



CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 6 APRIL 2020

Hello CRHS Students...

We hope you are keeping well and staying safe and that you have done some school work this week. Don't forget to check your @online.sch.im email as your teachers will be sending you information and/or invitations to google classroom. Normally at this time, we would have had some fun lessons and a non-uniform day on Friday and we would all be looking forward to various holiday activities over the Easter break. Obviously, this year's Easter holiday is looking very different. We won't be able to do some of the things we had planned to do or usually like to do during this break, so in case you are wondering how to pass the time, your teachers have come up with lots of suggestions for you. We understand that you might be getting into a home learning routine, so if you decide to keep that going, that is great and learning doesn't have to stop because it's the end of term. On the other hand, you might want to acknowledge the holidays by relaxing in new ways. Browse through our newsletter, and see what catches your eye. There is something here for all ages and all tastes. Enjoy!

Word of Warning!

Please remember that you as young people have a very important part to play in keeping your family and your community safe. The Isle of Man has more cases being confirmed each day. You must stay in and you must stick to the social distancing guidance. The police have asked us to remind you not to ignore the rules as they are for everyone's safety. Young people are not immune to the virus and it is essential that you are not putting yourselves or others at risk. Ignoring these rules is not just foolish, it is dangerous. **Stay home, stay safe.**



TweetbeatIOM #StayHome...
@TweetbeatIOM

Young people are the future of the Isle of Man. If you look at the news in the UK they are getting the virus, they are spreading it and they are dying. Younger people must follow the guidance. We know it's tough and you want to see your friends but please please listen!



**STAY AT HOME -
SAVE LIVES**



Logging into ItsLearning from home...

Firstly, switch on and log into your computer the way you usually do. Then open a web browser (MS Internet Explorer, Google Chrome, Firefox, etc.) You now have two choices —

- 1) Enter **'itslearning IOM'** into the search box on the browser, and select the login page.
- 2) Enter <https://isleofman.itslearning.com/> into the URL (address) box on the browser.

Click on **'Login (RAN)'** - DO NOT attempt to 'log in with itslearning' - it won't work!
Enter the username and password you use to log on to a school computer.

If you're still struggling, take a look at this [video](#) for step-by-step guidance.



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.



The Children's Commissioner has created a children's guide to coronavirus to help explain the situation. The guide aims to answer your questions about coronavirus, tell you how to stay safe at home and protect other people and how to help you make the best of your time at home. Click [here](#) to see the full report.



Some of you have reported having issues accessing MyMaths. Miss Libreri has put together a handy video to show you how. You can find the video on the CRHS Maths page on [itslearning](#).



Did you know...Isle of Man students can download Microsoft Office 365 FREE OF CHARGE! Just follow this [link](#).

TOP TIPS FROM CRHS STAFF



Mrs Moss

- Write a letter to someone you are missing, decorate it, ask for a reply and post it to get some exercise too. It will brighten someone's day when it arrives.
- Cook a tea – perhaps a new recipe - for your family.
- Have a clear out of things and clothes you no longer want, bag them up, and have them ready to deposit at the charity shop when we are allowed to move more freely.
- Design an Easter egg hunt for a sibling. If you don't have chocolate eggs, why not decorate stones?
- Order some garden supplies from a local garden centre and plant, harvest, and enjoy the produce
- Keep in touch online. Stay safe but have fun! Find a way to document this time together. Make a digital collage of how you spent this time.



Mrs Mason

- Clean your bedroom, a good dust and Hoover: maybe move things around if you can
- Complete a jigsaw
- Bake a cake
- Make your own chocolate egg
- Design an Easter card



Mrs Kennedy

- Help with some DIY, under supervision!
- If you would like to do something different, why not check out this link to some First Aid training, designed for young people, available from St John Ambulance. It's really useful to have basic first aid skills - <https://www.sja.org.uk/course-information/training-for-pupils/>



Mrs Miller

- Build a Lego tower – ours got to an impressive 2.94m before toppling over!
- Make a bug house and put in the garden
- Make an animation using your toys/iPad
- Boil some eggs and paint them
- Make your own bath bombs – google it for how to
- Recycle an old top/shirt into something new – check with parents before you start!
- Get in the loft and look through old photos
- Plot your family tree



Miss Brown

- One walk a day, don't take your phone, just enjoy being out with nature (go on a different walk each day so you don't get bored) from Miss Brown
- Something else for the Harry Potter fans: www.harrypotterathome.com
- Full of craft videos, articles, quizzes, puzzles, audible Harry Potter books from Miss Brown

RECOMMENDED READS

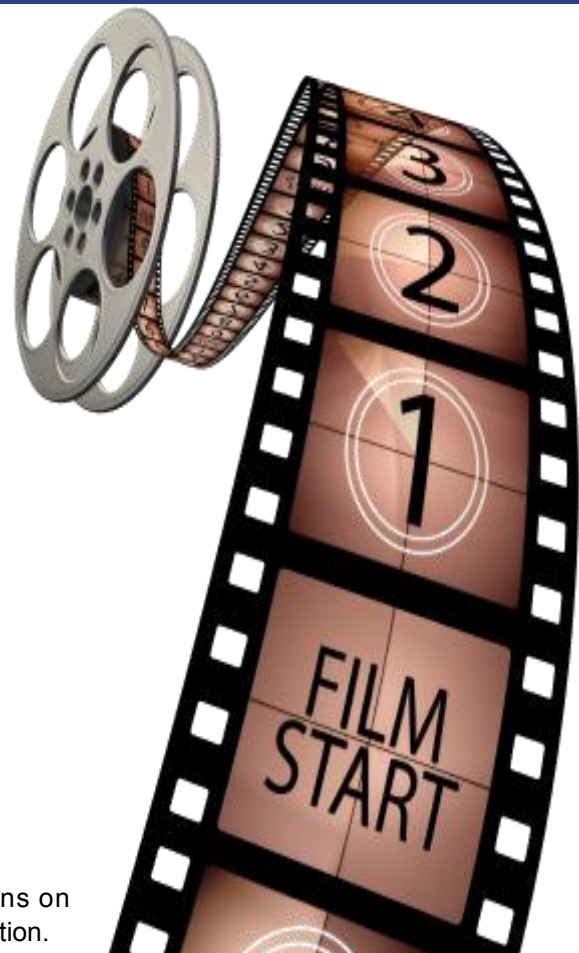


- ♥ **Mrs Miller** suggests...Harry Potter, The Hunger Games, The Curious Incident of the Dog in the Night
- ♥ **Miss Quirk** suggests...Beadle and the Bard by JK Rowling, Hunger Games series, Cat Royal series, Percy Jackson series, Narnia series
- ♥ **Miss Brown** suggests...Harry Potter (the whole series)
- ♥ **Mrs Kennedy** suggests...Goodnight Mister Tom and Roll of Thunder, Hear My Cry
- ♥ **Mrs Matthews** suggests...The Book Thief and The Chocolate War
- ♥ **Mr Swinhoe** is a fan of...Audible and they have made a range of audiobooks available for free at the moment. The link is <https://stories.audible.com/start-listen>. Everyone loves a good story.
- ♥ **Mrs Moore** says...the Cilip Carnegie Shortlist has been released and there are eight interesting looking books this year. Some of you enjoyed reading from this list last year. Here is a link to the shortlist, which has an explanation of each book, some information about the author and some reviews from other young people: <https://carnegiegreenaway.org.uk/cilip-carnegie-medal-shortlist-2020/>

Need a new book? Take a look at the Bridge Bookshop website — <https://www.bridge-bookshop.com/>. They're a small, local business offering 'selection boxes' of five great reads for all ages, delivered right to your door!

OR HOW ABOUT A MOVIE?

- ♥ **Mrs Miller** suggests...'Classic' (old school) family movies like E.T. Back to the Future, The Goonies, Willie Wonka and the Chocolate Factory (1971 version)
- ♥ **Mrs Williams (Science)** suggests...'Hidden Figures' (Black women in NASA, really good!) Dante's Peak (disaster movie about a volcano; things could be so much worse for us J), Uncle Buck (John Candy v stropky teenager), Up, Independence Day, Men in Black, Surf's Up, The Martian
- ♥ **Ms Foy** suggests...Cool Runnings
- ♥ **Miss Quirk** suggests...Jumanji 1+2, Shrek, Hook, Eldorado, Aeronauts, Chicken Run, A Royal Night Out
- ♥ **Mr & Mrs Williams** suggest...Interstellar (great for bending your mind)
- ♥ **Cara** suggests...The Goonies
- ♥ **Miss Brown (Harry Potter SUPERFAN!)** suggests...Harry Potter (the series)
- ♥ **Mrs Venezia** suggests...The Pursuit of Happiness
- ♥ **Mrs Kennedy** suggests...TinTin, Pirates (by the makers of Wallace and Grommit) and Up!
- ♥ **Mr Casson** suggests...The Internship
- ♥ **Mrs Elvezia** has put a whole list of classic movie recommendations on ItsLearning. She's also looking for entries to her Film Review competition.



THEATRE

Globe Player

'Romeo & Juliet' (2009)
April 20-May 3

'A Midsummer Night's Dream' (2013)
May 4-17

National Theatre YouTube Channel

'Jane Eyre'
Launching 9 April

'One Man, Two Guvnors'
Launching 2 April

*(All streamed productions will be free and screened live every Thursday at 7pm
and will then be available on demand for seven days)*

Musical

The Wind In The Willows

Many of you like to go to the theatre both on and off island, but while that's not possible right now, here are some top suggestions from **Mrs Moss**.

**IT'S
SHOWTIME**

EASTER TREATS



Easter is a time for treats. **Mr Maltby** recommends Easter bakes on the BBC website. Some of these look really good! <https://www.bbcgoodfood.com/recipes/collection/easter-kids>

Miss Perry and the **MFL team** have some great suggestions for anyone who wants to try a French or Spanish Easter recipe. See their section on the Challenge Centre (via itslearning) for How to make Spain's delicious Easter dish **Torrijas** or **Cookies Nids de Pâques**



AN ONLINE SAFETY MESSAGE

E-Safety

Keeping your child safe online

Now is a good time to remind ourselves of a few key points to keep everyone safe online

Helpful Links for parents

www.parentinfo.org

www.intermatters.org

www.thinkyouknow.co.uk

www.bbc.com/ownit

www.nspcc.org.uk

Cautious
Respectful
Helpful
Safe

As is often the case with a crisis, challenging times can bring out the best and the worst in people but let's try and focus on the positives. Dialogue and discussion is the most important thing in all of this – we have to keep talking to each other, whether virtually or face-to-face! Remember that if something looks too good to be true, then it probably is. Similarly it is important to think carefully about any personal information that might be shared. This is probably, therefore, a good time to remind ourselves of a few key points to keep safe online.

Top Tips

1

Protect your online reputation: use the services provided to manage your digital footprints and 'think before you post.'

2

Know where to find help: understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.

3

Don't give in to pressure: if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.

4

Respect the law: use reliable services and know how to legally access the music, film and TV you want.

5

Seek out opportunities to use the power of social media for good, such as sharing positive messages and building or contributing a sense of community online.

QUIZZES AND CHALLENGES

Year 7

English students should check out the story competition – details can be found on itslearning. The theme is 'Survival' and you have a maximum 1000 words. Due on the last Friday of the Easter holidays. There will be prizes too!

The Languages Team

have come up with some French and Spanish Easter activities at the top of each year group's MFL list on Challenge Centre and it offers a range of activities about Easter in other places as well as some hands-on sweet treat making!

PE staff want to remind you to be active every day. Our very own Joe Wicks (known to you as **Mr Caldwell**) says it may be Easter, but the daily physical challenges they've been setting for you will continue to be posted daily on **Facebook** and **It's Learning**. Next week – Superheroes week. Don't forget to record your workouts on our **Fitness Tracker sheet** (also found on the Challenge Centre).

Number

lovers might like to try **Mrs Elder's** countdown challenge. To get to the target you can use each number once. You may use +, -, x, ÷ and brackets as many times as you like. You do not have to use all the numbers.

4, 5, 8, 8, 9, 25 Target 667

Miss **Metcalf** and the Geography team have a great competition for you. Can you create a geographically-themed Easter Egg? Hard boil an egg and let your imagination and creativity take hold! It could be:

- Oceans
- Tectonic plate boundaries & the location of earthquakes and volcanoes
- Sea surface temperatures
- Predicted global temperature change
- Urban areas
- Economic activity and globalisation
- Rivers, coasts and landforms
- Rainforests, Deserts

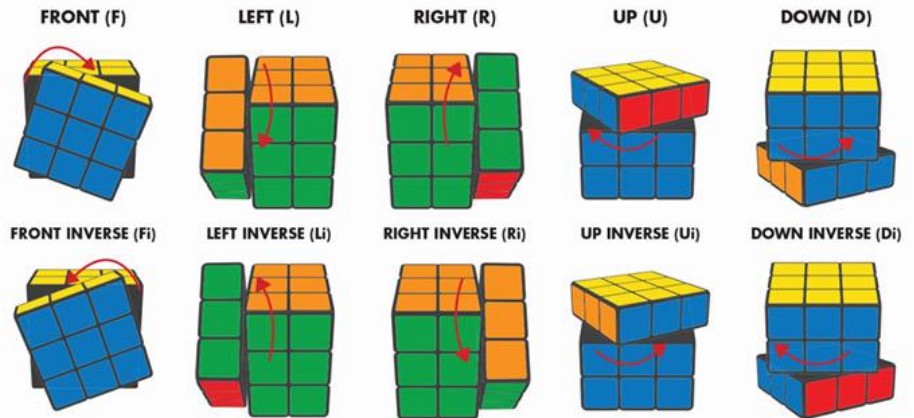
Take photos to show us your success. Send to emmametcalf@online.sch.im. More Easter activities from the Geography team available on geography google classrooms .

How To: Solve A Rubik's Cube

THINGS TO KNOW BEFORE YOU START

- The square in the middle of one side indicates that sides' colour. eg. green square = green side.
- Always hold the cube so the 'Front' face is towards you when completing moves.
- The 'i' indicates the move is inverted or counter-clockwise in direction.
- Each turn is 1/4 turn rotation/90°.

MOVES



LAYERS



STEP 1: CROSS



A. Locate the centre orange square and place that side as the top layer.



B. Locate centre orange pieces and rotate so they are in the bottom layer, lining up with it's corresponding colour. Turn F 180°.



C. Repeat for other 3 centre pieces until cross is achieved.

COMPLICATION



If the piece is switched around, do: F U Li Ui.

STEP 2: CORNERS



A. Locate orange corner piece in bottom layer and rotate to it's corresponding corner colours.

B. Do sequence: Ri Di R D.

Repeat until orange is in the top layer, correctly placed.



C. Repeat for other 3 corners.



STEP 3: MIDDLE



A. Flip the cube - orange layer now on bottom. Find and rotate centre cubes in top layer to match colours with middle layer.

B. Use left or right sequence depending on which direction the colour in the top layer needs to go.

Left: Ui Li U L U F Ui Fi
Right: U R Ui Ri Ui Fi U F

Repeat until middle layer is completed.



COMPLICATION



Colour is switched after completing all sides.

Do left or right sequence and this will bring it to the top layer. Repeat step b.

STEP 4: TOP CROSS



A. Locate L-shape in top layer. Rotate so it's in the top-left corner.

Do: F R U Ri Ui Fi.
Repeat for horizontal line, and again for cross.



B. Rotate top layer until 2 adjacent centre cubes line up with centre cubes of middle layer.

C. Place one side at the back and the other on the right-hand-side. Do sequence: R U Ri U R U Ri Ui.

All centre cubes will line up with the middle layer.

COMPLICATIONS

Only **i.** singular cube or **ii.** horizontal line, in step **A.**
i. Do step (a) sequence for L-shape.
ii. Do **A** sequence for cross.

Opposite sides match up in step **B** - do sequence in **C** and continue from **B**.

STEP 5: TOP CORNERS



A. Rotate top layer so one corner is corresponding with it's corner colours and place in bottom-right.

B. Do sequence: U R Ui Li U Ri Ui L.

Repeat sequence if required, keeping the correct corner in the bottom-right, till all corners have corresponding correct colours. Some or all the colours will be scrambled.

C. Starting with the bottom right colour, do: Ri Di R D.

Repeat until corner is completed. Rotate ONLY the top layer Ui, and repeat sequence for other corners.

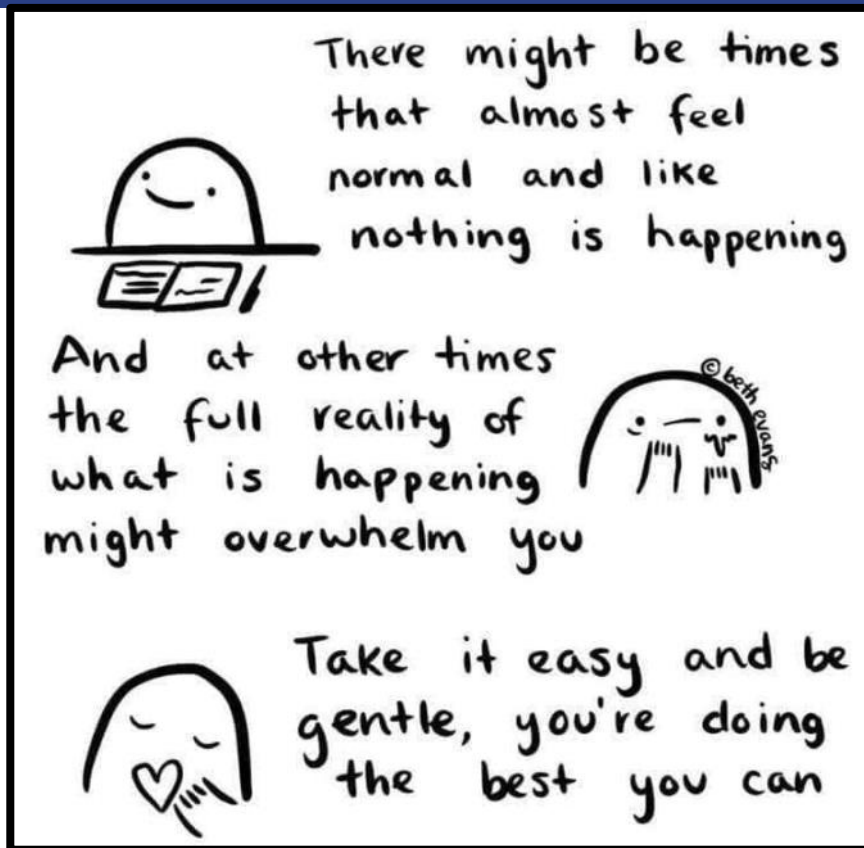


D. Rotate top and bottom layers to match middle layer colours.

COMPLETE!



WELLBEING



The April 2020 Active Coping Calendar is now available. Click on the image below.

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl</p>			<p>1 Make a plan to help you keep calm and stay in contact</p>	<p>2 Enjoy washing your hands. Remember all they do for you!</p>	<p>3 Write down ten things you feel grateful for in life and why</p>	<p>4 Stay hydrated, eat healthy food and boost your immune system</p>
<p>5 Get active. Even if you're stuck indoors, move & stretch</p>	<p>6 Contact a neighbour or friend and offer to help them</p>	<p>7 Share what you are feeling and be willing to ask for help</p>	<p>8 Take five minutes to sit still and breathe. Repeat regularly</p>	<p>9 Call a loved one to catch up and really listen to them</p>	<p>10 Get good sleep. No screens before bed or when waking up</p>	<p>11 Notice five things that are beautiful in the world around you</p>
<p>12 Immerse yourself in a new book, TV show or podcast</p>	<p>13 Respond positively to everyone you interact with</p>	<p>14 Play a game that you enjoyed when you were younger</p>	<p>15 Make some progress on a project that matters to you</p>	<p>16 Rediscover your favourite music that really lifts your spirits</p>	<p>17 Learn something new or do something creative</p>	<p>18 Find a fun way to do an extra 15 minutes of physical activity</p>
<p>19 Do three acts of kindness to help others, however small</p>	<p>20 Make time for self-care. Do something kind for yourself</p>	<p>21 Send a letter or message to someone you can't be with</p>	<p>22 Find positive stories in the news and share these with others</p>	<p>23 Have a tech-free day. Stop scrolling and turn off the news</p>	<p>24 Put your worries into perspective and try to let them go</p>	<p>25 Look for the good in others and notice their strengths</p>
<p>26 Take a small step towards an important goal</p>	<p>27 Thank three people you're grateful to and tell them why</p>	<p>28 Make a plan to meet up with others again later in the year</p>	<p>29 Connect with nature. Breathe and notice life continuing</p>	<p>30 Remember that all feelings and situations pass in time</p>		

ACTION FOR HAPPINESS

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

30 actions to look after ourselves and each other as we face this global crisis together