



## CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 27 APRIL 2020

### Hello CRHS Students...

Welcome to another week of remote learning. We know that many of you have been working hard at home and communicating with your teachers about your work. Well done! You are doing a great job.

If you have been finding it more tricky, don't worry. This is a new week and a fresh start. Think about what has been making it tricky, talk it over with family and friends and try a different approach. Remember your teachers and your tutor are all happy to respond to you by email if you need some advice. Sometimes it takes a bit of help to get you started, just like in the classroom.

Your teachers are doing their very best to make activities available to you in a structured way. Usually, we could show you where to find things, but for now, you are having to locate your work on the relevant platforms. We have included a step by step guide in this newsletter which should help you find what you need, but again, if in doubt, contact your teacher. We've also included a directory of email addresses in this issue as you may not all know the first name of your teacher and also because there are a few addresses that are a bit more quirky! Hope this helps. In this issue, the subjects which didn't feature last time have all got updates for you. Also, PE features again because it is really important that you get some exercise. It's vital to your physical and your mental health so stay active, whether that is a daily walk, run, cycle or work out.

We know that some of you access our listening support in school, so if you are finding it hard to cope at this time, don't let it get on top of you. Remember your tutor is only an email away and remember also Cara's offer to get in touch with her. Her email address is [carajustice@online.sch.im](mailto:carajustice@online.sch.im)

Have a good week everyone and continue to follow the advice in order to **stay safe**.

### Q&A WITH THE MINISTER FOR EDUCATION

Dr Alex Allinson MHK (the minister in charge of the DESC) did a press conference on Wed 22 April where students from the island asked him questions. Some of these were CRHS students. These young people probably asked questions that are on your mind too and hopefully you'll find his comments interesting and reassuring.



<https://www.youtube.com/watch?v=Trlk90L0cFU>



# HOW TO LOCATE MY WORK

We know that one of the challenges you face is knowing how to use all these new platforms and how to locate your work. We know it's tricky because we are learning too! Please don't worry. Take your time, follow our instructions below and if you are not sure, email us and we'll guide you through it. We are trying to help you manage the work by setting you some deadlines and putting things in order. Like you, we are getting better at this with practice, so things are improving and once you've figured out where things are, you're off! Here are some key reminders:

1. Your teachers are using itslearning or google classroom. itslearning is a global site so you must go to the Isle of Man site, [www.isleofman.itslearning.com](http://www.isleofman.itslearning.com). If you need help accessing it, there's a handy 'how-to' video [here](#).
2. You need to regularly check your Gmail inbox for emails from your teacher.
3. You need to log on to its learning and look at the labels for 'courses'. All of your subjects quickly put things in the Challenge Centre for you under subject headings when we had to close. Some subjects, like English, continue to put all your work in there.
4. Some subjects, like Geography and History, now have their own 'courses' on itslearning so you will need to click on the course they have set up for you.
5. There is a notifications icon in the top right of your homepage on itslearning to check in case there are messages for you there.
6. Some subjects like Maths already used online platforms like myMaths and you will have been using them already, so keep going. If you've forgotten how to access it, email Mr Brookes. Science uses Seneca and PE in KS4 and KS5 uses Everlearner.
7. Do not get upset or frustrated or worried if you can't find something or remember how to get onto something. Just email the teacher. We will be happy to help.

We've put a list of our email addresses at the back as it turns out a few of us have a slightly odd email address that doesn't follow the usual pattern.



## CONGRATULATIONS HECTOR DUFF, OBE!

The 100-year-old D-Day veteran has received an OBE.

Many of you will know Hector; he's visited CRHS on a number of occasions to deliver talks and speak to groups of students.

He was presented with his award by the Lieutenant Governor, Sir Richard Gozney, at the Governor's house earlier in the year (before the lockdown!)

Hector was the oldest recipient in the 2020 New Year's Honors List.

You can watch a video of Hector receiving his award [here](#).



# Message from Mr Kay



Hello everybody, and especially students in Key Stage 3,

It's lovely to be able to talk to you all and I hope you are all settling into some kind of routine during these strange times. I have really enjoyed reading the newsletters and hope that you all have been taking on board the advice and enjoying catching up.

Even though times are extraordinary, as your teachers we are all eager to make sure that learning can happen for you in some way, so keep checking the Challenge Centre on It'slearning and your google account. Don't be afraid to check in with your teachers if you have a question by using their online Gmail account. Most are first name surname @online.sch.im. Mine is ikay@online.sch.im.

Lots of the newsletters have contained advice about how to keep busy so you have probably had enough of that, so I thought I would share with you some of the things I have been doing.

- I am challenging myself to use more technology and stop avoiding things that scare me. I am back to using google and Googledocs more and this week have started to use Microsoft Teams. Poor Mrs Kneen got the shock of her life when she video called me the other morning before I had made myself look slightly more normal!
- I am trying to cook things I have not cooked for a long time to test myself, including making my own bread. This is a really simple recipe if you can get the flour and sachets of yeast:  
<https://www.bbcgoodfood.com/recipes/easy-white-bread>
- I have also tried baking more and sharing things with the neighbours, observing social distancing of course! This week I tried to make a Victoria sponge as I had not made one in many years. It was okay, and I may get shot down here, but I am not sure that Mary Berry's recipe is the best!
- After I have done my day's school work from my dining table I make sure I do an hour's walk and my rule is it must include at least two hills. I would love to say that you will not recognise me when we return to school as I will be so thin and healthy, but I have just told you about all of the baking I have been doing. Whoops.
- I made a rule that I had to read a book a week. I am not doing so well here, so am going to put more effort into this one over the coming days. I'd love to know if anyone has tried any of the books I mentioned in my last assembly, especially 'Finding Audrey' by Sophie Kinsella. That one really moved me.
- I also challenged myself to watch one French film a week. I am not doing too badly on this one.

I know it's hard being away from school and not seeing the people you are used to being with on a daily basis. Over the coming week, form tutors in Key Stage 3 will be getting in touch with students in their tutor groups and setting up some kind of group forum, whether this is on itslearning, Google Classroom or some other platform. This will be a really good way of catching up with people in your part of the Castle Rushen family, so do share what you have been doing, ask questions and even give hints or advice to the people in your tutor group.

That's all from me for now. Keep busy, stay in touch and stay safe.

Mr Kay



# SUBJECT UPDATES



## Science

**Years 8 and 9:** Your science teachers will continue to post a wide variety of resources on **Its Learning** to support your home learning. Each week there are core activities for everyone and extension activities that give you choice about which resources inspire you most and how you can take the ideas further. After you have logged in to Its Learning, go to **Courses** and then choose the page for your year – e.g. CRHS Year 8 Science. From there, click on **Resources** and then open the **Distance Learning** folder to find the resources.

**Year 9:** After you have logged in to Its Learning, go to **Courses** and then choose **CRHS Year 9 Science**. From there, click on **Resources** and then open the **Distance Learning** folder to find the resources you need for either Physics, Chemistry or Biology.

**Year 10 IGCSE:** As above. Make sure that you look for the 'Coordinated' or the 'Separate Sciences' information depending on which course you are studying.

**Year 12 Physics:** Our Google Classroom has been up and running for five weeks now and is proving very useful for keeping us all in touch and for helping us to plan out our time. Continue to keep a close eye on the stream to see posts from Mr Swinhoe (and from students in our class) and to get feedback on the work that you have uploaded.

**Year 12 Biology:** Please continue to check the google classroom stream, as this is being updated on a regular basis, with information and tasks to complete. Also, please continue to update your independent study record, so we can track your progress over the coming weeks.

**Year 12 Chemistry:** We will continue to use Google classroom and Gmail with work being set by Mr Barlow on Tuesdays, and by Mrs Williams on Fridays. We may ask you to report earlier than the next 'work setting day' for each teacher so that we can gauge progress before proceeding.



## Art

We understand that this is a difficult time for Art students as different homes will have different levels of resources. The good news is that there is always something creative to do from home. Students taking examination level Art should be continuing to develop their own topic. Think of it as a creative journey and try and come up with new ideas inspired by your own photographs, drawings, paintings etc. and artist research. But any work linked to your topic is very welcome!

**KS3:** We do have topics for each year group which can be found on Its Learning but honestly we would be happy to see any Art work you have managed to produce in this time! There are some fantastic ideas on the BBC Bitesize website (link below). Practice drawing, collect images, take photographs, look at different artists and collect information on them. All really good!

**Year 10 and 12** should be dedicating several hours a week to their art practice to stay on track and **KS3** at least an hour a week. Get creative!

It would be a real shame if students return and have produced no Art work as a record of this historical period we're living through! Work and ideas can be photographed and e-mailed to Mr Edwards on G-mail if you require feedback and advice. Here are some great links for you to check out.

**KS3 -** <https://www.bbc.co.uk/bitesize/subjects/z8tnvcw>

**GCSE -** <https://www.bbc.co.uk/bitesize/subjects/z6hs34j>

**Year 12 -** <https://www.studentartguide.com/articles/a-level-art-coursework-development>;  
<https://www.studentartguide.com/articles/a-level-art-personal-study>

# SUBJECT UPDATES



## English

For **KS3** English, all your student resources are being uploaded to the CRHS Challenge Centre. We had a lot of things for you to choose in there initially, but now we've streamlined the folders to make things clearer for you. You should now focus on the Summer 1 folders;

**Year 7** – Non-fiction Texts

**Year 8** – Poetry from other cultures

**Year 9** – Poisonous Poetry

Your teacher is messaging you about how to get in touch with them either through itslearning and/or Gmail, so have a look if you've not been in touch yet. Additional work is in a separate, clearly marked folder but this is entirely optional. We are also going to upload our unit resources gradually over time rather than posting the entire unit at once. Again this is to help avoid confusion and to ensure you don't feel overwhelmed, but it does mean that you must keep checking in.

**Year 10** English students should follow the guidance of their individual teachers and should be checking their agreed learning platform regularly. This is especially important where students have been asked to finish and submit drafts of their English Language coursework.

- **Mrs Moore's** Year 10 should note that your work is on itslearning. You should have submitted a first draft of a piece of coursework on Monday 20th April and you have been set a new task to work towards, due on May 29th.
- **Miss Callow** is glad to see most of her Yr10 English students have been working on things she has set for you. She wants to remind you to check for her update to your group every Monday on the itslearning course she has set up for you.
- **Mrs Matthews** has been impressed with the Tim Lott drafts she has received from her Y10 class so far – keep up the good work. Hopefully you have all received your Exam Skills Booklet and are checking her Google classroom for updates.
- **Mrs Moss** Yr10 English is all on itslearning. Students you have been sent a paper copy of a Language Exam Skills Development booklet. Each week on Its Learning, she will be setting you a new task from the booklet and will also be providing you with the "answers" from the previous week's task so you can self-assess. She'd like to remind you that you have coursework to redraft for her.
- **Miss McCoubrey's** Yr10 English students will find your course on itslearning, with resources, information, updates, interactive polls and announcements.
- **Year 10 Literature** Students have also been asked to begin reading '1984' by George Orwell. If you do not have a physical copy, Mrs Moore, Miss Callow and Miss Crispe have all provided links to digital copies and the audiobook on the itslearning pages for your class. Happy reading!

Finally, **Year 12 Literature** students must ensure that they are using the resources and completing the work set on Mrs Moore's itslearning page and on Mrs Matthews' and Mrs Kennedy's Google Classrooms regularly. It would also be helpful if you touched base with each of your teachers by way of email to tell us how the reading is going.



## Religious Studies

**GCSE** - Tasks will continue to be uploaded to the 'CRHS Religious Studies & Philosophy Y10/11' its learning page, however, you will now be set a deadline to complete this work by. Please don't panic about this as it is simply so we can monitor your progress! You will be expected to submit any work via the 'work submission' section on the RS homepage. Any issues, please contact your RS teacher!

**ASDAN**- Tasks will continue to be uploaded to the 'CRHS Beliefs & Values ASDAN' its learning page, so keep an eye out for any new tasks! You will be expected to submit any work to your RS teacher via their email address. Any issues, please contact your RS teacher!

# SUBJECT UPDATES



## Music

**KS3** - Please check the Challenge Centre on itslearning for Music at the start of each week for Year 7, 8 & 9. Every Monday morning, more challenges and tasks will be uploaded into each year group's challenge centre. All of the tasks give you the opportunity to learn about different styles of music, along with quizzes and practical elements. If you play a musical instrument, make sure you are giving yourself the time to learn new pieces of music and enjoy playing. If you don't play an instrument but have one around the house, why not try to teach yourself something new?

**Year 10** - Lots of short, medium and long range tasks are available to all students on our Year 10 Google Classroom group. There are listening tasks, along with theory exercises and composition tasks for pupils to be working on. Each Monday and Thursday, the tasks will be updated and marked. Students should be using Flat.io to work on their composition skills and build up their confidence. Keep practicing your instruments and enjoy the opportunity to learn new music. Please email Mr Deakin or Miss Davies if you have any questions about the work.

**Year 12** - All your work is available on the Year 12 Google Classroom group. Practice exam papers have been set in the last week along with listening tracks. You should be ensuring that you are practising your recital pieces in preparation for your AS recital recordings when we return to school. If you don't have access to Sibelius, use their license for Flat.io in order to work on composition ideas for your coursework portfolio. Please email Mr Deakin or Miss Davies if you have any questions about the work.



## DT

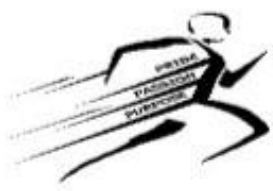
All DT students across the school can access the D&T course page by going to the courses tab once you have logged into Its Learning. You then need to click on your course page, which will be in the drop down menu. If you have any problems, please email CRHSEnquiries@sch.im and they will let DT staff know.

**KS3** - Well done to those students who have already had a go at our 30 day design challenge! The D&T team have all been working hard to think of new ways to support you with home learning. The tasks will be different to the work that we would normally do at school, but the activities will still help you to show off your creativity and develop your technical knowledge. As of now, three activities will be posted every week on your itslearning D&T course page. We would like you to choose one activity to complete each week and upload what you have done to itslearning. There will be specific instructions on your course page that will explain how to upload and share what you have done with your teacher for you to receive feedback. We would really like to see how creative you have been whilst in lockdown!

**KS4 (Product Design, Textiles Design, Practical Cookery and Engineering Skills)** - Well done to those students who have already had a go at some of the online resources that we have already posted your itslearning course page. The D&T team have all been working hard to think of new ways to support you with home learning. The tasks will be different to the work that we would normally do in school but, don't worry, the activities will still help you to make progress in your examination courses. As of now, an activity will be posted every week on your itslearning course page. We would like you to complete this activity and upload what you have done to itslearning. There will be more specific instructions of how to do this on your course page. You can expect to receive feedback every week too.

**KS5 (Product Design and Textiles Design)** - Well done to those students who are working hard on your coursework projects and have contacted your teachers already to ask for feedback! The D&T team have all been working hard to think of new ways to support you with home learning. The tasks will be different to the work that we would normally do in school, but don't worry, the activities will still help you to make progress in your examination courses. As of now, an activity will be posted every week on your itslearning course page. We would like you to complete this activity and upload what you have done to itslearning. There will be specific instructions of how to do this on your course page. You can expect to receive feedback every week too.

# SUBJECT UPDATES



## PE

### Body

Start of the Summer term! With it being athletics season, why not challenge yourself or someone in your household to a running event?! Simply, choose the distance (100m, 200m, 300, 400m, 800, 1500m) and off you go! You can either, time yourself using your phone, get someone else to time you, **or** challenge them to a race! Loser does 10 press ups! One meter is roughly one large step.

If you're more of a power athlete, why not try throwing an unbreakable object (preferably a ball!). Just mark a throw line and see who can throw it the furthest! Use another object to mark where it first lands. You can measure the distance in footsteps. Good luck!

Also, remember to check our 'Facebook page' and 'It's Learning' for the daily workout challenges and updates. A big thanks to **Mrs. Astin** for updating these daily!

### Brain

The latest challenge pack was added to the **Challenge Centre** on **itslearning** last week! 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!

A new mental challenge will be added next Monday!



## A MESSAGE FROM OUR SEN TEAM

**Mrs Lamb** and all of the team down in Skills Centre would like to share a few tips with our students. Please don't hesitate to contact me by either sending me a message on itslearning or Gmail - [alilamb@online.sch.im](mailto:alilamb@online.sch.im). Working and learning from home can be difficult to manage. I have had to set myself a routine, if you are struggling, maybe setting yourself a little routine might help. Here is an example of mine -

Time	Activity
7:30am	Wake up, shower, breakfast, brush teeth, get dressed
8:30am	I make a start on my school work on itslearning and Google
10:30am	I stop and have a break, earlier than when at school, and go into the garden, stretch or go for a short walk
11:00am	Back to some work, making sure that I have a drink and a snack if needed
12:30pm	I stop for lunch. This time also allows me to catch up on social media and facetime my grandchildren
1:30pm	I stop school work, keeping my emails, itslearning and Google on so that if anyone needs me I can see. During the next few hours I make sure that I exercise - Clubbercise at the moment because I can't do my swimming, but I also work in the garden, as this is also exercise. I have also been cooking or doing crafts
3:30pm	End of the day

This routine has helped my mental health through all this and I hope it can help you in these strange times. Key skills work is set for you on itslearning, and you will also find information about some apps to help with remote learning. And if any of you are missing the Community Farm and its animals during this lockdown, take a look at this [video](#) to see what they've been up to.

Stay safe, Mrs Lamb.



# SHOUT OUTS

Congratulations to **Garv Arya (Y7)** and **Michael Behrman (Y10)** who took part in the 'Mathematical Education on Merseyside' challenge a couple of weeks ago. **Garv** was awarded Best In School for his entry in the 2020 Challenge. **Michael** was awarded Best In School for the 2020 Senior Challenge and will also receive a Merit Certificate.



**Year 7 students Skyler and Emily** have been collecting rocks from their daily walks on the beach, painting them up in bright rainbow colours to say thank you to and raise some money for our NHS on island. The girls have an honesty box system in place where passers by can pick up a beautifully painted rock in exchange for a small donation. Well done, girls!

**Ella in Year 8** has adopted some meg lambs. These are lambs which have been rejected by their mothers and they would die if a human doesn't step in to help, so Ella is helping out the farmer by nurturing them and feeding them four times a day. Great work!



**Year 9 student Jack** had started to grow some sunflowers in school before we closed. Mrs Walter took them home a month ago and nurtured and delivered them back to school today. Mrs Barlow has distributed the cheery gifts to some of our staff and student friends today. Thank you, Jack.



**CRHS Senior Sports Netball and Rugby Teams** have set themselves a big challenge, having been inspired by people like Captain Tom who we mentioned last week. They want to raise funds for the Friends of Nobles Hospital by collectively running 1000km! They will do this over the next two weeks. Click [here](#) to donate. What a great idea Alex Johnston and friends!



Past pupil of CRHS, **Joe Reid**, received more votes from the panel than all of the other shortlisted individuals for the Isle of Man Sportsman of the Year award, which took place via a 'virtual' or online ceremony last night. Joe won the men's 800 metre title at the GB Athletics Indoor Championships in Birmingham in February 2019, and backed that up with an equally impressive fourth place in the European championships in Glasgow. Congratulations from all of us, Joe!



**Scarlett in Year 9** sent Miss Metcalfe these images of her amazing Geographical cake, after reading in a Geography article that in India, residents are marvelling at their first sight of the Himalayas in a generation. The cake displays mountains, an island, plateaus, rivers and streams. Looks delicious, Scarlett!



**Ffion in Year 8** has created some geographical Easter Egg designs - GeEGGraphy! What an imagination!



**shoprite**

Many of us have noticed that some of the key workers out there in our local supermarkets are in fact CRHS senior students. Well done to all of you and stay safe!



# GENERAL EDUCATIONAL IDEAS

## CIVILISATIONS AR APP



Miss Quirk suggests anyone with a history interest might want to download an app called “Civilisations AR” by BBC which is completely free. It allows you to place artefacts in front of you/inspect them and tells you about their history! It’s very modern and cool so she thinks History fans will enjoy it.

## CELEBRITY CLASSES

### FREE CELEBRITY CLASSES FOR KIDS IN LOCKDOWN

9:00	<b>PE WITH JOE WICKS</b> YOUTUBE.COM/THEBODYCOACH
10:00	<b>MUSIC WITH MYLEENE KLASS</b> YOUTUBE/MYLEENESMUSICKLASS
11:00	<b>SCIENCE WITH MADDIE MOATE</b> YOUTUBE.COM/MADDIEMOATE
11:30	<b>DANCE WITH OTI MABUSE</b> YOUTUBE.COM/OTIMABUSEOFFICIAL
13:00	<b>MATHS WITH CAROL VORDERMAN</b> THEMATHSFACITOR.COM
14:00	<b>HISTORY WITH DAN SNOW</b> TV.HISTORYHIT.COM
15:00	<b>ENGLISH WITH DAVID WALLIAMS</b> WORLD.OF.DAVID.WALLIAMS.COM
17:30	<b>FOOD TECH WITH JAMIE OLIVER</b> CHANNEL4.COM/KEEPCOOKINGANDCARRYON

## FUTURELEARN



Mrs Williams (Science) has suggested a really good source of wider learning with lots of free resources. It’s called Futurelearn and their website says ‘Our purpose is to transform access to education. We do that by partnering with over a quarter of the world’s top universities to support over 11 million learners across the globe to develop skills and achieve their personal and professional goals.’

<https://www.futurelearn.com/subjects>

## WILDLIFE



Manx Wildlife Trust has produced its latest magazine digitally and it is free of charge so that as many young people as possible can engage with Manx Nature. You can download your own copy [here](#).



# WELLBEING THOUGHTS

I THINK THAT WHEN COVID IS DONE,  
PEOPLE WILL BE MORE GRATEFUL  
AND WILL HAVE DISCOVERED STRENGTHS  
AND RESOURCES THEY NEVER KNEW THEY HAD.  
THEY WILL BE MORE RESILIENT THAN EVER

## WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation.  
But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is **here to teach me** something.
5. All I need to do is take it **one step** at a time. **Breathe**. And **do the next right thing**.

**You are not stuck at home.**  
**YOU ARE SAFE AT HOME.**



# EMAIL DIRECTORY

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Mr Baker	andrewbaker@online.sch.im	Mrs Kneen	gemmakneen@online.sch.im
Mr Barlow	benbarlow@online.sch.im	Mrs Lace	valerylance@online.sch.im
Mrs Barlow	maxinebarlow@online.sch.im	Mrs Lakeman	sarahlakeman@online.sch.im
Miss Brew	laurenbrew@online.sch.im	Mrs Lamb	alilamb@online.sch.im
Mr Brookes	jonathanbrookes@online.sch.im	Miss Libreri	heatherlibreri@online.sch.im
Miss Brown	katiebrown@online.sch.im	Mrs Livingstone	susielivingstone@online.sch.im
Mr Caldwell	chriscaldwell@online.sch.im	Mrs Manson	kathrynManson@online.sch.im
Miss Callow	emmacallow4@online.sch.im	Miss Martin	catherinemartin@online.sch.im
Mr Casson	philipcasson@online.sch.im	Mrs Mason	hmason@online.sch.im
Mrs Charker	susiecharker@online.sch.im	Mrs Matthews	eilishmatthews@online.sch.im
Dr Cheverton	angiecheverton@online.sch.im	Miss McCoubrey	nikitamccoubrey@online.sch.im
Ms Coates	jencoates@online.sch.im	Miss Metcalfe	emmametcalfe@online.sch.im
Mrs Cox	sarahcox1@online.sch.im	Mrs Miller	emmamiller@online.sch.im
Miss Crispe	indiacrispe@online.sch.im	Mrs Moore	rachael.moore@online.sch.im
Mr Danielson	johndanielson@online.sch.im	Mrs Moss	emiliekermode@online.sch.im
Miss Darbyshire	stelladarbyshire@online.sch.im	Ms Perry	hperry@online.sch.im
Mr Davies	caseydavies@online.sch.im	Ms Poole	katypoole@online.sch.im
Miss Davies	jenniferdavies@online.sch.im	Miss Quirk	meganquirk@online.sch.im
Mrs Dawson	scottier@online.sch.im	Mrs Tyley	heathertyley@online.sch.im
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Mrs Elder	DawnElder@online.sch.im		
Mrs Elliott	laraelliott@online.sch.im		
Mr Fallon	tonyfallon@online.sch.im		
Mr Fells	chrisfells@online.sch.im		
Miss Goddard	eleanorgoddard@online.sch.im		
Mr Gray	johnggray@online.sch.im		
Mrs Greensmith	sarahgreensmith@online.sch.im		
Dr Holmes	paulholmes@online.sch.im		
Mrs Irvine	deirdrelrvine@online.sch.im		