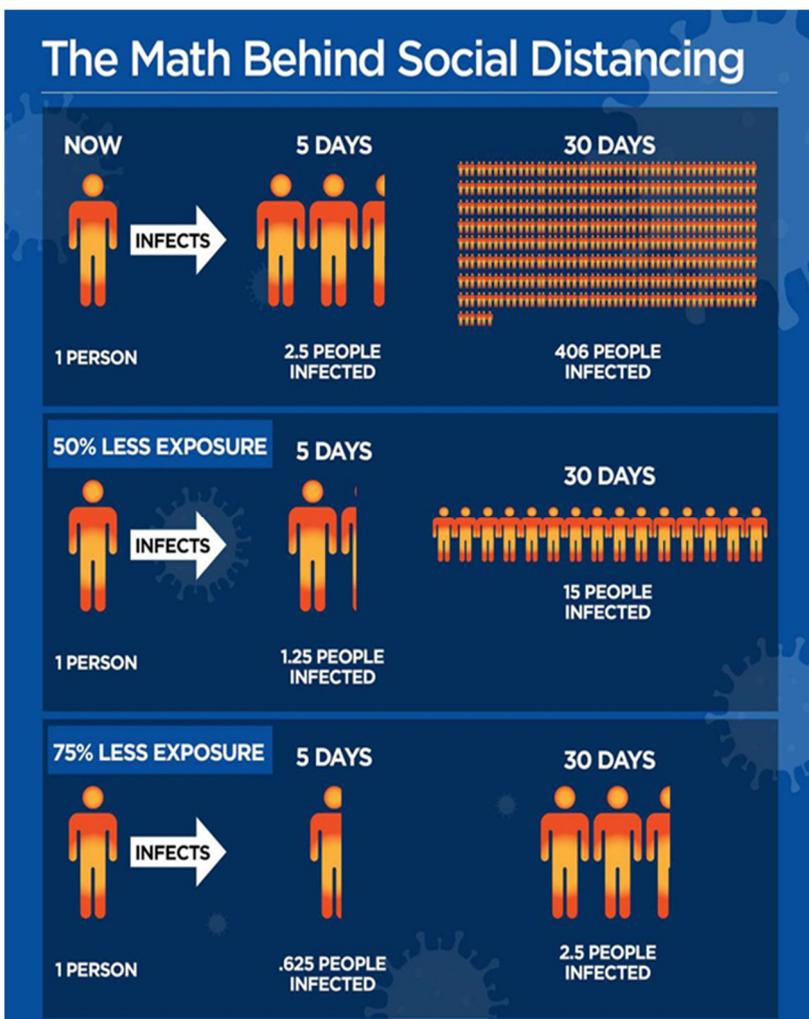
Some of your teachers are in email contact with you via their @online.sch.im address. If you have questions, you can contact us via crhsenquires@sch.im and we'll get back to you. Remember, if you are worried about things, the booklet has lots of good contacts and advice. So students, have a good week, get into a new routine and stay safe!



Remember it is really, really important that you follow all the guidelines about washing your hands regularly and that you keep 2m away from other people. You should stay at home and only go out when it is really essential. Following this advice will keep you and your friends, family and community safe. Please be sensible and responsible as this advice will slow the spread of the virus. We need everybody to play their part.



Social distancing news article & video –
<https://www.bbc.co.uk/news/world-europe-52060900>



STAY HOME, STAY SAFE!

MESSAGES FROM YOUR HEADS OF YEAR



Year 7 —Mrs Kneen

Dear Year 7, with our first week at home complete I hope you are settling into a routine; completing some work that you have been set by your teachers, helping your parents and carers with chores, keeping in touch with your friends and making time for exercise (good for your fitness and your wellbeing) I have been joining in with the 'PE with Joe Wicks'! but most importantly I hope you have enjoyed the lovely sunshine we have had this week by playing in your gardens. I know this is a very strange time for all of us so if you are struggling please talk the adults in your life or get in touch with me or Cara so that we can help. Take care



Year 8 — Mrs Manson

Hello Year 8. I am sorry that I didn't get to see you before you all left on Monday. I hope you are all taking care of yourselves and your families during this unexpected time off school. Please continue to try to do some school work whilst you've got some extra time at home and make sure that you stay in touch with your friends regularly. If any of you need to contact me about anything, even though we are not in school, please do contact me using google mail. My email address is kathryncarson@online.sch.im. I will respond to you as soon as I can. In the meantime I hope that you are all following the advice given by the government and I trust that you are all staying at home and keeping safe. I will hopefully see you all back at school soon.



Year 9 — Mr Williams

Hello all. This is the strangest of times to be a student or a teacher. There are so many things the School is trying to do to help you with your school work it does perhaps seem a little overwhelming at the moment. This is only the end of week one however and I'm sure you'll get into the swing of things with the assignments and work that your teachers ask you to complete. It's also really important for you to do all you can to be kind and helpful to your parents or carers - you could be spending weeks of quality time with them so try your best to stay cheerful! It will all come to an end someday soon and then you'll be able to sit in my exciting assemblies once again. Stay cool.

MESSAGES FROM YOUR HEADS OF YEAR



Year 10 —Mrs Miller

Hello Year 10! I imagine you're all getting sufficiently bored of lazy mornings, late nights, Netflix and gaming? I can hope so, right? In all seriousness, I hope you are adjusting to the changes in your freedom without too much stress and anxiety. We are living in extraordinary times and this requires us to be extraordinary too. I know all too well what it feels like to be cooped up and confined. I don't like it either but that is what we must do. More than ever, you are required to demonstrate never before seen levels of self-discipline and it is going to be tough. I know that you can do it though! The key to success is going to be in managing your expectations. Start small, undertake a few tasks each day. Stay in touch with your friends and family – safely! And exercise! It releases the feel good endorphins that will keep you sane. Working through the tasks that teachers are setting you is going to be essential as this time next year, you will be preparing for your GCSEs and cannot afford to simply use this time as an extended holiday. Keep your brain working and find the resilience you have within you to keep going when things get hard. It will be worth it, believe me! Your tutors have created visual tutor rooms for you all – seek them out if you haven't already. Touch base whenever you need to, we are all in this together and will be there for you until the end!



Year 11 — Mr Deakin

Hi Year 11, I hope you are all keeping well and looking after yourselves! I wanted to just send you a message to say how proud I am of you all in the way that you have handled all of the recent setbacks and uncertainty during these past weeks. The resilience you have all shown in the face of unprecedented circumstances is a testament to your growing maturity. Moving forward, I am going to do lots of work on the year book and planning a potential leaver's assembly for us when the time is right. Please keep checking your emails as I will be asking you to do certain things in regards to your yearbook comments. I am also going to get an update on your leaver's hoodies as these will be a nice memento of your time at CRHS. I hope you have all received the message about the prom. My hope is that by September 2nd, we should be in a position where it is possible for us to celebrate your prom and reflect on the hard work that you have all put in during the last five years. I'm always an email away if you need me. Stay safe and see you all soon.

KS5



Mr Danielson, Miss Metcalfe and Mrs Dawson have been in touch with you already, so we know you have your own mechanism for keeping in touch with your KS5 pastoral team. Feel free to contact them.

MINDFULNESS & WELLBEING

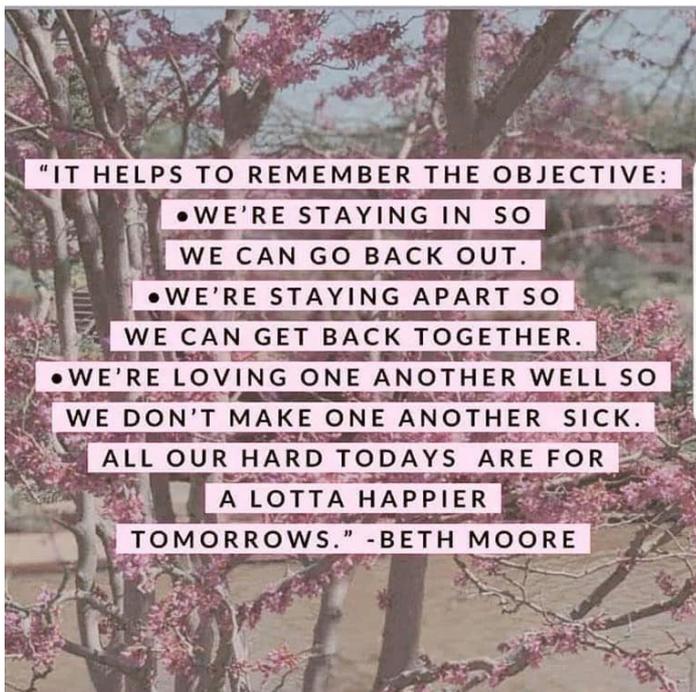


It's really important to look after your mental health and wellbeing too. It's ok to feel worried at this strange time, but think about ways to manage that feeling. Cara's top tip for you this week is...

Spend a little time outside enjoying the fresh air and sun. It also fills you with life... even just sitting quietly in your own back garden or yard, you can hear the birds singing... it's calm and tranquil... but uplifting in these strange and scary times.



Mrs Walter wants to share these thoughts with you too...



MY STAY-AT-HOME TO-DO LIST

- Appreciate that I have a place to stay inside
 - Be patient with the people around me who may feel frustrated, antsy, or scared
 - Focus on the things I can control
- Take care of myself physically, mentally, and emotionally
- Take deep breaths to stay grounded and calm
- Cut myself some slack if I struggle to do what's good for me

LORI DESCHENE

tinybuddha.com

Have a look at this website if you want more information on mindfulness:

<https://mindfulnessinschools.org/>

SUBJECT UPDATES

Some of your subject leaders want to update you on some advice for the week ahead. For subjects not sending a message this week, stick with their advice in the initial booklet.

English



Read, write, grow.

For **KS3** all English resources are accessed via the Challenge Centre on Itslearning, including a wide variety of activities and links to some external platforms, to give students a wide range of options covering different abilities. We do not expect students to complete every single task; choose according to your interests and ability.

Year 10 Language and Literature students, we really need you to stay on track with the work set via both itslearning and email your teacher if you need their advice.



Maths

For Maths, some teachers have moved over to using Google Classroom. If this is the case there is a message on their Maths teacher's Its Learning page.



Business Studies

We have been messaging pupils through google classroom/their school Gmail accounts, so students should continue to look out for tasks that they need to complete.

Drama



YEAR 12: Keep up to date with weekly updates of tasks and learning to do from home, the resources for which will be found on... "PERFORMING ARTS: ONLINE RESOURCE CENTRE".... Find the weekly update in this document... https://docs.google.com/document/d/19RMdcQef1VRoIzl5juVUOwx5jy--4_Wn6ZO6wdLw6OU/edit?usp=sharing

YEAR 10: Keep up to date with weekly updates of tasks and learning to do from home, the resources for which will be found on... "DRAMA: ONLINE RESOURCE CENTRE".... Find the weekly update in this document... <https://docs.google.com/document/d/10sQIX3PYbaLFkcUjRRUsYvGDRMyuVf4A3WQcs168qIQ/edit?usp=sharing>

SUBJECT UPDATES



Geography

Miss Metcalfe and her team have been communicating with the geography classes on Gmail/google classroom so check there, if you haven't already.



MFL French & Spanish

Spanish classes to look out for extra tasks that they can complete at home posted on its learning. The Username and Password for Linguascope was the wrong way round in the initial booklet! Apologies. It has now been amended on the website. It is — **Username: CRHSMFL Password: langs4ever**

History



Year 7 - See Quest

Year 8 - Its Learning- History tasks for each year group.

Year 9 - Begin JFK project on Its Learning.

Year 10 - Complete 'Introduction to the Cold War' on Google Classroom.

Year 12 - Google classroom - This will be updated regularly.

LDW – Henry VII's domestic policies.

KEP – Civil War essay to complete.

Music



Year 10 & Year 12 - Please log into your Google Classrooms as there is work and resources on there that Miss Davies and I would like you to access and complete.

Also, I have signed you all up to a Google music notation software called Flat.io – It allows me to set composition tasks for you all as well as work on composition ideas away from school. Particularly for **Year 10** students, this will mean we can work on small composition tasks which you can then submit to me on Google Classroom. You will receive an email when your account is active. You will access it via your Google online account.

SUBJECT UPDATES

PE

Fact: muscle mass, muscular endurance and core sports skills are **lost 4 times faster** than they are gained!! Therefore, stay active and keep practising, you'll be back playing sport before you know it.



For now though, we have some activities and challenges to keep both your **body** and **brain** active!

BODY - Using our CRHS **Fitness Tracker sheet** (This can be found on the '**Challenge Centre**'! on **Its Learning**) keep a record of the challenges you complete. New challenges will be posted regularly on our FB page and on **Its Learning**.

BRAIN - Check out our new challenge pack, '**Skills & Drills**'. This can be found on the '**Challenge Centre**'! on **Its Learning**. A new pack will be released every fortnight!



EXPAND!

RS

Year 10 - Resources are available on itslearning 'CRHS Religious Studies & Philosophy Y10/11'. Both Miss Brown and Miss Martin will continue to upload content here, including mini tests on each unit.

Year 10 ASDAN - Resources are now available on itslearning from Miss Martin. Resources are also available on Google docs for the ASDAN course.



SEN

A SEN section of resources now exists on itslearning. Check it out. If there is anything further we can help with, do get in touch via CRHSEnquiries@sch.im

USEFUL LINKS



Support websites

<https://youngminds.org.uk/>

<https://www.qwell.io/>

<https://www.kooth.com/>

<https://www.thinkuknow.co.uk/>

<https://www.childline.org.uk/>

<https://www.relate.org.uk/>

<https://www.samaritans.org/>

Academic Links

<https://isleofman.itslearning.com/>

www.senecalearning.com

Other

www.gov.im/coronavirus

