



CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 18 MAY 2020

Hello CRHS Students...

Welcome to the penultimate week of this half term. There is still plenty of work to do and a number of items of news to share with you, as usual. Your teachers are pleased to hear from you, to get work from you and to help you, so make sure you are keeping in touch and checking for messages from them.

A number of subjects want to update you. Remember, no update means it's business as usual. Yr7, we would normally be starting to work on your Quest presentations at this point, so make sure you check on what is required this time by visiting 'CRHS Quest Kids'. More detail in this newsletter.

This week there are two important wider events to be aware of. The first is that this is 'Mental Health Awareness Week'. We all know that we need to take care of our mental health, especially during this challenging period in our lives which can be tough for us and also for those we care for. Take some time to read about it in our newsletter and remember there is a lot of support if you need to talk, within school (via your tutor or Cara on carajustice@online.sch.im) and outside school using one of the contacts we provide. Remember to be kind and sensitive to the needs of those around you. The second event is the famous Hay Literary Festival, which has been getting more and more popular every year. This year it is having to go online, so it's a perfect opportunity for you to hear from some of your favourite authors and to check out some new reads to keep you going. There really is something for everyone, so have a look with your family.

Closer to home, the Curraghs Wildlife Park would like us to remind you that their animals are enjoying showing off on their YouTube channel and we've included their newsletter for any animal fans amongst you.

Yr10 and Yr12, we need you to keep moving steadily forward with your exam courses, completing your work and meeting your deadlines. You may have heard in the local media that there are plans to open up to you ahead of other year groups. Please be assured, we will be communicating with you and your families to keep you informed about how any such plans will work here at CRHS. You know that your teachers will be prioritising your safety, your wellbeing and your education, so please do not worry.

Have a good week and remember to **stay safe**.





One of the world's biggest and best literary festivals happens every summer in the little Welsh town of Hay on Wye.

Dreamed up around a kitchen table by Peter Florence and his parents 30 years ago, the first Hay Festival was held in the modest surroundings of a pub garden. These days it attracts 100,000-plus visitors over 11 days to engage with the world's great writers, poets, philosophers, historians, scientists, comedians and musicians. It's moved to a large tented village on the outskirts of town with 10 venues, pop-up cafes, shops and restaurants. This year, you can't go to the festival, but the festival can come to you!

Attending Hay Festival Digital 2020 online is completely free and couldn't be easier.

Hay Festival Programme for Schools will be broadcast on Hay Player 18-22 May. Aimed at inspiring creative reading, this programme has events for children in both primary and secondary school and learning resources to accompany the sessions. The main programme running 22-31 May features free live broadcasts and interactive events from more than 100 award-winning writers, global policy makers, historians, pioneers and innovators, celebrating the best new fiction and non-fiction, and interrogating some of the biggest issues of our time.

LAST WEEK'S BIRTHDAYS

Ruth, Y12
Robert, Y10
Louis, Y8
Mrs Elliott
Joseph, Y10
Jaidon, Y7
Daniel, Y7
Miss Martin
Cameron, Y9
Robert, Y7
Samual, Y7
Leighton, Y12
Paris, Y12
Mrs Duggan
Kate, Y8
Ryan, Y7
Summer, Y7
Amy, Y8
Miss McCoubrey

SUBJECT UPDATES



ART

Remember the Art Department is running an NHS rainbow competition - closing date for entries is 29th May so there's still time for you to send in your entries. The more creative the better! Look at these great examples:



QUEST

Hello Year 7 – you have one more week to explore the topic areas within your current Quest. Even if you haven't done much yet there is still time to join in and expand your brain! On Monday 25 May we will be starting our presentation week and you will be able to choose how you present the learning you've done over the past five weeks. Remember to visit the 'CRHS Quest Kids' Course on itslearning and click on either Mrs Williams or Miss Libreri to get to your current Quest. There are lots of different activities you can get

involved with.



BUSINESS STUDIES

Mr Casson and Mr Gray ask that you keep checking google classroom.



ENGLISH

Miss Callow's Year 7 have been sent booklets and one for parents too. If you haven't received these booklets please let her know by contacting: emmacallow4@online.sch.im

Miss Callow's Year 8, you have been sent two 'SATS' booklets. To receive marks for this please scan or send the booklets back in to mark when you've completed. If you haven't received these booklets please get in contact via: emmacallow4@online.sch.im

Mrs Cox has had some issues with her emails and would like to clarify that her address is SarahCox1@online.sch.im. Please make sure you use this address to submit work to her or to ask questions. She's looking forward to hearing more from her Yr9 class in particular.

Mrs Moore also wants to remind her students of her email address, which is rachael.moore@online.sch.im

Most email addresses for staff follow the same pattern, but these two are a little different (note the number in Mrs Cox's contact and the dot in Mrs Moore's), so be careful to get it right.

Yr12 Literature, don't forget that we advised you of some great opportunities available now, related to your set texts to listen to the audio version of 'Wuthering Heights' available on Audible and watch the streaming of 'A Streetcar Named Desire'.

SUBJECT UPDATES



GEOGRAPHY

Year 12 ELM: please keep working your way through the Coastal Environments work on the Google classroom. Thank you and well done to those students who have submitted work. Keep up the great work!



HISTORY

Year 12 - By Friday 29th May - China module/Ms Poole - Notes should have been written using Chapter 3 'Defeat and Revolution 1901-25' - using pages 47 to 71. Please follow all instructions and power points and watch the videos in your Google Classroom.

Year 12 (Mrs Williams) – New classwork is in Google Classroom - follow all instructions.

Year 10 - By Friday 22nd May - Chapter 4 - Who was to blame for Cold War? - overview tasks should have been completed. Please follow all instructions and power points and watch the videos in your Google Classroom. Ensure examination questions have been emailed to your relevant teacher.

For **Miss Quirk's** class remember to follow the lessons on google classroom and to check in on Mondays and Thursdays and email your work to her.

Year 9 - Work through the 911 tasks: *Go to itslearning- Choose "CRHS Challenge Centre" - Go to Year 9 - Go to History - scroll down for 911 activities.*

Year 8 - Keep working through the activities on the 5 power points on the American West: *Go to itslearning - Choose "CRHS Challenge Centre" - Go to Year 8 - Go to History - Scroll down for Native Americans and Cowboys activities - Extra resources have been added too.*



SCIENCE

Students in Year 8 – Year 10, please Gmail or send an itslearning message to Mrs Williams (Science) if they haven't managed to access the work on itslearning or on Seneca due to logging in issues. She has some step-by-step help sheets for accessing the work if you're finding that tricky.



PE

Body: Make sure you log on each morning to check out Mrs Astin's work outs! You can find these on the *Challenge centre or our Facebook page!*

Brain: Check out our new Challenge Pack – 'Healthy Body, Healthy Mind'! This fortnight we are looking at how factors such as your diet and your mental wellbeing can affect your performance! Check it out and give it a go!



MATHS

Mrs Kneen's classes (Year 7,8 and 10) can find their information through google classroom. Mrs Kneen has emailed you with an invitation to join the class.

MESSAGE FROM SC3



Hello SC3 students,

I really loved being a postman last week and delivering your “lockdown photos” to you all at home. It was great to see and talk to some of you again and hear how you’re getting on. Some of you have told me how much you like the photos – so send me some more and I’ll do it again.

Talking of postmen last week (w/b 11th May) the post office delivered a leaflet/postcard to every home on the Island. This is what they told us:

“The information leaflet serves two purposes; one half of the leaflet provides information about the recently formed Manx Solidarity Fund, including how to donate and apply for support, and the other half of the leaflet is a postage paid postcard, featuring artwork from the #CarryUsThrough stamps, which can be used to send a message to anyone anywhere in the world, completely free of charge, courtesy of IOMPO.

‘Send a letter and deliver a smile’



Have you got your postcard yet?

So, this week we’d like you to write your card and send it to someone, maybe a grandparent or an elderly friend or someone who’s lonely. Get your parents to help you by drawing lines for you to write on if it helps. And talk to them about what you could write.

Thank you for keeping cheerful and helping make others cheerful too!

Stay safe,
Mrs Tyley

SHOUT OUTS

Congratulations to all those Rockstars who have been gaining points and increasing their fluency and speed with their Times tables. Our top 3 rockstars from the past 7 days are:



- 1st Place...Nuno Cohen (Year 8)...55,358 points
- 2nd Place...Little Bumbly (Year 7)...36,251 points
- 3rd Place...Duff Money (Year 7)...32,533 points

There is also a tutor group competition running and Mr Brookes will award prizes to the top group in Years 7, 8 and 9 once we are all back together. The current top tutor group in each year group is:

- Year 7.....7SL
- Year 8.....8RLM
- Year 9.....9JVD



A big thank you and well done to all entries for the MFL Honour our Nurses competition in both French and Spanish! Some lovely posters have been produced and displayed in windows. Nice one, Elena P Yr7!



WHAT A RIDE!

JJ Hidson in Year 10 has completed 75km on his bike, doing laps of the Southern 100 Course to celebrate VE Day. He has completed it with the Army Cadets and it has taken him a week to do. Well done JJ!

Breesha (Year 7) and family won the Arbory Commissioners VE Day celebrations competition.



SUBJECT & YEAR GROUP SHOUT OUTS

YEAR 7



Well done to the 37 students still quizzing on accelerated reader and to all of you who are taking the time to read. Since schools closed as a year group you have taken 303 quizzes and got 13,089,818 words! That's an increase of 79 quizzes and 3,107,323 words since the last update 10 days ago 😬

Our Millionaire lockdown readers are:

Rowan C on **3,820,217 words**

Ella, K on **1,867,783 words**

Katie-Rose H on **1,122,313 words**

...and a new millionaire since lockdown, **Isobel C** on **1,655,240 words**.

Wow!

Our **100% Quiz** achievers this week are; **Thomas A, Rowan C, Isobel C, Daniel C, Charlie E, Stephen H, Ella K, Jade LM and Leo T.**

Don't forget...

*** For every 5 Million words you collect Miss Libreri will donate £5 to the NHS ***
So far you have raised **£10**, Keep reading

CAN YOU GUESS THE SLOGAN?

The Business Studies department are posing a slogan quiz. Do you recognise these?

- | | |
|---------------------------|-------------|
| 1. Eat fresh | Answer..... |
| 2. I'm lovin' it | Answer..... |
| 3. It gives you wings | Answer..... |
| 4. Taste the rainbow | Answer..... |
| 5. Because I'm worth it | Answer..... |
| 6. Snap Crackle Pop | Answer..... |
| 7. The best a man can get | Answer..... |
| 8. Connecting people | Answer..... |
| 9. Have a break | Answer..... |
| 10. Finger lickin' good | Answer..... |

Check back next week for the answers!



Mental health problems can affect anyone, at any time. Mental health is everyone's business. So, for one week each May, the Mental Health foundation campaigns around a specific theme for Mental Health Awareness Week. This year the theme is **KINDNESS**.

During the week, they would like you to carry out or reflect on an act of kindness. Take a photo or video (with permission!) and use the hashtags #KindnessMatters and #MentalHealthAwarenessWeek You can also share your ideas on how you think we could build a kinder society that would support our mental health using the same hashtags above.

Some acts of kindness to inspire you can be found on the next page!

Before you start, please remember the tips below:

Keep others in mind

Although carrying out good deeds for other people can make you feel good, don't forget to keep in mind why you're doing it – for their benefit not yours.

Don't overdo it

If you find that you are giving too much of yourself or have gone beyond your personal resources, think about taking a step back. We recommend starting small so that you don't become overwhelmed or give more than you are emotionally or in other ways able to give.

Do you need urgent help?

If your mental or emotional state quickly gets worse, or you're worried about someone you know, help is available.

You're not alone; talk to someone you trust. Sharing a problem is often the first step to recovery. Some places to get help from are:

- **Samaritans - 116123** or www.samaritans.org
- **Childline - 0800 1111** or www.childline.co.uk
- **Kooth - www.kooth.com**
- **Young Minds - youngminds.org.uk**

Be kind

Tell someone you know that you are proud of them.

Call a friend that you haven't spoken to for a while.

Send an interesting article to a friend.

Arrange to have a cup of tea and virtual catch up with someone you know.

Arrange to watch a film at the same time as a friend and video call.

Send someone you know a joke to cheer them up.

Tell a family member how much you love and appreciate them.

Send someone you know a picture of a cute animal.

Send a motivational text to a friend who is struggling.

Tell someone you know why you are thankful for them.

Contact someone you haven't seen in a while and arrange a virtual catch up.

Help with a household chore at home.

Send an inspirational quote to a friend.

Make a cup of tea for someone you live with.

Spend time playing with your pet.

WELLBEING



E SAFETY

Cautious - Create opportunities to have safe and positive online interactions with friends, family and you. Connecting with others is more important than ever at the moment and this can be an excellent opportunity for you to model kindness and empathy in your “virtual interactions”. Be kind and respectful to classmates when online and during video calls (you may not know what they are going through), be mindful of what clothes they wear and avoid joining video calls from a bedroom.

Respectful - Be careful when working online as you could be exposed to more advertising that may promote unhealthy foods, gender stereotypes or age-inappropriate material. You could use this opportunity to explore together with family what is wrong with some of the negative messaging you see and use your voices online to share your views and support others in need during this crisis.

Health – there are lots of digital tools to get you up and moving, like online exercise videos, fitness challenges for example on the CRHS Sport pages, video games that require physical movement.

Safe - Remember to balance online activities with offline activities, including time outside, if possible, but remember to do so whilst observing social distancing and stay safe.


EMOTIONS AREN'T "GOOD" OR "BAD"

EXAMPLES ↗

STRESS
"I need to slow down. I need self-care."

SAD
"It's okay. I need love & to look for joy & gratitude."

ANXIOUS
"I need calm & grounding. I can remind myself I am safe & can manage this."

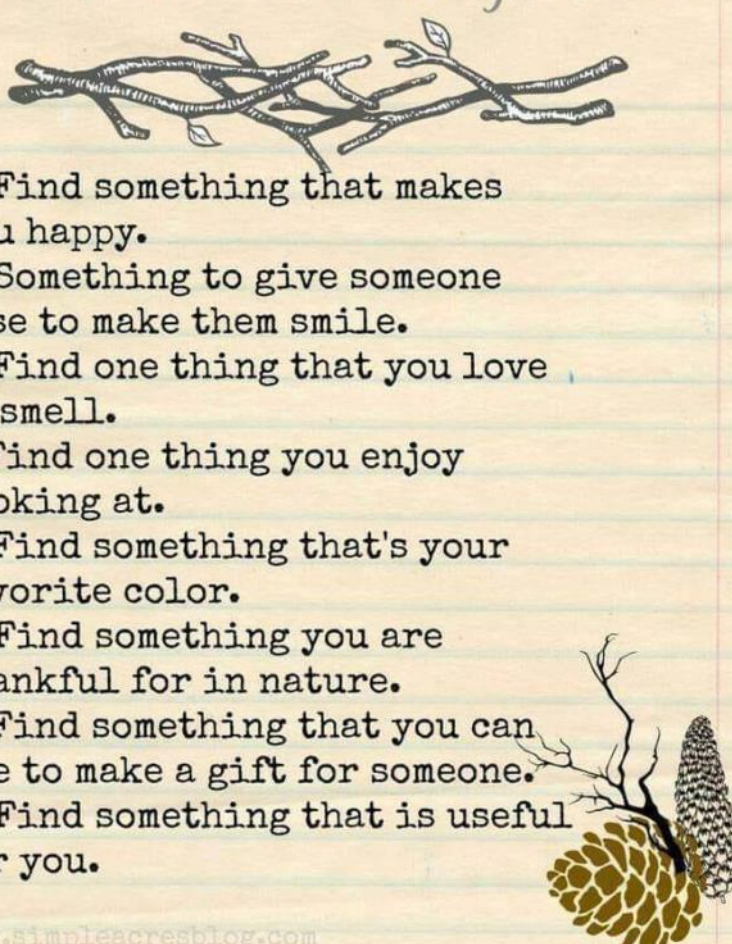


They are **SIGNALS** to us...
our body bringing our attention to something → Maybe letting you know that something is 'off-kilter' or out of balance.

ASK YOURSELF:
"WHAT IS THIS FEELING TRYING TO TELL ME?"

@journey-to-wellness

Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.

www.simpleacresblog.com

WIDER EDUCATION



ARTS COUNCIL

Applications are now open for the Isle of Man Arts Council student awards for academic year 2020/21. There are 3 awards available, each for £10,000, to support gifted and committed students moving into higher or further education in the arts:

- The Jonathan Gollow Award for Performing Arts
- The Norman Sayle Award for Visual Art and Literature
- The Isle of Man Arts Council Award – for a student whose extenuating personal circumstances such as low family income, disability or long term illness may be preventing their further studies within the arts.

Further information can be found on our website at: <https://www.iomarts.com/funding/applying-for-funding/student-bursary/>. Closing date for applications is 26th June 2020. The IOM Arts Council will then consider the applications at their funding meeting on 10th July.

**CALLING GEOGRAPHERS
Y12, Y13 AND UNDERGRADUATES**

THIS IS YOUR CHANCE TO PUBLISH YOUR BEST WORK

FIELDWORK BOOK REVIEWS ESSAYS

VISIT [ROUTESJOURNAL.ORG](https://www.routesjournal.org) FOR MORE INFORMATION & TO MAKE A SUBMISSION



KS5 geographers!

A new Geography journal (Routes Journal) especially for students has just been set up. The first edition of the e-journal is due to be published in September. It is aimed at KS5 students and undergraduates. However, Miss Metcalfe thinks it would be a fantastic opportunity for KS5 students to get involved. Students can e-mail her if they are interested and would like more information or they can go onto the website: <https://routesjournal.org/>

Click [here](#) to check out the Curraghs Wildlife Park Education YouTube channel – with some “Call of the Wild” videos of their education animals. You can find out more about their “Call of the Wild” programme at the back of this newsletter.



For those of you in **Year 11** or **Year 13**, looking ahead, you might be interested in the careers advice on offer at <https://signposts.sch.im/>



Curraghs
**Wildlife
Park**

Call of the Wild

Issue Four

When our visitors heard that the animals might get bored without people to watch, they decided to send them some presents! The zoo keepers helped the animals make a wish list, and all sorts of exciting things have been arriving through the post! Below, you can see some pictures of the animals enjoying their treats.

New Toys for the Animals!



Pinata puzzle for the ruffed lemurs



Tricky toy for the mongooses

When we give toys, puzzles and other treats to our animals to keep them busy and interested, it's called "animal enrichment".

In the wild, animals don't really have time to do stuff just for fun because they are too busy watching out for danger, and trying to find enough food to stay alive. It can be a very tough life, but it's never boring.

The worry about animals in zoos and Wildlife Parks is that although they are well fed and pampered, they might sometimes get bored. That's why it's important to give them interesting enclosures, and plenty of stuff to do!

Riddle Time

There are stories that tell
I breathe fire and can fly
From way down under
In the desert I get by
I'm a b _____ d _____

Oh so slowly
I slide on the ground
My silvery trail
In the garden is found
I'm a s _____

I am oh so long
And oh so slim
But what I lack
Is a single limb
I'm a s _____

You'd think I could fly
But I'm too big by far
I'm a very good runner
As fast as a car
I'm an e _____

Whose dinner?

Which animals will enjoy one tasty fish each for dinner?
Clue - these animals are very agile and nimble swimmers.



Which animal?
Unscramble the letters to find out!

r o o t s i t e
s o o n m e g y
h e w i t t r o s k



Colour gives camouflage amongst trees that are often covered in red-brown lichen and mosses

Very thick fur for warmth
Is like wearing a duvet!

Broad head has strong chewing muscles and large molar teeth for chewing bamboo



Thick furry tail for snuggling up warmly

lower half of body dark coloured, to camouflage in the shadows

long claws for climbing and defence

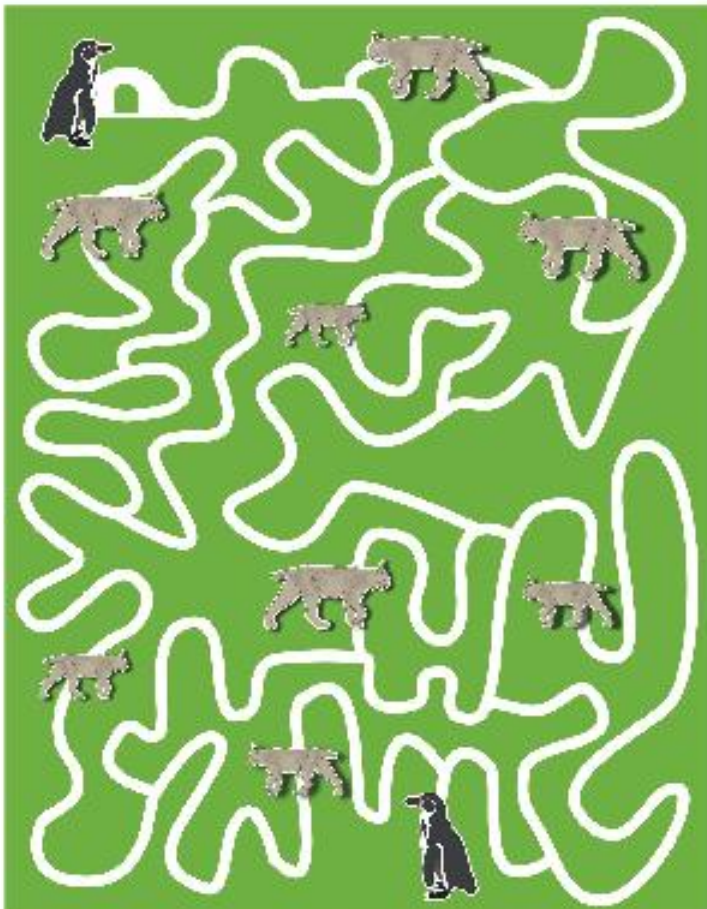
A small bone on each wrist is like an extra thumb to help with climbing



Nooo! Red pandas are an endangered species now. Their forests are being cut down, and they are hunted for their beautiful thick fur.

Penguin in Peril!

Oh no! Pindy the penguin is lost and needs to find his way home to his mate and his nest. But there are hungry lynx around. Can you help him find his way home without being eaten?



Animal of the Week

Red Panda

Like the more famous giant pandas, they love to eat bamboo. Bamboo is not a very easy food to eat - it takes a lot of chewing, and does not provide much energy. Red pandas save energy by sleeping a lot, and they have big molar teeth to chomp through tough stringy bamboo.

Habitat

They come from cold forests in the foothills of the Himalayan mountains

Food in the Wild

Mostly bamboo. Also other plants and fruit. Occasionally they eat birds' eggs or insects

Superpower

They can sleep for hours, curled in a ball, high up in a tree, in a freezing forest.

Cut out and keep me



answers

Riddles: be arde d dia gon; s nail; snake; emu
Answers for tortse; mon go ose; white stork
Whose dinner? The short-clawed others

Check out Currachs Wildlife Park Education on YouTube - to meet snakes!!

To get in touch, email: Liz.Brunswick@gov.im