



## CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 20 APRIL 2020

### Hello CRHS Students...

We hope you had a relaxing break over this most unusual Easter holiday and that you found ways to enjoy your time and the sunshine, while staying safe.

Monday 20th April is the start of our summer term and we are all set to support you with your learning. You will have tried out some of our online learning before the Easter break and you will know there is plenty you can do. Just as you are having to adjust to new ways of learning, so your teachers are having to get to grips with new ways of teaching. You must look out for updates and please check your inbox on your Gmail account daily as teachers will use this email to communicate with you. Also, it is really important to point out to you that you can email your tutor or your teacher via their Gmail address which is their first name followed by their surname @online.sch.im (e.g. joebloggs@online.sch.im) We know it may seem strange to some of you to email your teacher, but it really is the best way to ask a question at the moment. It is no different to putting up your hand in lesson or staying behind to speak to your tutor about a worry, so don't sit and worry at home. Obviously, it can't be as immediate a response as you would get in the classroom, but your teacher or tutor will get back to you as soon as they can.

Before the holiday, many of you were going over work you had already done, or revising topics you had been taught. It is very likely now that you will have to move on to topics that are new. This might be tricky. We know that in our classrooms, you learn by watching us demonstrate to you, by working in pairs or groups, by doing practical tasks and by watching each other. That is not possible with remote learning, so please don't panic if you find some new things challenging. Again, do your best and then contact your teacher if you need help.

Yr10 and Yr12, we know you are part way through examination courses. It's important that you keep progressing with your studies. All people of your age, across the UK and beyond are in the same position, so you are not at a disadvantage compared to anyone else. We will support you with your courses remotely for now and we will support you when we are back together. It is important that you are self-motivated and organised. Your teachers will help you understand what is essential and what is optional. They will also help you manage the workload by setting mini deadlines. We need you to be engaged, to work steadily, not to get stressed and remember that this is temporary.

For all students, it is important to have a routine and to strike a balance in your day and your week. For that reason, we recommend you keep a log of what school work you are doing (see template at the back) so that you can review it with your parents. They can help you decide whether you are doing enough, not enough or even too much each day and each week. Your home circumstances will vary and so we do not want to dictate to you when or for how long you work each day. Some of you will want to follow your timetable, but that won't suit everyone. We trust that you are responsible enough to make sensible decisions and if you need advice, email your tutor. It's very important that you do your school work, but it's just as important that you get fresh air, that you do some physical activity, that you make time for talking with your friends and that you contribute to your family life. Every day should be made up of a combination of these things. Remember, do not neglect your school work, but do not become obsessed with it either. Find the balance.



**Stay safe and have a great week!**

# COVID-19

Novel Coronavirus

Help stop the spread of COVID-19

## Please Keep Social Distance

- Social distancing means keeping 2 metres apart from others



Avoid touching your EYES, NOSE, AND MOUTH.



CLEAN AND DISINFECT frequently touched objects and surfaces.



STAY HOME when you are sick, except to get medical care.

WASH YOUR HANDS often with soap and water for at least 20 seconds.



PLEASE KEEP YOUR SOCIAL DISTANCE.

## IMPORTANT MATHS NEWS

MyMaths now have a save function built into its homework. Previously you had to complete the entire worksheet and submit. Now you can save anytime and all completed work will be saved for 4 days. This function is located in the top right hand corner of the page. When you log back into the homework you are asked if you want to load the saved version or start again. **If you start again the saved version is deleted and cannot be recovered.** This new feature will definitely support students who are not able to complete a task all at once. You can also retake a homework anytime to improve your score, but once a homework has been completed, it will appear in the MY RESULTS tab on the left hand side. If you have any questions regarding MyMaths please get in touch with Mr Brookes.

## MAKING HEADLINES! CAPTAIN TOM MOORE



Have you heard about Captain Tom, the war veteran from Yorkshire?

<https://www.bbc.co.uk/news/uk-52316856>

Captain Tom is an incredibly inspiring person. His story is really uplifting. How many of the 6R skills and attributes can you see in his actions and attitude? He's missing out on having a well deserved 100th birthday party and since he has done so much for the NHS, it would be great if some of you would like to send him a virtual card from CRHS and the Isle of Man. If you've been inspired by his story, you can send your birthday greetings to his Twitter account @captaintommoore.

As of Sunday 19 April, Tom Moore had raised over **£25 MILLION** for the NHS!



# KS3 UPDATES

Check your emails as some teachers have invited you to join a Google Classroom. Also, check on the Challenge Centre and on the subject sections of Itslearning as new things have been added for you by many subjects. Here are some messages from individual subjects.

## Maths

Your teacher is setting work for you, mainly through MyMaths and they will be communicating through either Google Classroom or Itslearning. The tasks are put up at the beginning of the week and the work is completed over the course of the week.



## History

**Year 8:** Keep working through your power points on the American West.

**Year 9:** Keep working on your 'Who shot JFK?' project.



## ICT

**Year 8** ICT has a number of pieces, on Itslearning, that are designed to take you up to TT week. You should complete one task in each week, but the order isn't important, so you can choose.

The **Year 9** ICT is more of an open ended project on Itslearning. You have until the end of May to collect at least 9 points and hand your work in, on Itslearning.



## Languages

You need to check your emails for the invitation, which explains how we will proceed this term. **Mrs Lakeman** and **Ms Perry's** students should log onto Google Classroom where they have been setting new things for you. You need to check your emails for the invitation, which explains how we will proceed this term.



## PE

**Body:**

By now you should be looking leaner than Mr Baker. Week 4 brings a host of new daily challenges. Remember to check our Facebook page and It's Learning for the daily updates!

**Brain:**

A new challenge pack has been added to the **Challenge Centre on It's Learning!** This pack is based on 'curiosity' surrounding the world of sport. It includes an array of different tasks, ranging from **sports commentary** to **designing your own sports kit!** Give them a go!



## Geography

**Yr8:** Your new topic is Weather and Climate. **Miss Metcalfe** has posted lessons on the Yr 8 Google classroom – class code: vtgd1vh.

**Yr9:** There are a range of activities for you to complete on Cities, Hazards, The Amazon Rainforest. Google Classroom class code: sb7flt

There is also another additional activity for KS3 Geography from the RGS – Young Geographer of the Year competition, entitled 'the world beyond my window'. Details are on the Google Classroom. Why not have a go?



## Quest (Year 7 only)

**Mrs Williams** and **Miss Libreri** would like you to move onto your new Quest on Monday 20 April. There will be lots of different activities to do in the Its Learning 'CRHS Quest Kids' pages. You do not need to do everything but we would love you to have a go at activities that you find interesting.

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

# YEAR 10 ADVICE

We know you have had your reports home recently. These should give you some useful pointers from your teachers and below you will find some subject specific updates.

## Maths

Each of your Maths teachers is setting work for you mainly through MyMaths for their respective class and communicating through either Google Classroom or Itslearning. The tasks are put up at the beginning of the week and the work is completed over the course of the week.



## ASDAN

See your folder in the Challenge centre called 'Working from home' and check your email from **Miss Callow**. You should attempt 1 challenge from each of the 9 modules in the 'Working from home' folder by the end of the Summer Term. Pace yourselves.



## Computer Science

**Miss Darbyshire** says all the work you need to do is on Itslearning. It is all dated and, each week, you need to make sure you complete the work. When we return to school you need to have completed all the work up to the date of return.



## Drama

**Mrs Duggan** is providing a weekly plan for you to follow, updated on a Monday morning each week. This means week by week you are getting tasks that have a timescale to stick to. Your Drama teachers are regularly checking emails and will respond to you if you need help or want to request more work.



## Health & Social Care

**Mrs Almond** says you have just started Unit 6 – The Impact of Nutrition on Health and Wellbeing. This is an internally assessed unit and will extend your understanding of how important a balanced diet is to your health. It will help you to understand the different nutritional needs of individuals at different stages of their lives and help them to make the right choices to improve their health and wellbeing. **Mr Danielson** has set up a Google Classroom to support all of our you and it is great to see that almost all of you are making good progress with this. Please do not hesitate to get in touch with **Mr Danielson**, **Mrs Almond** or **Mr Fallon** if you are having any difficulty accessing any of this work. This work will be very valuable when you start to write your coursework.

# YEAR 10 ADVICE CONT...



## History

Your task this week is from Chapter 4 - 'Who was to blame for the Cold War?' tasks from pages 82-91 should be completed, OR work from The Cold War booklet up to page 10. Your deadline is Friday 24 April.



## Business Studies

**Mr Casson** says look out for your weekly communication via Google Classroom/ Gmail. This will give you the relevant work to complete for the week. Your aim is to complete the Marketing/Operations topics. Where possible pupils should then submit this work back to the Business Studies staff via Google Classroom/Gmail.



## PE

**Mr Caldwell** says keep up the hard work. We know it may be difficult to remain motivated, but it is important that you do! You'll soon be back in the classroom being nagged at by Mrs. Astin, so don't worry! Remember to check your Google Classroom account on your lesson days. Each lesson will have an assignment set with core work that should be completed. Simple. If you have any problems or queries please get in touch!



## Spanish

**Mrs Lakeman** has set clear, directed work for year 10 Spanish. Make sure you follow the WJEC course book. Some of the work is essential and then there is the opportunity for independent learning if you would like to do more. Mrs Lakeman will give you feedback using Google Classroom.



## Geography

**Miss Metcalfe** says her students should have completed the end of unit assessment for Settlement (not everyone has done so). If students have not yet completed the assessment, please can they do so as soon as possible. It's on 10 Geography Google classroom (class code: 2vghzen) and then e-mail/share their answers with her. The new unit of work is Coastal Landscapes, students should have already completed the first lesson before Easter – Constructive and Destructive waves. This week, Lesson 2 is on coastal processes and is available on the Google Classroom.

**Miss Goddard** says you have completed the work for the Rivers topic and have been asked to revise over Easter. The end of unit assessment on Rivers should be completed after Easter. The end of unit assessment can be found on Miss Goddard's Google Classroom – class code - pr3ap3v. After the River topic, students will do a little work on Geographical Skills and then start the new topic, Development.

**Mr William's** Geography class should go to his Google Classroom.

The Geography team has set-up Seneca Learning classes for both the Year 10 classes and access is shared with students. This is a useful revision tool for the IGCSE Geography course.

# YEAR 12 ADVICE

## Maths

**Mr Brookes** has begun to send out Year 13 work with a new topic every two weeks or so. When starting a new unit there is some revision work set first to ensure you have a solid foundation on previous work covered. Everything is communicated with you through Google Classroom and you can get in touch anytime you are stuck or have any questions.



## Business Studies

**Mr Casson** will send you messages each week via Gmail/Google Classroom which will include slides and worksheets relevant to the Unit 2 exam. You should work through these building up your knowledge and email him questions as required.



## Computer Science

**Miss Darbyshire** says all the work you need to do is on Itslearning. It is all dated and, each week, you need to make sure you complete the work. When we return to school you need to have completed all the work up to the date of return.



## BTEC ICT

**Mrs Mason** says all your work is provided on Itslearning, with clear deadlines for tasks. You are still able to work on your internally set assignment. She says that a number of you have engaged with the material, sought further information and are making a determined effort to use your time constructively, so well done! Independent reading tasks are also available for you – to be aware of technology advances in the news etc.



## Drama

**Mrs Duggan** is providing a weekly plan for you to follow, updated on a Monday morning each week. This means week by week you are getting tasks that have a timescale to stick to. Your Drama teachers are regularly checking emails and will respond to you if you need help or want to request more work.



## English Literature

**Mrs Kennedy** has set you a task on Google Classroom and has shared two resources with you. There will be another task set this week. **Mrs Matthews** wants you to check on her Google Classroom as well and she's hoping to hear your novel choices by Wednesday.



## Geography

**Miss Metcalfe** says you are finishing Rocks and Weathering and will be completing an end of unit assessment next week. This will be available on your Year 12 Geography Google Classroom - Class code: dp22ubb. The next topic will be Coastal Landscapes which you will be starting Tuesday 27<sup>th</sup> April. All your new resources will be placed in the Google Classroom. Also in the Year 12 Google Classroom feed they are other suggested learning tasks to develop your subject knowledge and support your learning – check it out.

# YEAR 12 ADVICE CONT...



## Economics

You have already covered most of the Y12 content. The majority of work this term will be focused upon developing examination technique for the 3 different papers. **Mr Casson** will send through weekly past papers via google classroom/Gmail which pupils should complete and send back to him.



## Health & Social Care

**Mrs Almond** says you are starting Unit 14 – Physiological Disorders and their Care. This is an internally assessed unit and will give a good insight into different types of physiological disorders, the procedures for diagnosis, the development of a treatment plan and provision of support for service users. **Mrs Almond** has set up a Google classroom to support the year 12s undertaking Health and Social Care. Please do not hesitate to get in touch with **Mrs Almond** or **Mrs Winstanley** if you are having any difficulty accessing any of this work. This work will be valuable when you start to write your coursework.



## History

**Ms Poole** - By Friday 24 April - China module - Notes should have been written using Chapter 1, pages 1 to 20. Your essay on The American Civil War should have been emailed to Ms Poole.

**Mrs Williams** – all work is in Google Classroom. Richard III essay and Henry VII 'lesson one' should have been completed by now. Henry VII 'lesson two' will need to be completed by Monday 27 April.



## PE

**Mr Caldwell** says the Summer term will see you start Year 2 content! Woohoo! Be ready to go on Wednesday! (Yes...he really did type in 'Woohoo!') Remember to check your Google Classroom account on your lesson days. Each lesson will have an assignment set with core work that should be completed. Simple. If you have any problems or queries please get in touch.



## Psychology

**Ms Coates** sent out an email to her Yr12 students on Monday outlining the work ahead and clearly showing you the difference between core tasks and additional tasks. She has laid out 'benchmarks' to try to keep you all at a relatively similar point

# 6Rs

Often at school we focus on subjects and the topics we are learning and we can forget about the very important skills and attributes that we are developing all the time. The 6Rs really come to the forefront now as we rely on these personal skills to help us manage the situation we find ourselves in at the moment. Have a look at some of the ways in which you are drawing on your 6Rs.

## RESILIENCE



- We are all learning to cope with strange and difficult changes to our lives.
- We are persevering even when things are difficult, because we know we can do this and things will get better.

## RELATIONSHIPS



- We are keeping in touch with friends and family via social media because it is good for them and for us to maintain contact.
- We are being kind and respectful of those we live with and recognising that we all respond differently.

## READINESS



- We are being positive about trying new things to occupy our time.
- We are taking responsibility for our learning and are willing to work in new ways.

## RESOURCEFULNESS



- We are being creative and making the most of the things we have got.
- We are adapting and learning to be self-motivated.

## REMEMBERING



- We are working hard to make sure we maintain the things we've learned.
- We must remember that our school community will help us get through this and get back to normal after this.

## REFLECTIVENESS



- We are able to consider balance in our day so that we use our time wisely and in a varied way.
- We can get in touch with school or with services recommended by school if we recognise that we need to talk or ask for help.

Which one can you see you have developed during these last few weeks?

Which one do you think you might need to work on to help you through the coming weeks?



# SO LONG, FAREWELL...A MESSAGE FROM YOUR SENIOR STUDENTS



Whilst this isn't the setup we imagined for our final goodbye, we very much hope that everyone is safe and well at home. Despite a somewhat abrupt ending to our final year, the time we've spent at Castle Rushen will forever be an era full of the best of memories. From unparalleled sporting success, winning the Big One and Senior Hockey final, to endless telling offs for the pigsty of a common room, our past year has been one to remember. Sixth form life has brought us, as a year group, closer than ever before, and instilled in us an unfaltering love for the decrepit building that is our school... we're told a new one is on the way? We would like to use this opportunity to say a massive thank you to all the staff at Castle Rushen; without their dedication to our development we wouldn't be who we are today. We have not only been taught the curriculum, but have been guided towards being our best selves. As senior members of the school community, we have been honoured to represent the school on many occasions, and are proud to have been a part of such an incredible school community.



So we finally reach the time which we have been waiting for, for the past seven years. It is a time that has taken a lifetime to reach, yet it feels like it was yesterday that we were trying on our oversized blazers and new rucksacks. The opportunities I have been given at Castle Rushen have been absolutely phenomenal. I really cannot thank all the staff, students and Governors enough for this. This school respects pupils' voices and from School Council meetings to student panels, all contributions given by the students have been so helpful. For the newcomers, this school provides a sense of security and care- every day, you walk through the doors of the school you're greeted by massive smiles and positivity. This school is one big community that cares for each and every individual. You are born weak and you die weak. What you are in between is up to you. As Head Boy, I wish all students the best of futures. Keep up the hard work. Castle Rushen is a big part of my heart and always will be. Best wishes,  
Jake



Making friends was never a task I found easy, I often doubted that I would "fit in" and lacked self confidence. Without the support from Castle Rushen's teachers I genuinely don't think I'd have developed the self belief to do half of what I have done - the opportunities I've had at school have been incredible and I wholeheartedly encourage you to make the most of those provided to you. I'd especially like to thank Mr Brookes for always believing in me and pushing me to be a better version of myself. It's as a result of his guidance over five years as a tutor that I ran for Head Girl. I'd also like to thank Mr Danielson for encouraging me to step out of my comfort zone and do things that scare me, and Ms Metcalfe for reminding me that it's okay to not always be the best at something and that we're all allowed to be upset sometimes. To those of you with time left at Castle Rushen, I hope you enjoy your time there, listen to your teachers and put in the effort where it's required but try not to take yourself too seriously - there's plenty of time for that when you're older. Try new things and don't be afraid to do something just because you're scared you won't get the outcome you want - you might learn something new! Isolation isn't easy for any of us, I've found it hard to comprehend that I won't be returning to Castle Rushen as a student, but I think it's important that we remember that this period isn't permanent and will at some point be nothing more than a memory. Finally, thank you for allowing me the honour of serving as your Head Girl this past year. I wish I could do it all over again.

Chloe

# SO LONG, FAREWELL...A MESSAGE FROM YOUR SENIOR STUDENTS



My fondest memories have been created in school, alongside making lifelong friendships. School has been a rollercoaster. I may not have loved every minute of it but it was by far the best seven years I could have wished for.

It has been an unexpectedly abrupt ending to our time here, but it is important to think of all the good we have gotten from our years in school (like the time the common room was turned into a grand national, or the tidy mouse that caused a big problem). One of the many things I have learnt during school is that having the confidence to always be true to yourself and being unique is nothing to be ashamed of. It doesn't matter how "popular" you are or how many friends you have, what really matters is having loyal friends. It's also equally as important to treat everyone the way you'd like to be treated, especially during times like this. I will forever be grateful for the ongoing support and encouragement I have been given from my peers and the teachers of my school. They have helped to shape me into the person I am today and achieve

things I never thought I could. For this I will forever be grateful. This time in isolation allows us to reminisce over the great times we have had with the people we care about most. A real chance to reflect on our time at CRHS. It has been an honour to have represented such an amazing school and I look forward to seeing what the future holds for us all. I hope everyone is staying well and we will all hopefully see each other very soon.

Faith



Some of my favourite memories have come from being part of the strong Castle Rushen High School community over the last seven years. From the most amazing group of friends which has grown throughout our year group, to the connections which have developed with teachers, I have built so many brilliant relationships which I know will continue into the future. My standout moment was on the final night of Back to the Eighties. This concluded the seventh successive school show I'd been in and Mr Deakin and Mrs Duggan presented me with a wonderful gift. It made me realise how much I loved our school and how much I'll miss it. I just hadn't realised how soon the end of the year would come. However, now we find ourselves in this situation I think it is important to accept it and use the time to our advantage. How often during the year have you told yourself, "I'd do this if I had the time" or for some older students, "I'll get round to that once the exams are out of the way"? Well, obviously after you've done some remote learning, now is that time. Pick up those books, assume an exercise regime or teach yourself a

new skill. I've been trying to learn the guitar - and have been sharing my journey with friends on social media. It's going pretty well. Whatever you're doing with the new found time, I hope that you are staying at home as much as possible, clapping for our carers and most importantly, keeping well.

William

*"Shoot for the moon. Even if you miss  
you'll land among the stars"*

Les Brown

# GENERAL EDUCATIONAL IDEAS

## BBC BITESIZE

Secondary				
Monday	Tuesday	Wednesday	Thursday	Friday
Maths 	English 	Chemistry 	Maths 	English 
English 	Biology 	Maths 	English 	Physics 
History 	Geography 	Spanish 	Religious Studies 	Music 

From Monday 20th April, BBC Bitesize is launching lots of new resources, so have a look. Our school curriculum is closest to the one for England. We'll be checking it out and letting you know what we think, but why not have a sneak preview?

<https://www.bbc.co.uk/bitesize>

## VIRTUAL DAY OUT



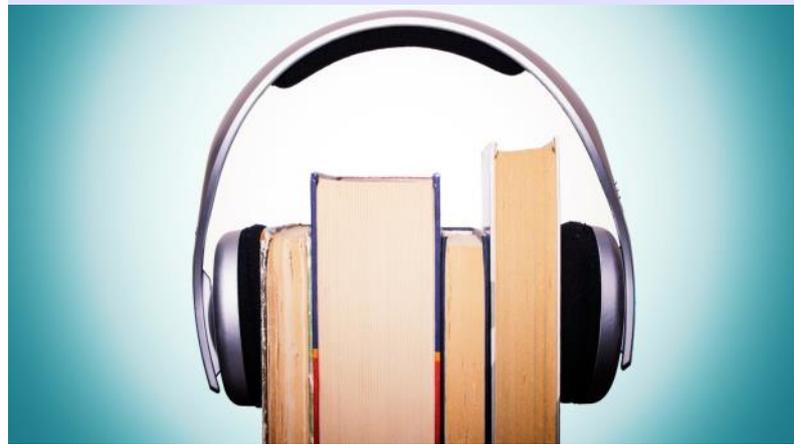
The Curraghs Wildlife Park has opened their virtual gates to bring the zoo to you, so sit back and enjoy...

<http://www.curraghswildlifepark.im/>

## AUDIOBOOKS

Free audiobooks for children...

<https://stories.audible.com/start-listen>



## SIGN LANGUAGE

Why not use this time to learn a new language...Sign Language!

Follow the link below for more information...

<https://www.british-sign.co.uk/learn-online-british-sign-language-course/>



# 16 Everyday Activities That Count as Learning

1. Cooking and baking
2. Meal planning
3. Budgeting
4. Checking the weather forecast
5. Building with LEGO
6. Playing card games
7. Playing board games
8. Doing puzzles
9. Imaginative play
10. Listening to music
11. Reading
12. Coloring, drawing, painting
13. Listening to podcasts or audiobooks
14. Writing letters or emails
15. Taking a walk
16. Cleaning and doing chores

# WELLBEING

@PeacefulMindPeacefulLife

Only when normal  
things are not normal  
anymore, do we realize  
how special normal  
things are.

—@BRIGHTVIBESMEDIA

Many of you will be finding some enjoyment in new hobbies or interests at this time. We know lots of you are cooking, gardening and keeping fit. We also know that some of you may be finding this time really tough. Please remember that you can communicate with Cara too, so whether you are missing your regular chats with her, or whether you never felt the need before, but would like to get in touch with her now, she's on email like all your teachers. Drop her an email on [carajustice@online.sch.im](mailto:carajustice@online.sch.im). She'll be happy to listen.



Instead of living in fear of the Coronavirus, reframe how you view your time at home.

@courageously.u

# WELLBEING THOUGHTS

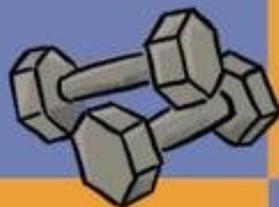
A GUIDE ON

## Mental Health & Wellbeing

DURING QUARANTINE & RESTRICTED MOVEMENT

### Stay Healthy Physically

...and not just about washing hands! Eat as well as you can, get quality sleep, and stay active (walk around, follow some stretching exercise on YouTube, clean your house even!) - strong body leads to healthy mind.



### Routine, Routine

Set up and maintain some routine helps our mind to hold on to some form of normalcy. Try to structure your schedule with a balance of productivity, leisure, and rest, following a fixed time schedule. Don't over-stress yourself by being too strict too!



### Try Something New

...or add some twists to what you like to do! Try new skills or hobbies (origami, writing poems, boardgames etc.) which require minimal resources. Sign up for online classes. Set themes for movie night. (90's comedies, cool-car-chase scene etc.). Be creative!



### Limit News Consumption

It is normal to want to keep up to date with the on-going situation, statistics, government directives and all. But it's very easy to be overwhelmed with this endless stream of information. Set a limit to what you read and talk about the topic everyday.



### Stay Connected

Quarantine and restriction movement order doesn't mean total isolation! Modern technology keeps us connected even when we are physically apart. Perhaps this is a good time to call up a friend whom you've not talked to for some time?



### Don't Be Afraid to Get Help

We might be in a situation of heightened tension where many of us have not faced before - it is okay if you are more affected emotionally by this than others. It's a real concern - and you don't have to face this alone!



#### Additional Reading

- COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine ([bit.ly/ADAA-guide](https://bit.ly/ADAA-guide))
- The Family Lockdown Guide: How to Emotionally Prepare for Coronavirus Quarantine ([bit.ly/THEGUARDIAN-guide](https://bit.ly/THEGUARDIAN-guide))
- How to Care for Your Mental Health During the Coronavirus Lockdown ([bit.ly/SLATE-guide](https://bit.ly/SLATE-guide))
- 10 Tips For Preparing To Stay At Home Due To The Coronavirus ([bit.ly/BUZZFEED-guide](https://bit.ly/BUZZFEED-guide))





Castle Rushen  
High School

# CRHS LEARNING LOG



Castle Rushen  
High School

Week No.	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>					
<b>2</b>					
<b>3</b>					
<b>4</b>					
<b>5</b>					