



CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 11 MAY 2020

Hello CRHS Students...

We hope you enjoyed the long weekend and that you took the time to learn more about VE Day and why we had a lovely day off to mark the occasion this year. You have perhaps made your own VE Day memories now, but we've included a really special story, shared with one of our teachers, by her elderly neighbour. It's really interesting to think that we too are living through a major event in world history, which may well be looked back at by school children 75 years from now.

At this time of year, we would normally be saying goodbye to our Year 11 and Year 13 students and wishing them luck as the exam season begins. Things are very different for them this year, but we are proud of them all and want to wish them well at this point. We hope we can properly mark the end of their CRHS journey when it is safe to do so.

Their departure marks the start of new roles for our recently appointed senior students. Thankfully, the elections and interviews took place before the school had to close, but as they aren't able to present to you in assemblies in the usual way, they are sending you messages in our newsletter this week instead. They will be great role models for everyone and we wish them well as they take up these important positions within our CRHS community.

As usual, we have some subject updates for you. If there is no news here from your subjects, it means their previous messages still stand. We know that lots of you have been engaging well with your school work. It is important to keep that up and to contact your teacher if you have any questions. We know this is a test of your resilience and your resourcefulness, but you are rising to that challenge. Well done!

Have a good, productive week and **stay safe!**



SENIOR SPORTS FUNDRAISER

Our Senior Sports representatives' year hasn't exactly ended the way we would have liked, but it didn't stop our Senior Netball Captain, Alex Johnston, from stepping up to a new challenge, and getting all our senior sports players involved too!

The Senior Netball and Rugby teams came together in the hope of raising some money for Friends of Nobles during the current COVID-19 crisis. They decided to attempt to run 1000km in just 14 days between them all. Initially they set themselves a fundraising target of just £300, but this was met within 24hours. So, they kept raising the mark, until they raised an outstanding **£2,125!**

The PE department wants to congratulate each and every one of you for showing some terrific personal attributes during an unsettling time. You all remained as a team from your own homes, raising money that will benefit others. You should all be very proud of what you have accomplished, and like we have said before, make sure you keep the determination, discipline, passion and strong work ethic you have shown during those 14 days in whatever your next steps are in these upcoming months. With this positive mindset, the world is yours...

#WE R CR



#WE R CR

LAST WEEK'S BIRTHDAYS

Ewan, Y10

Laoise, Y8

Marissa, Y12

Kyle, Y8

Brianna, Y8

Josh, Y10

Matty, Y9

Matthew, Y10

Lewis, Y7

Mr Edwards

Luca, Y8

Joseph, Y7

Holly, Y9

Eryn, Y9

Mrs Tyley

Isobel, Y9

Marcus, Y12

Mr Williams

Holly, Y10

Megan, Y12

Leon, Y10

SUBJECT UPDATES



ENGLISH

The English team would like to say well done to students who are working hard to complete work in KS3 English. Remember your work is set on the Challenge Centre in folders for the half term Summer A. You will see lessons numbered in order for you. There are additional resources on the Challenge Centre for anyone who wants extra!



DT

KS3 - We have been really impressed with what some of you have uploaded for feedback. Keep them coming! Remember, to access your creative challenges and upload work, you need go to the courses tab and select your year groups D&T course (CRHS Year 7 D&T, CRHS Year 8 D&T or CRHS Year 9 D&T).

KS4 - *Textiles Design (Mrs Alman), Product Design (Mr Fells), Engineering Skills (Mr Maltby) and Practical Cookery (Mrs Lace)*: Well done those of you who have engaged with the new online tasks. Your teachers will set you a new task each Monday. This could be a single task piece of work or information about the next part of a much larger project that you are completing. The work is linked to your examination courses. Remember, to access your work and upload work, you need go to the courses tab and select your course page.

KS5 - *Textiles Design (Mr Maltby) and Product Design (Mr Maltby)*: Well done those of you who have completed the new online tasks. Tasks are set weekly via Its Learning and are linked to your A Level projects. Remember, to access your work and upload work, you need go to the courses tab and select your course page.



SCIENCE

There are students in every year group that are impressing us with their hard work and their creativity! New resources, tasks and ideas are being added to Its Learning all the time so please keep checking the pages for more updates.

<u>Year</u>	<u>Its Learning Course Page Name</u>
Year 8	CRHS Yr8 Science
Year 9	CRHS Yr9 Science
Year 10	CRHS Yr10 Science

For our **A Level courses**, the relevant **Google Classrooms** are working well. Please keep using these to communicate with your teachers and fellow students.

SUBJECT UPDATES



PE

KS4 & KS5: A big thank you to our Year 10 and Year 12 examination classes for your ongoing efforts! Keep it up. Business as usual next week.

KS3: Body: Keep your heart rates up and muscles aching with our daily challenges! As always, you can find these on the **Challenge Centre** or our **Facebook page!** Next week you will be working in pyramids to get stacked like the Pharaohs!!!

Brain: The latest challenge pack was added to the **Challenge Centre** on itslearning last week. This pack is based on 'officiating'. It includes lots of questions about your favourite sports. Give it a go! A new mental challenge will be added next Monday.



LANGUAGES

The French and Spanish team are running a **PRIZE DRAW** competition this week as a means of revisiting your recent remote learning covered over the past weeks and previously learned materials. This is open to all Year 7 and Year 8 students in both French and Spanish. This will remain open until the end of the Summer Term and more opportunities will be added, so get your

entries in!



RS

Year 7: Log on to Its Learning, CRHS Challenge Centre, Year 7, Religious Education.

All your tasks are available here. When you have completed a task send it to your RS teacher via their google email (katiebrown@online.sch.im OR catherinemartin@online.sch.im)

Alternatively, see Quest 4 'Heal the World' OR Quest 5 'Stayin' Alive'

Year 8: Log on to itslearning, CRHS Challenge Centre, Year 8, Religious Education.

Year 9: Log on to itslearning, CRHS Challenge Centre, Year 9, Religious Education.

All your tasks are available here. When you have completed a task, send it to your RS teacher via their google email (katiebrown@online.sch.im, catherinemartin@online.sch.im OR meganquirk@online.sch.im)

MESSAGE FROM MR. KAY



Hello everyone, but especially everyone in Key Stage 3,

I hope you are all still well and living a life that is as fulfilling as possible in these challenging times. As we have become more used to learning remotely, it has been really impressive that so many of you are getting to grips with the materials that your teachers are providing and finding fresh motivation to get on with things. In languages, Mrs Perry has created some prize draws, so look for those on It's Learning and submit your answers. Don't forget you teachers are available through their online Gmail accounts if you get stuck or need some direction. It may feel a bit weird at first sending a teacher an email, but we are fine with it!

Each Key Stage 3 tutor group now has a tutor page, so don't forget to post on those and ask questions or share what you have been doing. Don't forget that your tutor is there for you and you are part of the Castle Rushen family, so stay in touch with the rest of us.

I now have to confess to falling behind with some of my plans. My reading plan is failing dismally, so I am planning on getting that on track over the long weekend. I am still doing my 'two hills walks', but haven't managed since Sunday as I have been in school, so one a day is my target for the next three days. If you too are finding your plans failing at times, don't be afraid to start them up again with renewed energy, or amend them to suit the changing demands on your time.

I have been cooking more, which has been fun, and I have tried pushing myself to make new things, rather than the same things over and over. Here is a really nice recipe that I tried after watching it on the new Jamie Oliver lockdown cooking programme. It's a bit fiddly, so maybe more one for parents/carers, but the end result is really nice. Think you don't like spinach or squash? Think again! You can get frozen spinach really easily in Shoprite. Other shops are also available! Don't bother with the sage!

<https://www.jamieoliver.com/recipes/pasta-recipes/squash-spinach-pasta-rotolo/>

Mrs Kneen and I are busy with transition work and it has really got us thinking. This will be the first Year 7 group, whenever they finally start with us, who have seen very little of our school. Do you have any cousins or family friends who are coming into our Year 7? Perhaps you could help by contacting them on Zoom or Skype and answering their questions about what it's like being in our Year 7?

Here's a transition competition for you. I will offer prizes for the best three entrants, closing on Friday 15th of May. Very simply, **what three pieces of advice would you offer to a Year 6 pupil coming to Castle Rushen for the first time?** Send you entry either to CRHSEnquiries@sch.im or to my Gmail.

That's all from me for now. Stay safe and see you soon, I hope!

Mr Kay

MESSAGE FROM SC3



Hello SC3 students,

We hope you're all keeping well, staying safe and have been enjoying the weather. I can't remember when it's been so lovely for so long.

Thank you to Mrs Irvine for making up some great new work packs and to those SC3 staff who helped deliver them to you. I especially enjoyed all the VE Day resources. Did anyone make the Wartime Eggless Sponge? Mrs Irvine did and said it was delicious. What about the Trench Stew. That sounded less delicious! Stop press – Mrs Singleton has just sent us a link to her department playing and singing a very famous wartime song:

<https://youtu.be/5a4qZnRWHQY>

This week, how about working on some window displays to show support for our key workers. During the coronavirus pandemic, the rainbow has become a symbol of support for people wanting to thank NHS workers and all key workers. We know some of your parents are Key Worker Heroes. Indeed, all your parents are heroes, for looking after you so well, as are your teachers who are working at home or in school to support you. In my opinion, the biggest heroes are YOU. You have all been doing so well, dealing with this very different time. Well done you!

So, here's a link to a rainbow template:

<https://www.twinkl.co.uk/resource/stay-safe-rainbow-window-poster-t-tp-2549673>,

and we're attaching some pictures of what others have done.

Have you got some chalk?



This one's made out of lots of hearts...



Aren't they lovely? When I go for my morning walk, I have seen some really colourful window and path displays. They make me smile. They must really make the key workers happy too. See what you can do and send me a picture if you like.

Stay safe everybody and keep in touch. Best wishes from **Heather Tyley and staff**.

VE DAY MEMORIES

One of our teachers has been doing some shopping for an elderly neighbour who lives here in Castletown. This quiet gentleman who prefers to remain anonymous has been jotting down some of his memories of VE day from 1945 in his weekly shopping lists! What an amazing way for us to discover some local history. It's interesting to hear that he sees some connections between the past and the present challenges. We are really privileged to have these first hand accounts from a member of our community and what a lovely gesture on his part to pass these on.

"I never expected that the start of my ninth decade would be in so many ways a return to what I remember of my first – with the roads largely free of traffic apart from buses, and definitely no holidaymakers. This afternoon's scene of local families with children playing on Castletown beach brought back my own memories of tourist-free Douglas beach during the war years. Even the contractors' fences around the now suspended roadworks on the Douglas Promenades bring back memories of the barbed wire ones there in those days."

"More memories from my childhood, V.E. Day 1945: the sound of ships sirens in Douglas Harbour to greet the morning, and the appearance of red white and blue bunting and Union flags on the fronts of houses, with a particularly extensive display on the house opposite, the home of an Irish family. Not appreciated at the time, but I now realise which part of Ireland they must have come from! A street party; my first encounter with jelly of different colours: other first encounters - ice cream and bananas would come later. We lived in Westbourne Drive close to Ballakermeen School, which prior to opening as a Technical School had been taken over by the Royal Navy for the training of cadets. I remember seeing them on their daily march between here and their accommodation at the Holiday Camp on Victoria Road, the other side of town. A few weeks later, having been taught the Manx National Anthem at school in preparation, we all attended a gathering in the Villa Marina Gardens to greet the King and Queen who had come to preside at the Tynwald Ceremony."

"Yesterday's 'Examiner', (5th May 2020) as well as reproducing a page from May 1945 also contains the first of two articles about the wartime origins of what are now Janets Corner and Clagh Vane estates. I certainly remember them as still being nissen huts for a number of years after the war, and the families resettled there would have provided a significant proportion of the first intake of Castle Rushen Secondary School (as it was originally called) also in ex-Royal Navy buildings in 1948, almost certainly the first Comprehensive school in the British Isles to open as such; the schools in Douglas and Ramsey being extensions of pre-existing Grammar Schools."



SHOUT OUTS



— [Ooh, cake!] —

A grateful shout-out for Lucy in Year 8 who baked a gorgeous birthday cake for her friend, Laoise, and left it safely on the doorstep. The cake was amazing! It even put Colin the Caterpillar to shame for Laoise's 13th birthday.



— [Language Leaders] —

A well done shout out to Gypsy-Mae in Year 7 and to Conner in Year 8, who were the first to submit entries in the French and Spanish prize draw – at lightning speed!!!! Bon travail! Buen trabajo!



— [Express Delivery] —

Two of our Year 10 boys are featured in the local press this week, delivering food from the Bradda Glen Restaurant to homes in the South. Well done Josh and Patrick!
You can read the full article [here](#).



— [Digital Guru] —

Oliver in Year 10 actually taught Miss Callow a lesson this week when she needed help to show everyone in her class how to upload their work to her. He responded with a video tutorial! A career in teaching ahead maybe, Oliver?

SUBJECT & YEAR GROUP SHOUT OUTS

YEAR 7



Well done to the 37 Year 7 students still quizzing on Accelerated Reader and to all of you who are taking the time to read. Since school closed, as a year group you have taken 224 quizzes and gained 9,982,495 words! Wow!

Our Millionaire lockdown readers are; **Rowan C, Ella, K and Katie-Rose H.** Congratulations!

Our 100% Quiz achievers are; **Garv A, Rowan C, Isobel C, Oliver C, Ella-Grace E, Charlie E, Coral H, Katie-Rose H, Ella K, Molly K, Alex M, Luke M, Charlotte NB, Mia P, Elena P, Evie W and Lily-Rose W.**

Let's make this interesting Yr7...

For every 5 Million words you collect, Miss Libreri will donate £5 to the NHS! Keep reading.

MATHS



The Maths department launched Times Table Rockstars to all KS3 students last week.

When it comes to times tables, speed and accuracy are important – the more facts your child remembers the easier it is for them to do harder calculations. Times Tables Rockstars is a fun and challenging programme designed to help students master the times tables. It goes up to the 20 times tables not just 12 x 12 so there is potential for students of all abilities to improve their efficiency.

If parents missed the email and wish to avail of this opportunity, please get in touch with Mr Brookes on CRHSEnquiries@sch.im to give your consent. To make things easier the log in details will be the same as your son/daughter's MyMaths account.

CONGRATULATIONS to all of you who have made a start, but our current top 3 'Rock Gods' are -

- 1st - Nancy Eisley (Year 8) with 47,474 points**
- 2nd - Danger La Rock (Year 8) with 29,830 points**
- 3rd - Queen Rock (Year 7) with 18,242 points**

HELLO...FROM YOUR NEW SENIOR STUDENTS

We hope you are all staying safe and well in these unprecedented times. This is definitely not the way we thought we would be introducing ourselves, however we have decided to share with you a few tips and ideas that are helping us to stay motivated and positive at the moment. We have lots of school work to keep us busy, although some of you may have less, therefore this is a great opportunity to take learning into your own hands. If you're in year 11, think about subjects you may take for A-level and begin your learning now; wider reading will be extremely beneficial. For year 10s (or even year 9s heading into GCSEs) make clear, concise notes and keep your work in order. These old notes will prove to be vital in year 11 when you will want to revise those topics.

We think everyone can agree that there are so many more distractions around us at home as it is usually a place that we relax in, possibly turning your phone on silent for a while could be a good solution. Also remember that your teachers are having to adjust to the new situation too, so if you're ever stuck do not hesitate to email them, but remember to be resourceful yourself. Try not to get too overwhelmed, however if you do feel this way, one of us four will always be more than happy to give advice where we can and more importantly listen. Until we are back in school, remember to email your tutor or Cara if things get too much.

It's also very important to take frequent breaks and stay active as this will benefit your physical health just as much as you are mental health. All of us are involved with senior sports and so in order to maintain our fitness it's been important to us to exercise, even if it is just 15 minutes a day. This may be a walk or the at home workout that CRHS sport has been posting daily via their Facebook page; remember that normally you would have a double games lesson each week at school. Our final tip is to keep communicating with friends and family. Usually you would see your friends everyday at school! Maintain contact with them, try FaceTime or even just drop them a message to see how they are doing.



I hope everyone's staying safe. Many of us may be tempted to loosen the reins which is more than understandable in these circumstances, but we've got to follow the guidelines. If you're finding it tough, don't be too hard on yourself. I've found that having sensible sleep patterns, keeping a good diet, and ensuring I keep on top of my workload have allowed me to develop a productive yet flexible routine. Waking up early and getting a simple task done such as exercising leaves me feeling I've accomplished something, giving me motivation to stay productive throughout the day. I'd also like to emphasise flexibility; since now there's no set timetables, make sure you allow yourself to take frequent breaks to allow your mind to reset. Lastly, I felt I've been privileged in receiving this role as Head Boy and I'm sure I speak for all of us when I say we would like to thank you all for giving us your time and consideration throughout the process. **Adam**



First of all I would like to say that I am extremely honoured to be Castle Rushen's new Head Girl. I am looking forward to taking an active role, talking to you all on a regular basis and finding out how I can help. In the meantime however, I have been taking advantage of this beautiful weather, walking my dogs, trying new recipes (not all have been so successful!) and finally getting round to that wider reading I have always been told to do but never had the chance. Keeping a routine has been the most beneficial for me, getting most of my school work done in the morning in order to have some of the afternoon free. Once we are back (hopefully soon!) I am of course looking forward to seeing my friends and to catching up with teachers, but the highlight will definitely be having the common room!

Saoirse

HELLO...FROM YOUR NEW SENIOR STUDENTS



I'd like to congratulate Adam, Saoirse and Kate on achieving the roles of Head Boy, Head Girl and Deputy Head Girl respectively and introduce myself as Deputy Head Boy. I hope everyone at home is staying safe and continuing to socially distance to help flatten the curve. I've been trying different things during this lockdown period and I'd like to share them with you in hopes of you trying them too. As the weather has been so nice recently, I thought it'd be a good idea to try and get out on my bike more. I'm not normally a big fan of cycling, but it's a great form of exercise and can really help open your eyes to the beautiful island we live on. Another thing I've taken up is photography. Again, with the weather being the way it is, there have been fantastic opportunities to take lots of photos of nature. Sunsets are one of my favourites to capture, simply because of all the vibrant colours. I encourage you all to explore something new too.

Jonny



I'd like to begin by saying how proud I am to be Deputy Head Girl at CRHS. We have a great school and the support of our teachers at the moment has been fantastic! I have been making the most of my time at home by keeping on top of my fitness through doing daily workouts and the occasional run. I have even dug my bike out of the shed (after about 7 years) and have been on a few rides. I know lots of you might be struggling with motivation to do things (I know I did at first). I would recommend being as productive as you can in the morning and then taking some of the afternoon to spend it as you like. I hope it will not be too long before I can see all my friends again and I'm sure lots of you are feeling the same way. I hope you're all staying safe at home and I look forward to seeing you back at school whenever that may be.

Kate

WELLBEING

FIVE WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

COMPETITION WINNERS

You may remember Miss Quirk ran a creative writing competition for Year 7 over Easter. Here are the results.

Story Competition Results!

Just a quick thank you to all the entries, I really enjoyed reading them - you all are budding writers and I hope you continue with the next chapter of your story.

Now for the winners....



In first place

(winning the voucher of her choice) is...

Charlotte N B

Her story was set in a war torn country with three orphans fighting to stay alive. Well done Charlotte!



In second place

(winning the large Easter egg) is...

Elena P

Her story entitled "The Plane Crash" depicts the fight to stay alive on a deserted island. Great work Elena!



In third place

(winning the smaller Easter egg) is...

Evie W

Her story centred on a pandemic (sound familiar?) and is set on the Isle of Man. Ace job!

I will be in touch with the winners soon. Thanks again everyone and when we're back in school we can do another competition. Give me some suggestions for the next theme.



CAHS QUIZ TIME

1



PE: Can you guess the rugby teams?

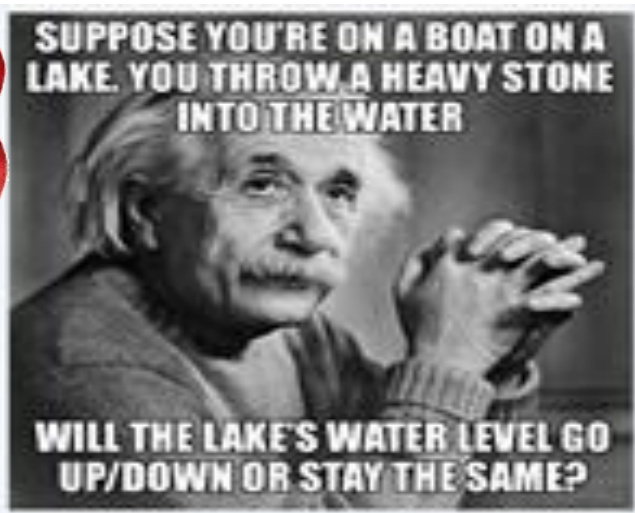
2



PE: Where's the ball? (choose the corresponding number in each picture)

CRHS QUIZ TIME

3



Science: What's the answer?

4

When the day after tomorrow becomes yesterday, then today will be as far from Sunday as the day it was today when the day before yesterday was tomorrow.











Which day is it?

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Riddle: What's the answer?

5

If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____
2. Find a letter that is in  but not in  _____
3. Find a letter that is in  but not in  _____
4. Find the letter that is in  but not in  _____
5. Find a letter that is in  but not in  _____

Riddle: What word do the letters make?

6

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.

- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.

Can you guess the movie?

QUIZ TIME ANSWER SHEET



PE: Can you guess the rugby teams?

1. Exeter Chiefs
2. Toulouse
3. Racing 92
4. Glasgow Warriors
5. Sale Sharks
6. Gloucester
7. All Blacks
8. Barbarians
9. Wallabies
10. Bath
11. Newcastle Falcons
12. Harlequins
13. Springboks
14. Northampton Saints
15. Ospreys
16. Leinster



PE: Where's the ball?

From L - R...4, 3, 1, 3, 3, 4

Science: What's the answer?

Down. Year 10, you should know why! Check Mr Swinhoe's explanation of this in the Year 10 Physics section of the CRHS Challenge Centre page on itslearning.



Riddle: What day is it?

SUNDAY



Riddle: What word do the letters make?

SMILE



Can you guess the movie?

1. Life of Pi
2. Sweeny Todd
3. Harry Potter & the Goblet of Fire
4. I Know What You Did Last Summer
5. Brokeback Mountain
6. Pearl Harbor
7. Cinderella
8. Thor
9. Planet of the Apes
10. Titanic
11. The Devil Wears Prada
12. Eat Pray Love
13. ET
14. The Ring
15. Edward Scissor Hands

16. Forest Gump
17. Babe
18. Kung Fu Panda
19. 27 Dresses
20. Lost in Translation
21. Ninja Turtles
22. Men in Black
23. Happy Feet
24. 2012
25. Independence Day
26. UP
27. Lord Of The Rings
28. Final Destination
29. The Curious Case Of Benjamin Button
30. American Pie