



CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 15 JUNE 2020

Hello CRHS Students...

We hope you have had a lovely break over this unusual TT holiday. The good weather and the gradual easing of the coronavirus restrictions has allowed many of us to spend some time with friends and family from other households at last. We all welcome the fact that we are gradually getting back to something more like normal. At the time of writing, it seems likely that we will be able to welcome you all back to school soon. This news has come earlier than we dared hope but the island has done really well in its response to the pandemic and your teachers are looking forward to seeing you all back in the classroom in the next few weeks. Until the exact details and times of that return are made clear, we will continue to support your learning via the remote learning platforms you've been using.

Remember as we start this last half term of the school year, you need to take some time to get organised. Check your emails and look at the subject updates in this edition of the newsletter. Most of your work is on itslearning, with some subjects using google classroom. You will need to take a few minutes to familiarise yourself with things again. Plan your day and your week to help get back into a routine. As usual, any questions, contact your teacher using the email address listed in the directory on your itslearning dashboard.

After a break, it can be hard to motivate yourself, so think back to last half term and review what went well and what could have been better. Set yourself some simple goals, such as getting up earlier, going to bed earlier, cutting back a little on your use of social media and gaming and establishing a good routine. This will also help pave the way for your return to school.

We realise that some of you may be anxious about your return and we will be here to help. We also recognise that some of you have personal health issues or live with those who have health issues and that might mean that you will not return to school at the same time as everyone else. We will still support you with your learning and will make sure that you can continue to work at home.

There is a lot of feel positive about as a school and as a community. Well done to all of you for playing your part in helping keep our island safe.

Have a good week.



ZERO
active
cases

0
currently
in hospital



MFL PRIZE DRAW

Congratulations to the winners of the latest competition run in French and Spanish! Thank you for all the entries from Year 7 and 8, which showed both great learning skills and true appreciation for the dedication of our health care workers in these trying times. Students displayed excellent linguistic skills in completing 2 tasks that involved remembering, analysing, identifying, contextualising and associating foreign language texts. The results were word searches, dialogues and, most poignantly, THANK YOU posters for INTERNATIONAL NURSES DAY on 12th May.



And the winners are: **Gypsy-Mae Q.**, **Cameron R.**, **Hannah K.** and **James G.**

Watch out for our next COMPETITION in July!

THANK YOU

note to Pooil Vaaish Farm. Sheila Gawne, of The Farmer's Den, very kindly donated a whole range of plants to CRHS. Ms Perry was on one of passing through Pooil Vaaish Farm while out walking and spotted some plants outside their farm shop and enquired about them. When she explained that she was looking after the school's greenhouse and was attempting to revive the outdoor planting area, Mrs Gawne started packing more and more plants into bags (such

as the selection of plants, which includes tomatoes, peppers, cabbages, green and white cucumbers, butternut squash and a rare mix of cucumber and melon) with kind advice on how to look after the plants and how students could continue to do so once they're able to return to school. Ms Perry thanked her repeatedly on behalf of CRHS and promised to make our community aware of this generous gesture.



BIRTHDAYS—May 25th to June 14th

Mrs Greensmith

Harry, Y7

Jenna, Y8

Josh, Y7

Kristian, Y8

Joshua, Y9

Joshua, Y7

Emma, Y12

Niall, Y10

Cameron, Y10

Mrs Williams

Jacob, Y7

Mrs Moss

Cassy, Y12

Mrs Miller

Elijah, Ben, Y7

Oscar, Y10

Oliver, Y10

Charlie, Y12

Nathan, Y10

Yasmin, Y10

Ollie, Y10

Miss Jessopp

Owen, Y9

Owen, Y9

Chelsea, Y9

Skyler, Y7

Charlie, Y7

Paige, Y8

Daniel, Y8

Mrs Alman

Conner, Y8

Maddison, Y7

Chloe, Y9

Isabelle, Y10

Jack, Y8

Mrs Dawson

Eryn, Y8

Mrs Preston

SUBJECT UPDATES



QUEST

Thank you to all the Year 7 students who submitted their end of Quest presentations at the end of last half term – they were amazing - you are a very innovative and creative bunch! On Monday we are starting our final Quest – please go to the 'CRHS Quest Kids' course on itslearning and then click onto your new Quest. We would like you all to start off this new Quest with the 'Wonder lesson' – it will all be on itslearning in time for you to start.

Here are your new Quests:

Tutor Group	Quest after TT Week	Tutor Group	Quest after TT Week
7GS	I've got the power (Mrs Williams)	7SL	Stayin' Alive (Miss Libreri)
7KE	Dirty Old Town (Mrs Williams)	7ACB	Rebel Rebel (Miss Libreri)
7RM	Heal the World (Miss Libreri)	7GMW	I'm Leaving (Mrs Williams)



ENGLISH

There are new units of work on itslearning to begin after the TT holiday:

Year 7: poetry

Year 8: film review

Year 9: narrative writing



BUSINESS STUDIES

We will continue to use Google Classroom to set work developing the skills that candidates need to display as well as recapping some of the topics that were set last half term.



GEOGRAPHY

Year 12: Thank you to students who have completed the Coastal Landscapes work so far. Please listen/read Miss Metcalfe's revision PowerPoint for the work covered so far. New section of work, starting week beginning Monday 22 June – Coastal Landforms.

Year 10: Thank you to students who have completed the Coastal Environments (ELM) and Geographical Skills (EG) work so far. If you haven't had chance to complete the work, please complete the work on the Google classrooms.

Year 9: Please start working through the Weather & Climate booklet in the Google Classroom.

Year 8: Please complete the revision activity in the Google classroom in preparation for unit of test on Weather & Climate (week beginning 22 June).



ICT

Please remember your ICT work has its own subject course within itslearning and is not in the Challenge Centre.

SUBJECT UPDATES



HISTORY

Year 12 (Ms Poole): By Friday 19 June—China module - Notes should have been written using Chapter 3 'Defeat and Revolution 1901-25' - using pages 47 to 71. Please follow all instructions and power points and watch the videos in your Google Classroom. We will start this week to go over Chapter 1 to 3 examining the key themes of Government, Economy, Society and Wider World.

Year 12 (Mrs Williams): Carry on with work set in Google Classroom on Henry VII's foreign policy. All new work will be posted on Monday.

Year 10: By Friday 19 June - Follow all instructions in your Google Classroom as work will have begun on a new module Chapter 5 'How effectively did the USA contain the spread of Communism?' starting on the Korean War.

Year 9: Students should begin the work on the Treaty of Versailles in the new Year 9 IGCSE History Class in Google Classroom.

Year 8: Students should complete the Happy Holidays Task for Friday 3 July or work through the 'Women Through Time' tasks every week.



RELIGIOUS STUDIES

Year 10 Religious Studies: Continue accessing the 'CRHS Religious Studies & Philosophy Y10/11' itslearning page for weekly tasks.

KS3 Religious Studies: Continue accessing the 'CRHS Challenge Centre' itslearning page for weekly tasks.



SCIENCE

New resources, tasks and ideas are being added to itslearning all the time so please keep checking the pages for more updates.

Year	itslearning Course Page Name
Year 8	CRHS Yr8 Science
Year 9	CRHS Yr9 Science
Year 10	CRHS Yr10 Science

For our **A Level** courses, please keep using the relevant Google Classrooms to communicate with your teachers and fellow students.



PE

KS4 & KS5: The PE department has been blown away by your efforts so keep logging on and doing what you do! Hopefully we'll be seeing you soon.

KS3: Body - Thanks to Mrs. Astin, there is a bank of over 50 daily work outs to choose from on the Challenge Centre on It's Learning. Browse through them and pick one that may be suitable for you, or just pick one at random! Alongside these, there is also a fitness tracker sheet you can use to record your progress.

KS3: Brain - Check out our new Challenge Pack created by Miss Brew 'Challenge in Sport'! This fortnight we are looking at how athletes from the Isle of Man have overcome challenges in sport to succeed at the highest level. In this pack there is an array of different physical and mental activities to get stuck into.



CRHS FRENCH
JE PENSE, DONC JE SUIS



CRHS SPANISH
PIENSO, LUEGO EXISTO

LANGUAGES

Bienvenue à la deuxième partie du trimestre d'été ! ¡Bienvenidos a la segunda parte del trimestre de verano! Welcome to the second half of the summer term! What strange times we have all been living through here on the island – as have people all over the world! Well, we're hopeful and are already seeing that light at the end of the tunnel – *'la lumière au bout du tunnel' – 'la luz al final del túnel!'*

Until then, keep up with your French and Spanish utilising our favourite linguascope.com and, of course, work posted for you on Itslearning for **Year 7-9** and by your teachers to your common platform for **Year 10**. *Bonne chance - nous pouvons faire ça! ¡Buena suerte – podemos hacerlo!* All the best – we can do this!

STAYING SAFE



With the improved weather and the freedom to meet up with friends again, lots of young people are spending more time together outdoors. It's important not to be complacent about safety. There have been several incidents lately involving young people getting themselves into potentially dangerous situations. Please enjoy the weather and the relaxation of restrictions, but be responsible and **stay safe**.

Laa Columb Killey Scarecrow Competition

This year's La Columb Killey parish fair in Arbory has been cancelled due to the Coronavirus pandemic, however the popular scarecrow competition is still running and officials are hoping Arbory Parish residents can get creative again this

year. This year's theme is 'key workers', with the judges looking for who can make the best representation of the healthcare staff, teachers and other people in professions which have kept the Island running during the COVID-19 outbreak. Those interested in taking part are asked to submit their entry by Monday, June 22, by giving your name, address and title of your scarecrow over the phone on either 834692 or 455012. Prize money has been donated - **£50 will be awarded to the winner, £30 to second place and £20 for third spot.**



OTHER NEWS



2020 'Samarathon'

If you have missed having regular sporting goals or if you've enjoyed taking more exercise than you did previously, you might be interested in this activity, which invites you to keep fit and raise awareness and funds for a good cause. Samaritans is hoping residents can get behind an active initiative next month to help support the work it does for people across the Island. The organisation is inviting people of all ages and abilities to take part in the 'Samarathon' - where people can walk, jog or run 26.2 miles over the 31 days of July to help generate vital funds for the charity.

Offering 24/7 support all-year round, the charity helps those who're struggling to cope or need someone to listen, providing confidential and judgement-free emotional support and has continued to operate during the COVID-19 pandemic. Samaritans are not asking anyone to complete it in one go, adding it can be done over July as a leisurely stroll with friends or family or as a jog at a safe distance. Those interested in taking part are asked to visit samarathon.samaritans.org - and to search for 'Isle of Man' when registering to make sure any funds put forward go directly to the Manx branch. £5 could fund one call and the Samarathon individual fundraising target of £150 could fund 31 calls or help train and support three Samaritan volunteers for a year.

New arrivals at the Wildlife Park!

We know that many of you are animal lovers and have enjoyed the Curragh's Wildlife Park updates during the lockdown. They have some lovely news to celebrate. Ten rare Humboldt Penguin chicks have been born at Curragh's Wildlife Park. The younglings are now being reared by their parents in special nesting boxes before they're big enough to venture out into the main enclosure to greet visitors. The park's General Manager, Kathleen Graham, is calling it a 'major success story', saying the penguin colony had not bred in years before one chick was born in 2018, four last year and ten this time around. Humboldt penguins are classed as vulnerable by the International Union for the Conservation of Nature, and the Park is also raising funds to boost Humboldt penguins in the wild.



Culture Vannin Manannan's Charms

If you love exploring the Isle of Man's rich culture and heritage and if you are interested in looking after our environment, check out this new Manannan's Charms is part of Mann's Green Footsteps, a project run by Culture Vannin. The project explores how the climate crisis is affecting our culture on the Isle of Man and encourages people to think more deeply about what that may mean for themselves, their families and their communities in the future. Culture Vannin have released Manannan's Charms, an app that weaves the fascinating (and somewhat bizarre) tales of Manx Folklore into a tale of helping our Island flourish and our relationship with the environment grow. Think of Manannan's Charms as Pottermore meets Manx Folklore meets Greta Thunberg. Get sorted into your very own Clein - Fenodyree, Fer-Obbee, Fer-Marrey or



Mooinjir Veggey - which will you be? And once you're proudly flying your Clein colours, fill up your charms book by trying out the various charms - all eco-friendly activities to get stuck into. They are all lockdown friendly, don't worry! Head to manannanscharms.im to get started. Challenge your friends or do it with family. Manannan wishes you luck!

WELLBEING

ARE YOU OVERWHELMED?

Go outside

TOO MUCH TO DO?

Go outside

OVERLY DISTRACTED?

Go outside

FEELING ANXIOUS?

Go outside

NEED SOME RESTORATION?

Go outside

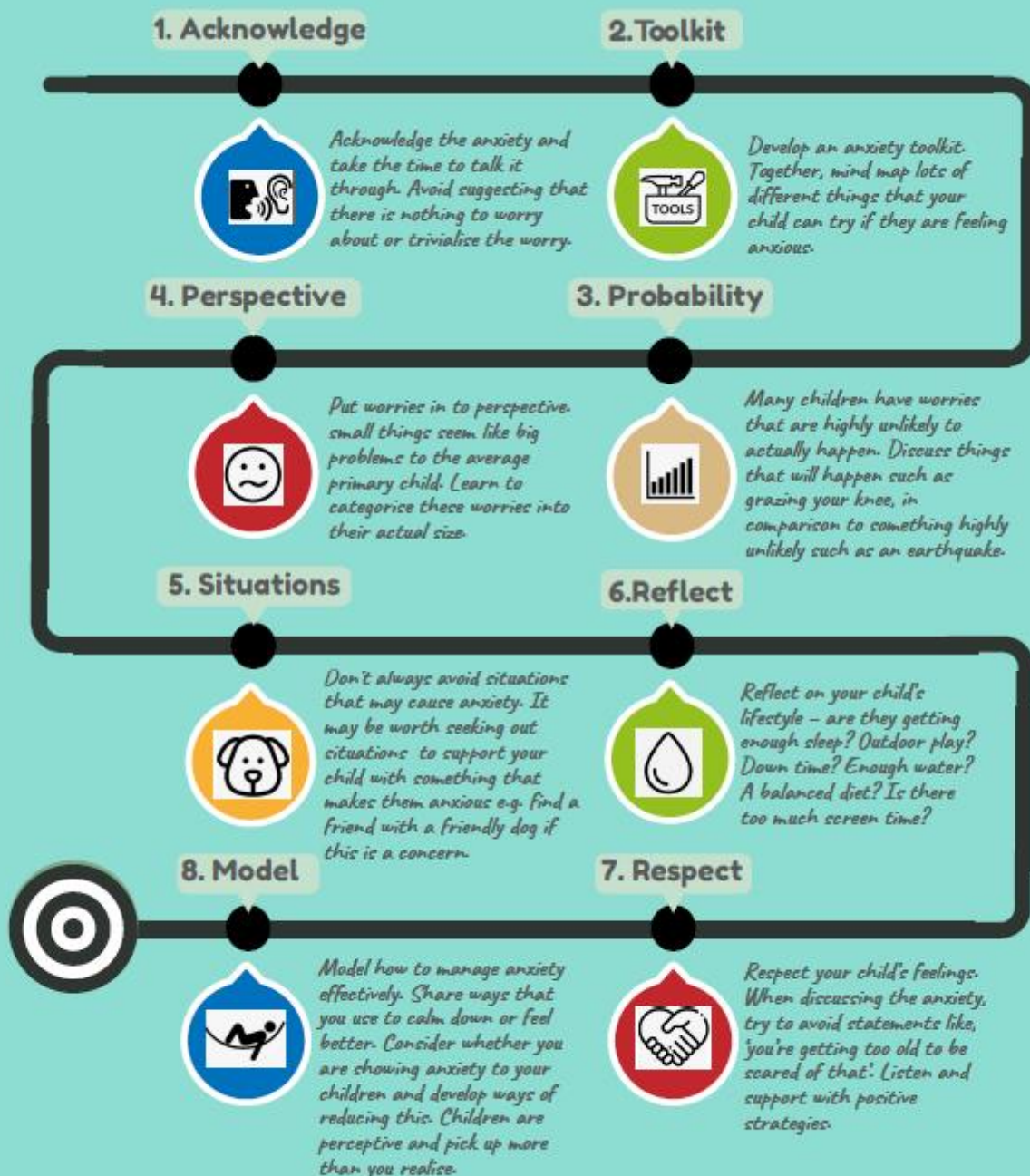


100  **Hours Outside** TM

8 Worry Busting Tips To Support Childhood Anxiety



If your child's anxiety is severe, persists and interferes with their everyday life, it's a good idea to get some help. A visit to your GP or discussion with school is a good place to start.



For a more comprehensive write up of the information on this infographic, Please view the accompanying blog post at:
www.positiveyoungmind.com

If you're having trouble reading this, you can view the original poster [here](http://www.positiveyoungmind.com).