



CASTLE RUSHEN HIGH SCHOOL



Meeting your educational needs from home

Introduction to Remote Learning

As a school, we encourage independent learning and you will already know of lots of things that you can do outside lesson time to further your learning. Some of you regularly take the initiative and study in your own time. Others may not have worked in this way before.

If you cannot attend lessons or come to school for some time, we want to support your continuing learning by providing you with advice as to how you can study at home. Your teachers have put together a list of resources and ideas, so you should be able to find something productive to do for each of your subjects, whichever year you are in. Some of these will appear on Itslearning and on the new Challenge Centre, where we have been gathering suggestions for you by year and by subject. These resources will prove really useful to you in the coming weeks. If you are new to Itslearning, or you've forgotten how to access it, there is a useful guide on the CRHS website at: crhs.sch.im/links.

Yr7 will find ideas from each subject, including Quest and you can also continue with Accelerated Reader and can quiz from home, during school hours. All KS3 students will find that there are useful recommended activities and tasks listed in this booklet. To explore the Challenge Centre, go onto It's Learning, then click on the appropriate year group and then choose the subject. Some subjects have dedicated courses for their own subject as well as having things for you in Challenge Centre. Learning support material can be found on Itslearning 'Skills centre 1'.

KS4 and KS5 students, you may find some useful ideas on Challenge Centre, but you will also be familiar with your own teachers' ways of working, which may include Itslearning, Google Drive, Google Classroom, Gmail and some subject specific platforms. You should also access past papers and use any revision materials you have been given. Again, the following pages will direct you.

If you are unable to access computer/online resources, think about the other useful things that you could do to help stay on track and to develop your knowledge and skills. There are some suggestions in this booklet. Some of your teachers may have given you textbooks to use.

Remember to check the school website for any updates and email via CRHSEnquiries@sch.im and we will try to respond as soon as we can. You may need to be patient.

It is worth remembering that learning takes many forms. Reading and audio books, playing instruments or listening to different types of music, watching well-chosen television programmes and movies, cooking, writing, learning a new hobby, watching podcasts or even playing board games can all be educational experiences, especially when shared with other family members.

You must take good care of your health and wellbeing. We all benefit from having some routine and purpose to our days and you may become bored after a short time, if you don't try to have structure. Please think about how you can keep fit, even though sports clubs are not taking place. Exercise is good for both your physical and mental health. Think about basic exercise that you can undertake at home, without needing equipment or the company of others. There are lots of great online tutorials to help you devise or follow exercise routines. Many of us will find this time frustrating and sometimes worrying. That is to be expected. Please think about how you can take care of your mental health by being careful about how much social media you use, how much time you spend watching/reading the news. If you need some support, please look at <https://youngminds.org.uk/> or alternatively <https://www.kooth.com> and also <https://www.qwell.io>

Stay safe, follow guidance and be kind to those around you.

Remote Learning Advice

Subject: English

Year Group	Learning Resources
Year 7	Read a range of fiction and non-fiction. Write book reviews. Summarise reading in 200 words. Digital resources for schemes of work and skills practice are available on the itslearning Challenge Centre.
Year 8	Read a range of fiction and non-fiction. Write book reviews. Summarise reading in 200 words. Digital resources for schemes of work and skills practice are available on the itslearning Challenge Centre.
Year 9	Read a range of fiction and non-fiction. Write book reviews. Summarise reading in 200 words. Digital resources for schemes of work and skills practice are available on the itslearning Challenge Centre.
Year 10	English Language: Spelling punctuation and grammar resources available on itslearning. Students should aim to read a range of challenging fiction and non-fiction. English Literature: Digital poetry materials are available on itslearning.
Year 11	English Language: Revision materials available on itslearning. Purple past paper question books. English Literature: Digital revision materials, including links to digital resources and past paper questions are available on itslearning.
Year 12	Access the digital resources provided by teachers on itslearning and Google Classroom. Begin reading potential coursework texts. Use the eMagazine website to access and read a range of literary criticism.
Year 13	Independent study and revision, using digital materials from itslearning and Google Classroom where needed. Use the eMagazine website to access and read literary criticism relevant to our exam content.

In the event of computer/internet access not being available we recommend:

KS3	Read a range of non-fiction and fiction texts. Write 200 word summaries of reading. Look up unfamiliar vocabulary using a dictionary. Spelling tests, word searches and crosswords are useful.
KS4	Students should have their GCSE folders, which will contain resources relevant to the GCSE course. It would also be beneficial for all students to conduct wider reading (including a range of fiction and non-fiction where possible). English Literature students should also revisit their set exam texts.
KS5	Students should have their A Level folders, which should contain all of their course notes and additional revision resources.

Remote Learning Advice

Subject: Mathematics

Year Group	Learning Resources
Year 7	Log into Its Learning CRHS Maths Page. Click on your teachers name and follow the instructions given by your teacher. You will be directed to tasks on MyMaths and videos through CorbettMaths
Year 8	As Year 7
Year 9	As Year 7
Year 10	As Year 7
Year 11	As Year 7
Year 12	Log into Its Learning CRHS Maths Page. Click on your teachers name and follow the instructions given by your teacher. You will probably be directed to Integral and other sources
Year 13	As Year 12

In the event of computer/internet access not being available we recommend:

KS3	We are supplying students with text books.
KS4	All students should have received a corbettmaths booklet. Year 10 received one booklet and Year 11 received 2 booklets
KS5	All students have access to a textbook to revise all topics from.

Remote Learning Advice

Subject: Science

Year Group	Learning Resources
Year 7	See QUEST
Year 8	Go to www.senecalearning.com and click on Students Start Here. Click on Sign up and enter your name and your school email address Click I'm a Student. Type in the Name of Our School. Click on Classes and Assignments and then Join Class. Enter the relevant code: Y8 Science: 3gsm3xgc4a Click start assignments BBC Bitesize also available if you do not have a SENECA log in.
Year 9	As for Year 8 Enter the relevant code: Y9 Science: 938a0s48vt Click start assignments BBC Bitesize also available if you do not have a SENECA log in.
Year 10	As for Year 8 Enter the relevant code: Y10 Science co-ordinated: x1q53jdh1r Y10 Science Separates: o10szp84mk Click start assignments BBC Bitesize also available if you do not have a SENECA log in.
Year 11	As for Year 8 Enter the relevant code: Y11 Science Combined: 2thg2dh42m Y11 Science Co-ordinated: c4re6vsm5f Y11 Science Separates: 4myrcigpmi Click start assignments BBC Bitesize also available if you do not have a SENECA log in.
Year 12	Individual science subject teachers have already set work that can be done at home with their classes BBC Bitesize is also available
Year 13	Individual science subject teachers have already set work that can be done at home with their classes BBC Bitesize is also available

In the event of computer/internet access not being available we recommend:

KS3	Read any scientific books at home or if none available, revise from your exercise book.
KS4	iGCSE: past papers. BTEC: working on assignments on paper
KS5	Complete past papers and check using mark schemes

Remote Learning Advice

Subject: Art

Year Group	Learning Resources
Year 7	<p>Year 7 - Complete work on John Burgerman</p> <ul style="list-style-type: none"> - Work on drawing activities on ITS LEARNING
Year 8	<p>Year 8 – Complete Graphics Project</p> <ul style="list-style-type: none"> - After Easter – explore Hundertwasser (Artist) work - Create title page - Create artist study page / look at and research Hundertwasser’s work (famous paintings and architecture)
Year 9	<p>Year 9 – I me mine project</p> <ul style="list-style-type: none"> - Complete Artist study page and follow project tasks on sheet in book - Collect research on own idea - Design personal final outcomes (mock ups of final design ideas) - Create a final piece by Easter <p>** PLUS KEY STAGE 3 CAN ACCESS HOME LEARNING TASKS MENU ON ITS LEARNING **</p>
Year 10	<p>Year 10 GCSE Art</p> <ul style="list-style-type: none"> - Students to carry on with controlled coursework - Gather photographs and develop project idea - Explore materials and personal ideas - Create artist study pages - Present all work in sketchbook
Year 11	<p>Year 11 GCSE Art</p> <p>Part 1 Exam (40%)</p> <ul style="list-style-type: none"> - Students first deadline is to complete exam preparation for 24th March - This should include a completed sketchbook - The guidance for this is on the sheet given out at the start <p>Part 2 Coursework (60%)</p> <ul style="list-style-type: none"> - Sketchbooks and final pieces should be completed by 20th April - This should include – Written creative statement, and all work complete. Final pieces should be complete ready to be presented in the students display
Year 12	Year 12 are to continue with their controlled coursework projects.
Year 13	<p>Year 13 continue with exam preparation</p> <ul style="list-style-type: none"> - work deadline May 5th <p>Exam dates: 5th 6th 7th May if we return to school</p> <p>Final Deadline for coursework is 11th May</p> <p>Contact through G-Mail kedwards@online.sch.im</p>

In the event of computer/internet access not being available we recommend all of the above

Remote Learning Advice

Subject: ASDAN

Year Group	Learning Resources
Year 10	Green workbook to take home. Student's to aim to complete credits across the modules. Personal statement on p72 to handwrite. Some internet access/access to PPT may be required for research tasks. PPT access via googleslides. (work to be shared with emmacallow4)
Year 11	N/A at this stage in the course

In the event of computer/internet access not being available we recommend:

KS4	As above (green booklets). Any project based work can be completed at home as long as evidenced (taking pictures or a diary log). Anything that links to the following modules: communication, the community, exercise, home management, number handling, science and technology, expressive arts, would be beneficial.
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Remote Learning Advice

Subject: Business Studies

Year Group	Learning Resources
Year 7	N/A
Year 8	N/A
Year 9	N/A
Year 10	Use google classroom and BBC Bitesize to access relevant resources to learning about Marketing and Operations in Business.
Year 11	Read through your business revision guide. Use google classroom to access past examination papers and work through these. Read BBC Bitesize on Business.
Year 12	Read through your revision guide. Use Google classroom to access relevant online learning materials
Year 13	Read through your business revision guide. Use google classroom to access past examination papers and work through these.

In the event of computer/internet access not being available we recommend:

KS3	N/A
KS4	Read through your issued revision guide
KS5	Read through your issued revision guide

Remote Learning Advice

Subject: Computer Science, IT and ICT

Year Group	Learning Resources
Year 7	In addition to the work set by Mrs Williams and Miss Libreri, students doing the I've got the Power quest should go to ItsLearning - Courses - CRHS I.T. Year 7 (19-20) and complete the weekly challenges.
Year 8	Go to ItsLearning - Courses - CRHS I.T. Year 8 (19-20) and complete the weekly challenge.
Year 9	Go to ItsLearning - Courses - CRHS I.T. Year 9 (19-20) and work their way through the tasks listed in the Independent Project section.
Year 10	Computer Science Go to ItsLearning - Courses - CRHS iGCSE Computer Science (CRHSCS20) and complete the exercises provided by Miss Darbyshire. ICT Go to ItsLearning - Courses - CRHS iGCSE ICT Yr 10 HM and complete the exercises provided by Mrs Mason.
Year 11	Computer Science On ItsLearning - Courses - CRHS iGCSE Computer Science 2018 and complete the exercises provided by Miss Darbyshire. ICT Go to ItsLearning - Courses - CRHS iGCSE ICT Yr 11 HM and complete the exercises provided by Mrs Mason.
Year 12	Computer Science Go to ItsLearning - CRHS A Level Computer Science and check for work set by Miss Darbyshire. Check Google Classroom for work from Mr Long. BTEC IT Go to ItsLearning - Courses - BTEC Level 3 IT and check for work set by Miss Darbyshire and Mrs Mason
Year 13	Go to ItsLearning - CRHS A Level Computer Science and check for work set by Miss Darbyshire Check Google Classroom for work from Mr Long.

In the event of computer/internet access not being available we recommend:

KS3	Watch BBC Click. Keep up-to-date with issues relating to computers in the papers and the news, keeping a log of any interesting stories. Read the autobiographies of people like Jeff Bezos & Mark Zuckerberg
KS4	Get a copy of the course text book(s), read through the book making their own notes on the topics in a notebook. Computer Science: Cambridge iGCSE Computer Science Coursebook by Sarah Lawrey and Donald Scott ISBN - 978-1-107-51868-8 ICT: Cambridge iGCSE ICT Study and Revision Guide by Graham Brown and David Watson ISBN 978-1-471-89033-8 and Cambridge iGCSE ICT Theory Workbook by David Watson ISBN 978-1-471-89036-9
KS5	Read through the networking and communications sections of the course text book. Make notes and revision cards of the information and then expand the revision cards to topics that we have already covered.

Remote Learning Advice

Subject: D&T: Engineering

Year Group	Learning Resources
Year 7	N/A
Year 8	N/A
Year 9	N/A
Year 10	There are a number of links to on-line learning resources on the Engineering Skills It's Learning course that all students regularly access.
Year 11	There are a number of links to on-line learning resources on the Engineering Skills It's Learning course that all students regularly access. Students can continue to work on their candidate review sheets that they know how to access through Its Learning.
Year 12	N/A
Year 13	N/A

In the event of computer/internet access not being available we recommend:

KS3	N/A
KS4	Students can practise sketching so that they are able to communicate their design ideas clearly to others.
KS5	

Remote Learning Advice

Subject: D&T: Practical Cookery

Year Group	Learning Resources
Year 7	N/A
Year 8	N/A
Year 9	N/A
Year 10	There are past papers, mark schemes, videos of practical skills, recipes and links to other online resources from the Practical Cookery ItsLearning course page. Student know how to access this course page.
Year 11	"There are past papers, mark schemes, videos of practical skills, recipes and links to other online resources from the Practical Cookery ItsLearning course page. Student know how to access this. Students will be issued with a text book. They can revise thoroughly for their exam."
Year 12	N/A
Year 13	N/A

In the event of computer/internet access not being available we recommend:

KS3	N/A
KS4	Year 11 - Students will be issued with a text book. They can revise thoroughly for their exam. Students can cook family meals to practice their practical cookery skills.
KS5	

Remote Learning Advice

Subject: D&T: Product Design

Year Group	Learning Resources
Year 7	N/A
Year 8	N/A
Year 9	N/A
Year 10	There are a comprehensive set of revision presentations, links to other on-line learning resources, past papers and mark schemes on the Product Design It's Learning course page that all Product Design students can access. Student can revise core knowledge that they have covered in lesson and read content that they will cover in the future.
Year 11	There are a comprehensive set of revision presentations, links to other on-line learning resources, past papers and mark schemes on the Product Design It's Learning course page that all Product Design students can access. Student can revise all course content in preparation for their GCSE exam. Students have been issued with a revision notes text book. This can be used for self-study.
Year 12	There are links to on-line learning resources, past papers and mark schemes on the Product Design It's Learning course page that all Product Design students can access. Student can revise all course content that they have covered in class. Students can access their coursework - their independent design and make project through Its Learning. Students are aware of this and are completing this work online already.
Year 13	There are links to on-line learning resources, past papers and mark schemes on the Product Design It's Learning course page that all Product Design students can access. Student can revise all course content ready for their A' Level examination. Students can access their coursework (their independent design and make project) through Its Learning. Students are aware of this and are completing this work online already. Students have been issued with a revision notes textbook and a guide to maths for their A' Level examination.

In the event of computer/internet access not being available we recommend:

KS3	N/A
KS4	Year 11 - Course revision notes textbook. All students - produce mind maps from your own notes.
KS5	Year 13 - Course revision notes textbook and guide to maths textbook. All students - produce mind maps from your own notes.

Remote Learning Advice

Subject: D&T: Textile Design

Year Group	Learning Resources
Year 7	N/A
Year 8	N/A
Year 9	N/A
Year 10	Students have their sketchbooks and can continue working on coursework. They should finish the current project and make a start on their next one.
Year 11	Students have their sketchbooks and can continue with their coursework unit. Students can complete their creative statements and share this with their teacher via Google Docs.
Year 12	Students have their sketchbooks and can continue to work on their personal projects.
Year 13	Students have their sketchbooks and can continue to work on their personal projects. Students can complete their personal investigation that they have set up on Google Docs.

In the event of computer/internet access not being available we recommend:

KS3	N/A
KS4	As above
KS5	As above

Remote Learning Advice

Subject: Drama

Year Group	Learning Resources
Year 7	<ul style="list-style-type: none"> Challenge Centre on 'It's Learning' is full of key information and tasks to conduct. Bitesize website: https://www.bbc.co.uk/bitesize/guides/zsf8wmn/revision/1 https://www.bbc.co.uk/teach/ks3-drama/zrjhcqt Have a go at trying to write a number of different monologues, dialogues or duologues... <ul style="list-style-type: none"> -Create characters -Write lines for them based on any topic of your choice! -Have a go at bringing this to life with your family
Year 8	As Year 7
Year 9	As Year 7
Year 10	<p>Create a script on Googledocs with your group for Unit 1 – make sure you have everything ready to go for when we get back</p> <p>Read the play for Unit 3 'Two Faces'</p> <p>Online resources available on your Google Shared With Me 'DRAMA - ONLINE RESOURCE CENTRE'</p> <p>Do some research using the key terms page given to you on the links below.</p> <p>CREATE A MINDMAP FOR EACH OF THE THREE STRANDS OF ACTOR, DIRECTOR, DESIGNER WITH ALL OF YOUR RESEARCH ON http://www.theatrecrafts.com/pages/ https://www.bbc.co.uk/bitesize/examspecs/z4bfscw</p> <ul style="list-style-type: none"> Create a log on for yourself on Digital Theatre and watch some performance work https://www.digitaltheatre.com/
Year 11	<p>Continue using your folder of revision in case of any new assessments take place</p> <p>Online resources for all of the revision materials, past papers, WAGOLL materials etc. on your Google 'Shared with me' – 'Mrs Duggan 11C/DR1' or 'Mrs Moss 11D/DR1' respectively</p>
Year 12	<p>Use your unit 1 guide book to do some research into David Hare – complete the sections using your research</p> <p>Read through the plays 'Permanent Way' and 'Stuff Happens' – research into these plays and find what the original staging was like and make notes in your booklet</p> <p>Create a log on for yourself on Digital Theatre and watch some performance work https://www.digitaltheatre.com/</p>

In the event of computer/internet access not being available we recommend:

KS3	<p>Have a go at trying to write a number of different monologues, dialogues or duologues...</p> <ul style="list-style-type: none"> Create characters Write lines for them based on any topic of your choice! Have a go at bringing this to life with your family
KS4	<p>Year 10: Read the play 'Two Faces' a couple of times Use the text book to help you do some revision of key terms and the unit we will soon study</p> <p>Year 11: Continue using your folder of revision in case of any new assessments that could take place</p>
KS5	Continue working through the various articles and plays I have given you and make notes in your booklet

Remote Learning Advice

Subject: Geography

Year Group	Learning Resources
Year 7	Students should login to ItsLearning and go to the course CRHS Quest Kids. Students can then choose whether to work on Mrs Williams' or Miss Libreri's page depending on which Quest they are currently studying. There will be a variety of tasks to complete. Students can send any completed work to Mrs Williams or Miss Libreri via ItsLearning or using gmail.
Year 8	A Year 8 Google Classroom has been set up and students can complete tasks from the classroom. Students can access the Google Classroom app or go onto the following website: https://classroom.google.com/h The class code is as follows: vtgdlvh
Year 9	A Year 9 Google Classroom has been set up and students can complete tasks from the classroom. Students can access the Google Classroom app or go onto the following website: https://classroom.google.com/h The class code is as follows: sb7flt
Year 10	Students can go to app.senecalearning.com/join-class and use this code to join the class. The class code for Year 10 - pmnihgp4c1 Students can access Google Classroom app or go onto the following website: https://classroom.google.com/h The class code is as follows: 2vghzen
Year 11	Students can go to app.senecalearning.com/join-class and use this code to join your class. 11A Class code: 4aqjbxuc2m (ELM) 11D Class Code: zxyhx4p89k (ELM) 11C Class Code: a3zm6s11oq (TJW) Year 11 students can access the following: Google Classroom: Class code: 36dfj6m. Access IGCSE Revision folder on Google Drive. Find at the following link: https://drive.google.com/drive/folders/0BwG3Z1RPD_7YdFh4WldyQThHTnM
Year 12	Use Google Classroom to access resources class code: dp22ub and also resources on Google Drive
Year 13	Use Google Classroom to access resources class code: xawqgm5 and also resources on Google Drive.

In the event of computer/internet access not being available we recommend:

KS3	See handout
KS4	Practice mapwork and geographical skills. Try and get hold of a copy and read Prisoners of Geography by Tim Marshall. https://www.amazon.co.uk/Prisoners-Geography-Everything-Global-Politics-ebook/dp/B00Y16BEM2/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1584606535&sr=8-1
KS5	Practice exam questions from the booklet given. Try and get hold of a copy and read Prisoners of Geography by Tim Marshall. https://www.amazon.co.uk/Prisoners-Geography-Everything-Global-Politics-ebook/dp/B00Y16BEM2/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1584606535&sr=8-1

Remote Learning Advice

Subject: Health & Social Care

Year Group	Learning Resources
Year 7	N/A
Year 8	N/A
Year 9	N/A
Year 10	Itslearning CRHS Health and Social Care Level1/2 WWW.nhs.uk Exam board website, includes exam papers https://qualifications.pearson.com/en/qualifications/btec-firsts/health-and-social-care-2012-ngf.html Quizlet – lots of card sets ready made Active Teach
Year 11	N/A
Year 12	Itslearning CRHS Health and Social Care Level 3 WWW.nhs.uk Exam board website, includes exam papers https://qualifications.pearson.com/en/qualifications/btec-nationals/health-and-social-care-2016.html Quizlet – lots of card sets ready made
Year 13	Itslearning CRHS Health and Social Care Level 3 WWW.nhs.uk Exam board website, includes exam papers https://qualifications.pearson.com/en/qualifications/btec-nationals/health-and-social-care-2016.html Quizlet – lots of card sets ready made

In the event of computer/internet access not being available we recommend:

KS3	N/A
KS4	Textbook and class notes Flash cards
KS5	Text book and class notes Flash cards

Remote Learning Advice

Subject: History

Year Group	Learning Resources
Year 7	See Quest resources.
Year 8	GCSE Bite size. Dynamic Learning. Active History – username ‘castle’ and password ‘pfy79’. Its Learning- History tasks for each year group. Manx History App.
Year 9	GCSE Bite size. Dynamic Learning. Active History – username ‘castle’ and password ‘pfy79’. Its Learning- History tasks for each year group. Manx History App.
Year 10	GCSE Bite size. Active History - username ‘castle’ and password ‘pfy79’. Google Classroom - This will be updated regularly. Revision guide books. Past examination questions. Its Learning- Revision resources.
Year 11	GCSE Bite size. Active History - username ‘castle’ and password ‘pfy79’. Google Classroom. This will be updated regularly. Revision guide books. Past examination questions. Its Learning- Revision resources.
Year 12	Google classroom - This will be updated regularly
Year 13	Google classroom.

In the event of computer/internet access not being available we recommend:

KS3	Projects set on key history topics and Photocopied work books.
KS4	Must have IGCSE exercise books with them and work through making their own revision materials on topics studied so far. Complete revision guide books. Students should use their History textbook to work through the specification. It has all the relevant content, along with practice questions and answers.
KS5	A Level folders would be beneficial as these contain all their notes for revision. Make own revision notes on all the key topics.

Remote Learning Advice

Subject: Modern Foreign Languages

Year Group	Learning Resources
Year 7	Home study resources are available in the Challenge Centre. Linguascope: Password: langs4ever User Name: CRHSMFL
Year 8	Home study resources are available in the Challenge Centre. Linguascope: Password: langs4ever User Name: CRHSMFL
Year 9	Home study resources are available in the Challenge Centre. Linguascope: Password: langs4ever User Name: CRHSMFL
Year 10	Home study resources are available in the Challenge Centre. Linguascope: Password: langs4ever User Name: CRHSMFL
Year 11	Home study resources are available in the Challenge Centre. Linguascope: Password: langs4ever User Name: CRHSMFL
Year 12	N/A
Year 13	N/A

In the event of computer/internet access not being available we recommend:

KS3	FRENCH - Year 7: Studio Accès vocabulary and grammar booklet, subsequently vocabulary sheets per module are issued. Year 8 and Year 9: Vocabulary sheets are issued for each module. SPANISH – all year groups: Vocabulary sheets are issued for each module. Also try some French or Spanish cookery
KS4	All students are issued with a textbook they can access. Also, carry out some cross curricular research learning about French or Spanish culture
KS5	N/A

Remote Learning Advice

Subject: Music

Year Group	Learning Resources
Year 7	GCSE Bitesize- Music listening, Its Learning- Music tasks for each year group, Chrome music lab.
Year 8	GCSE Bitesize- Music listening, Its Learning- Music tasks for each year group, Chrome music lab.
Year 9	GCSE Bitesize- Music listening, Its Learning- Music tasks for each year group, Chrome music lab.
Year 10	GCSE Bitesize- Music listening, IGCSE Theory workbooks, step up guides to IGCSE Music. Focus on Sound- Online logins for students. Sibelius free three month subscription. Google Classroom- Updated listening tasks. Flat I.o- Google composition tool
Year 11	GCSE Bitesize- Music listening, IGCSE Theory workbooks, step up guides to IGCSE Music. Focus on Sound- Online logins for students. Sibelius free three month subscription. Google Classroom- Updated listening tasks. Flat I.o- Google composition tool
Year 12	Google classroom- Updated listening tasks from GD & JVD- Practice papers uploaded. Set works and recordings all posted to our virtual learning area.
Year 13	Independent work - led by the students

In the event of computer/internet access not being available we recommend:

KS3	Extra music listening- covering a wide range of different areas. If the students have instrumental lessons it would be beneficial for them to practice their instrument.
KS4	Must have GCSE folders with them which contain clear workbooks and theory guides. Individual music practice would be very beneficial in the run up to performance examinations. Composition and theory booklets would help students prepare for their upcoming coursework tasks.
KS5	A Level folders would be beneficial as these contain all their notes for revision

Remote Learning Advice

Subject: PE

Year Group	Learning Resources
Year 7	Remain Active. Focus on body weight exercises. Press ups, sit ups , lunges, star jumps, burpees, squats, tricep dips. Doing 3 sets of 12 for each of these exercises, per day, will ensure you maintain your muscular endurance. 10 minutes of skipping, running on the spot, shuttle runs or stair climbs will help maintain your cardiovascular endurance. Search for 'Jo Wick's' or 'Popsugar fitness' on Youtube. Both are ideal for maintaining fitness levels in a small space.
Year 8	As Year 7
Year 9	As Year 7
Year 10	PE students should use GoogleDocs and the EverLearner. On these platforms, students have access to a wealth of relevant material to suit their needs. Whether that is acquiring new knowledge or testing themselves on their progress. These will be updated regularly with new content and direction. Check your school emails regularly.
Year 11	As year 10
Year 12	PE students should use GoogleDocs and the EverLearner. On these platforms, students have access to a wealth of relevant material to suit their needs. Whether that is acquiring new knowledge or testing themselves on their progress. These will be updated regularly with new content and direction. Check your school emails regularly.
Year 13	As year 12

In the event of computer/internet access not being available we recommend:

KS3	As above
KS4	Students should use their PE textbook to work through the specification. It has all the relevant content, along with practice questions and answers.
KS5	Students should use their Year 1, Year 2 and 'white' revision books to work through the specification. In these books they will find a range of different assessment tasks where they can check and review their progress.

Remote Learning Advice

Subject: Psychology

Year Group	Learning Resources
Year 7	
Year 8	
Year 9	
Year 10	
Year 11	
Year 12	<p>A timetable of topics covered in each lesson can be found in the Google Drive folder.</p> <p>Students should continue to access learning resources on Google Drive, here a wealth of resources are available, including powerpoint presentations, additional reading and assessment resources. Students are encouraged to check the folder regularly for additional resources and to regularly access the Google Classroom where any necessary updates will be shared.</p> <p>All students have access to Seneca which provides additional content and opportunities for regular assessment.</p> <p>All students should also complete their independent study logs on Google Drive, using the wide range of suggested activities to ensure that their independent study involves a range of challenging activities. Regularly updating this will allow us to provide tailored support and guidance.</p>
Year 13	<p>A timetable of topics covered in each lesson can be found in the Google Drive folder.</p> <p>Students should continue to access learning resources on Google Drive, here a wealth of resources are available, including powerpoint presentations, additional reading and assessment resources. Students are encouraged to check the folder regularly for additional resources and to regularly access the Google Classroom where any necessary updates will be shared.</p> <p>All students have access to Seneca which provides additional content and opportunities for regular assessment.</p> <p>All students should also complete their independent study logs on Google Drive, using the wide range of suggested activities to ensure that their independent study involves a range of challenging activities. Regularly updating this will allow us to provide tailored support and guidance.</p>

In the event of computer/internet access not being available we recommend:

KS3	
KS4	
KS5	All students have been issued with a textbook. They can work through the content and complete all activities to challenge their learning.

Remote Learning Advice

Subject: QUEST

Students should login to ItsLearning and go to the course CRHS Quest Kids and choose whether to work on Mrs Williams' or Miss Libreri's page depending on which Quest they are currently studying (see below). There will be a variety of tasks to complete. Students can send any completed work to Mrs Williams or Miss Libreri via ItsLearning or using gmail.

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

In the event of computer/internet access not being available we recommend:

KS3	Quest – watch a documentary about migration, urbanisation, the royal family, sporting heroes, the environment, musical heroes or scientists. Write about why you found it interesting. You could also make a poster about why you found it interesting.
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Remote Learning Advice

Subject: Religious Studies

Year Group	Learning Resources
Year 7	<ul style="list-style-type: none"> Challenge Centre- Religious Studies tasks for each year group
Year 8	<ul style="list-style-type: none"> Challenge Centre- Religious Studies tasks for each year group
Year 9	<ul style="list-style-type: none"> Challenge Centre- Religious Studies tasks for each year group GCSE Religious Studies BBC Bitesize WJEC- Islam 'Beliefs, Teachings & Practices' Unit 1 (Revise and test yourself)
Year 10	<ul style="list-style-type: none"> GCSE Religious Studies BBC Bitesize WJEC- Christianity 'Beliefs, Teachings & Practices' Unit 1. (Revise and test yourself) GCSE Religious Studies BBC Bitesize WJEC- Islam 'Beliefs, Teachings & Practices' Unit 1. (Revise and test yourself) Create a visual organiser for a topic you're not as confident in. Google Drive- access to all previous lessons are available on Google drive. (Revise the areas you're not as confident in)
Year 11	<ul style="list-style-type: none"> GCSE Religious Studies BBC Bitesize WJEC- Christianity 'Beliefs, Teachings & Practices', 'Life and Death' & 'Good and Evil' Unit 1. (Revise and test yourself) GCSE Religious Studies BBC Bitesize WJEC- Islam 'Beliefs, Teachings & Practices', 'Life and Death' & 'Good and Evil' Unit 1. (Revise and test yourself) Using the revision guides you have been assigned work your way through the activities on the 'Good and Evil' unit and then focus on the areas you're not as confident in. Work your way through the 'Exam Practice' questions in the revision guides (Green boxes). Google Drive- access to all previous lessons are available on Google drive. (Revise the areas you're not as confident in)

In the event of computer/internet access not being available we recommend:

KS3	<ul style="list-style-type: none"> Year 7- Have a discussion with family/carers about how we can heal the world and what our purpose on earth is, take notes on discussion. Year 8- Write a list of 30 rights that you think all humans should have in order to make the world a more equal and better place to live. Year 9- 'How does the media affect our view on religion?' Answer this question and use examples to support your answer (Approx. one side of A4)
KS4	<ul style="list-style-type: none"> Year 10- Must have GCSE Religious Studies folders: Create two visual organisers, one for Islam and one for Christianity using your work from your exercise books to help you. Year 11- Must have revision guides with them: Work your way through the revision guide, focusing particularly on the 'Exam Practice', 'Key Concepts' and 'Religious Attitudes'.

Extra Information

Online Safety Reminder

All students have access to Its Learning and other online/e-learning software in order to retrieve classwork or revision materials, and as a school would like to support you in keeping safe online. At CRHS we view ICT and the internet as a valuable learning resource, but please remember to use it responsibly and safely. Remember not to give out personal details, do practise safe searching, be careful what you download and keep your privacy settings on. If you want any advice on internet safety please see <https://www.thinkuknow.co.uk/>

Heads of Year and Tutor support

We know that many students talk to their tutor or Head of Year, or perhaps Cara or a senior member of staff whilst in school. Lots of students also choose to chat to a particular subject teacher with whom they have a good relationship. Whilst school is not fully open, you may miss having the opportunity to talk to these adults about things that worry you. However, you have many other options whilst you are at home. You may choose to speak to your parents or other people in your family like an older sibling or a cousin. Your friends can also provide good advice, but pick the person you share things with wisely. Choose someone who will build you up and give you encouragement and positivity rather than pull you down and make you worried.

If you would like to get advice from a staff member during school hours you could email CRHSEnquiries@sch.im and put 'Care' in the subject line. We will then forward it to someone who may be able to give you some advice or point you in a helpful direction. Please remember we will not be able to monitor this email address during evenings and weekends.

Safeguarding

If you feel that your safety is at risk whilst you are not in school, or that you might do something that could place you at risk, you should speak to adult or call the Police if the situation is very serious. There are websites you could also access if you need any advice or support. These include

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

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

<https://www.kooth.com>

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

<https://www.qwell.io>

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

Useful updates

School website: <https://crhs.sch.im/>

Isle of Man Govt: <https://www.gov.im/>

FIVE WAYS TO WELLBEING





COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

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



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys