



CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 25 MAY 2020

Hello CRHS Students...

Here we are on the countdown to the end of this half term! There is plenty to do this week and some of you have deadlines to meet, so let's keep focused and really earn this break! We have a few updates for you, so check your subjects, but don't forget, if there is no news, that means keep on doing what you were advised to do before.

You may notice a few changes to our remote learning. Itslearning is looking much more user friendly now with an improved dashboard, links to previous newsletters and a directory of your teachers' email addresses all in the one place, so we hope you are finding that easier to navigate. It is much more intuitive now, but if you want to watch a user guide, here's a link, <https://drive.google.com/file/d/1qK1pZgJKZFD4GFBMo7PV9pHuRvHwou/view?usp=sharing>. The other change is that your teachers may be trying audio and video links and in KS4 and KS5, some staff will be trialling live lessons using Microsoft Teams. They will let you know via their usual method of communication if that is the case.

As we have a two week break ahead, we have gathered together some great competitions for you and suggestions as to how to use your spare time wisely, relaxing, but also developing some great extra-curricular skills too. Within school, Film Club and the English Poetry Competition for Yr8 are featured in this edition. We also want to tell you about some Science challenges, some TT radio highlights from Manx Radio archives and we'd love to hear that lots of you get involved with the One World Centre global goals competition. Every year, our Yr7 Poetry Slam is carried out in conjunction with the One World Centre, so although the slam cannot take place this summer, it would be great if CRHS students could get involved with them in addressing these really important world issues.

Over the break, we'd like you to check out any past CRHS students in your circle of family and friends. We're always trying to gather contacts for our 'Footsteps' project, so see the section in this newsletter which tells you a bit more and then get any mums, dads, cousins, next door neighbours, who once attended CRHS, to share their stories with us using the link provided. We'd love to build up our CRHS community story.

As the coronavirus guidance on the island gradually changes, we want to remind you to keep up to date with the latest advice from the IOM Government. The island is doing well in comparison to other places, thanks to the way we've been sticking to the rules, but your safety and that of all our friends and families depends upon us remembering to keep on respecting the 2m social distancing and hand washing hygiene. Let's keep being alert and taking care of ourselves and each other.

We'd like to remind you that if you need us, you can contact us on crhsenquiries@sch.im or your tutors via our usual addresses. If you need someone to talk to over the break when our emails will be checked less often, you can also contact Qwell (www.qwell.io) or Kooth (www.kooth.com). All that remains is to wish you a happy holiday, to say well done for adapting and coping with the changes and to assure you that we will be here for you, supporting your learning after the half term break.



Take care and stay safe!



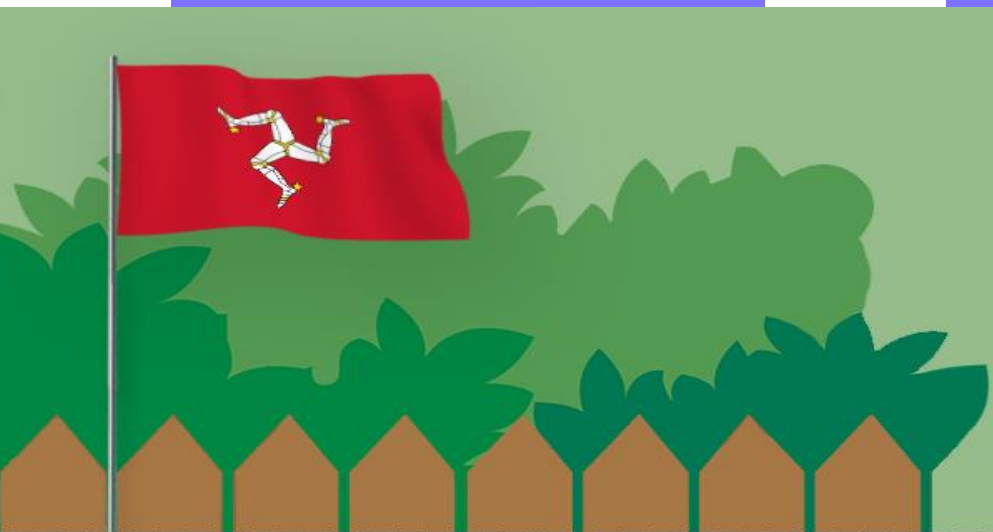
Congratulations to all those Rockstars who have been gaining points and increasing their fluency and speed with their Times tables. As a school we have now surpassed 1 million points, and the total to date stands at **1,077,330** points! Wow! Our top 3 rockstars from the past 7 days are:

- 1st Place...Eden Storm (Year 7)...34,715 points**
- 2nd Place...David Manson (Year 7)...18,320 points**
- 3rd Place...Pearl Lightspeed (Year 7)...16,757 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**

Year 9, you've got some catching up to do!



10 people can gather in public & private outdoor spaces, regardless of how many households they come from

2 People from the same household can enter another persons household

Social distancing must be observed at all times between those from different households

#StaySafeSaveLivesIOM



-  police@gov.im
-  Police HQ 631212
-  www.iompolice.im

LAST WEEK'S BIRTHDAYS

- Logan, Y9
- Sam, Y8
- Scarlett, Y9
- Isabelle, Y7
- Grace, Y8
- Chloe, Y9
- Naomi, Y8
- Elena, Y7
- Jonty, Y12
- Jessica, Y9
- Matthew, Y8
- Ellie, Y12
- Ashley, Y10
- Rebecca, Y9
- Kaleb, Y8
- Liam, Y7
- Jack, Y8
- Miss Davies

SUBJECT UPDATES



QUEST

Year 7 Quest – this week is presentation week. All instructions are on the CRHS Quest Kids page on Its Learning. We are looking forward to seeing how you show your learning – be as creative as you like! Remember that after TT week you will be moving onto a new Quest - your final Quest of the year.



ASDAN

Miss Callow and Mr Fallon have sent Home Learning Packs home for you, so if you haven't received this please let us know on: emmacallow4@online.sch.im



HISTORY

Year 12 (Ms Poole) - By Friday 29th May - China module - 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) – Carry on with work set in Google Classroom on Henry VII's foreign policy. All new work will be posted on Monday.

Year 10 - By Friday 29th May - Ensure your examination questions on the Cold War have been emailed to your relevant teacher.



ENGLISH

KS3 students should send completed work to their teacher for feedback. Watch out for the new units of work which will be there for you after TT. **Year 8**, your poetry unit is near an end and there is a great creative competition for you. Here are the details.

Year 10 English, please ensure you are up-to-date with the work set by your teacher, especially where that work is related to your English Language coursework. Remember to get in touch with your teacher if you are having any problems to avoid missing the deadline.

Those of you in **Miss McCoubrey, Mrs Moss** and **Mrs Matthews'** groups, who have been issued with paper copies should check for instructions, answers and updates from your teacher.

Year 12 English Lit, you are doing well. Keep going, keep reading and keep checking in with us. Look out for articles coming your way from Mrs Matthews on your individual coursework texts.

Feeling inspired? Show off your poetic skills!



Year 8 Poetry Competition

Your lessons this half term have been exploring different cultures and traditions in poetry. But what does your culture mean to you?

Write a poem that explores your feelings about your background and culture.

Do you identify as Manx? Irish? Scottish? English? Or another nationality? What does your heritage mean to you?

Prizes for Overall Winner and Runner Up

Send your entries to Mrs Cox by 15th June!

Send to:
SarahCox1@online.sch.im



SUBJECT UPDATES



RS

Year 10 Religious Studies, your weekly tasks are being uploaded to the 'CRHS Religious Studies & Philosophy Y10/11 itslearning page so make sure you're checking the page regularly!



SCIENCE

New resources, tasks and ideas are being added to itslearning all the time so please keep checking the pages for more updates.

<u>Year</u>	<u>itslearning Course Page Name</u>
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Year 8	CRHS Yr8 Science
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Year 9	CRHS Yr9 Science
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Year 10	CRHS Yr10 Science
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For our **A Level** courses, please keep using the relevant Google Classrooms to communicate with your teachers and fellow students.



MANX

Miss Koenig and her colleagues have been uploading resources and assignments on Google Classroom. The Classrooms are called:

CRHS_Manx_Blein 7

CRHS_Manx_Blein 9

CRHS_Manx_Blein 10/11

Students of Manx can contact her if they have any questions at claudiakoenig@online.sch.im

Did you do the Business Studies slogan quiz last week? Check your answers here...how did you do?

- | | |
|---------------------------|---------------|
| 1. Eat fresh | Subway |
| 2. I'm lovin' it | McDonalds |
| 3. It gives you wings | Red Bull |
| 4. Taste the rainbow | Skittles |
| 5. Because I'm worth it | L'Oreal |
| 6. Snap Crackle Pop | Rice Krispies |
| 7. The best a man can get | Gillette |
| 8. Connecting people | Nokia |
| 9. Have a break | KitKat |
| 10. Finger lickin' good | KFC |

MESSAGE FROM SC3



Hello SC3,

Have you enjoyed doing your latest work packs? I know there were several fun things to do in them. It was great to see some of you when I was last out delivering, and some of your rainbow windows are fantastic – well done!

I've been collecting more pictures, so watch out for another photo delivery from me. This time there might also be pics of what some of your teachers have been doing during lockdown.

Lastly – here's a challenge for you:

How many words of 3 letters or more can you make out of:

STAY AT HOME, SAVE LIVES

There'll be a prize for the winner and the runner-up!

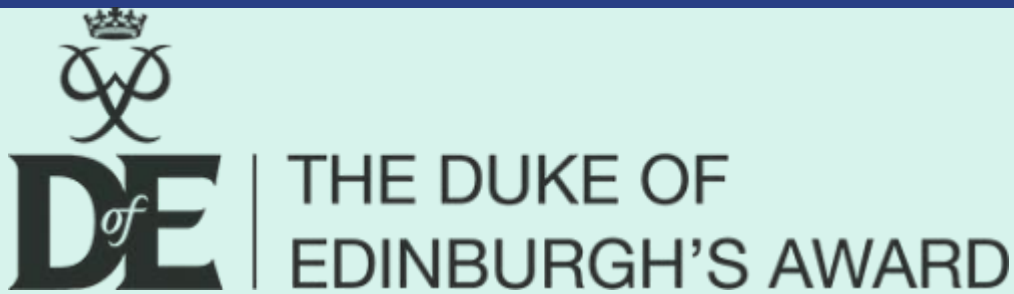
Take care everyone and see you soon!

Mrs Tyley and staff

MISSING THE TT?

This TT holiday, there is no TT! The event has been running for more than 110 years and until now, only the war and the foot and mouth outbreak of 2001 have stopped it. So, if you are missing it, Manx Radio is putting together lots of highlights and interviews with stars of the biking world.





At CRHS we have over 80 students currently engaged in the excellent Duke of Edinburgh Award Scheme. This is a great way to develop attributes as well as qualifications, with sections on voluntary work, skill development, physical fitness and planning and carrying out expeditions. Obviously, the pandemic has complicated progress for participants. Mr Watt, who leads our DofE programme has sent out an email to all participants. He has also set up an itslearning DofE page for the year 9 and 10s. Mr Watt and his team will definitely do everything they can, restrictions permitting, to get you back on track in the Autumn.

The official message from the Dof E organisation is as follows:

The Covid 19 outbreak has caused a great deal of disruption to education and many other aspects of life however it is still possible to engage with the DofE during lockdown. Most of you involved will be aware of the requirements at each level of the award and the DofE have now introduced some temporary changes to the programme requirements during the Covid-19 and lockdown period. Please see our temporary changes below:

- **Participants can now volunteer for family members, for example by mentoring or coaching younger siblings.**
- **Participants can now change section activities more than once. Time spent on previous activities will still count towards completion (e.g. if you were doing rugby or hockey for your physical, you can do home workouts or running or walking to make up the months of rugby or hockey you have missed out)**
- **DofE staff members may be able to act as Volunteering, Physical and Skills section Assessors, if required.**

To protect the value and integrity of DofE Awards, other requirements will remain the same. However, we're continuing to look for ways we can be flexible to support you and young people at this time, and will update you if we introduce any further temporary changes.

More information can be found on the Duke of Edinburgh awards website, www.dofe.org In addition to these changes Mr Watt would like to remind students to download the DofE App, keep logging on to eDofE and uploading their evidence for their Skill, Volunteering or Physical sections. Now is also a great time to email your assessors to get those reports finished and uploaded. If you have any questions about the Duke of Edinburgh Award Scheme, now or in the future, please contact Mr Watt on nick.watt@online.sch.im

WIDER EDUCATION



The National Physical Laboratory is currently running a series of weekly STEM challenges under the title 'Measurement at Home'. There is an excerpt from the NPL's website below. The website address is <https://www.npl.co.uk/measurement-at-home>. At a time when many may feel that they are missing out on the practical side of science, these challenges might provoke curiosity and help students to develop their thinking about the nature of measurement.

"Our weekly challenges are a chance for everyone to have some fun and learn about the science of measurement. How heavy, how long, how fast, how bright...? All these measurements will be investigated and you will find out why measurement matters in our everyday lives. Each week we will be setting you a challenge. This is your chance to be curious, take some measurements and compare your results. Join in, have fun and learn a bit of physics!"

FILMCLUB

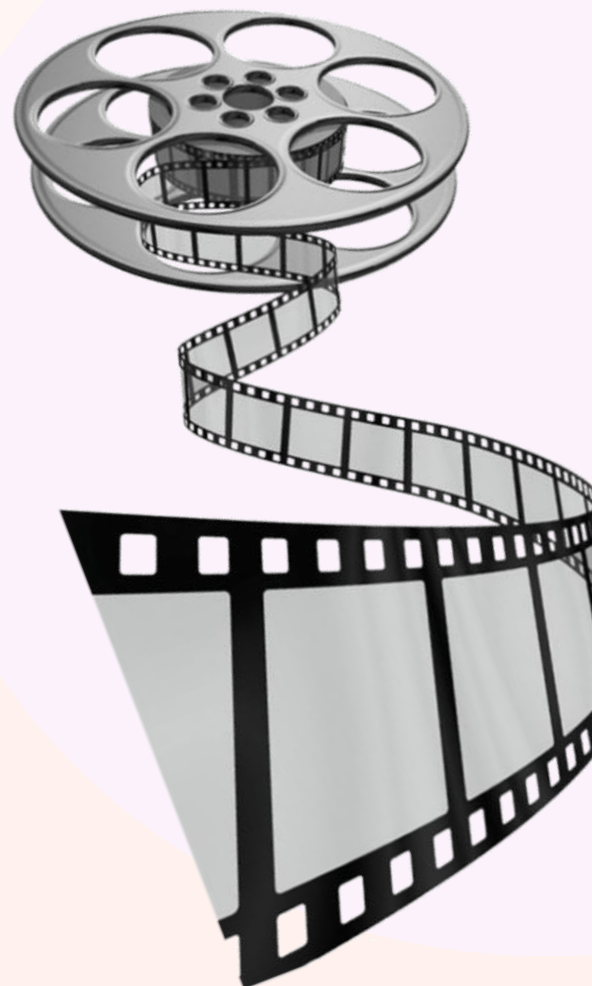
Don't forget to try your hand at the film club's daily movie quiz. It's updated every day on itslearning. There is also a weekly film review competition. Well done to the winners below!

- Eugene W - Year 7**
- Charlotte N B - Year 7**
- Alex M - Year 7**

All of you win cinema tickets and Miss Elvezia will be in touch to tell you more.

Staff are also able to take part, just for fun. Well done to:

- Cara**
- Mrs Barlow**
- Miss Wray**



ONE WORLD CENTRE COMPETITION

Many of you will remember taking part in the Poetry Slam in the past, in conjunction with The One World Centre. We know you have strong views and care greatly about global issues. Did you know about their latest competition?



It's Not Fair!

Get creative with the Global Goals

The It's Not Fair! Global Goals creative competition was launched to the Island's schools in March 2020 to encourage learning about global issues through the goals (which are also known as the UN Sustainable Development Goals) and for students to think about the future they would like to see. We have now adapted this so it can be done from home.

The object of the competition is to create an artwork (either a drawing, painting, collage, mosaic, sculpture or photograph) that reflects on one of the five "People" Global Goals.

These are:



Goal 1: End poverty in all its forms everywhere

Goal 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture

Goal 3: Ensure healthy lives and promote well-being for all at all ages

Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

Goal 5: Achieve gender equality and empower all women and girls

The brief to students is:

Thinking about what this goal means to you, how will achieving it help other young people?

Entries will be judged on:

- Creative expression
- Understanding of and relevance to the chosen goal
- Impact

There are two age categories – primary and secondary – and students may enter as individuals or as a whole class. The 10 best entries in the individual classes will win a £10 book token with the overall winner also receiving £100 towards global learning resources in their schools. Winners of the whole class categories will win £100 towards global learning resources in their schools.

The closing date for the competition has been extended to 1st July 2020. We may use entries for exhibition and educational purposes after the competition has ended. Please see accompanying [Resource List](#) and [Entry Form](#) for more information.

CRHS FOOTSTEPS



At CRHS we often refer to our students as being on a journey and our school as paving the way to exciting futures. We like to tell our students about the successes of past pupils too. Here is yet another success story making headlines this week.

AWARD FINALIST!

Ex-CRHS pupil Maddy Taggart has been nominated for the UK's Student Midwife of the Year Award. She is one of the top five shortlisted by the Royal College of Midwives. Maddy has been studying at the Royal Surrey NHS Foundation, where she is currently completing her training. Before heading off to University, Maddy spent two years as a midwifery support worker in the Jane Crookall Maternity Unit at Nobles Hospital, and she's looking forward to returning as a fully qualified midwife...and hopefully and award winning student! Well done Maddy!

You can hear an interview with Maddy [here](#).



The Footsteps Project intends to share the stories of past pupils of Castle Rushen High School to motivate current pupils and inspire them as they set out on their own journeys. With your help, CRHS hopes to show them the exciting and diverse possible pathways which lie ahead of them.

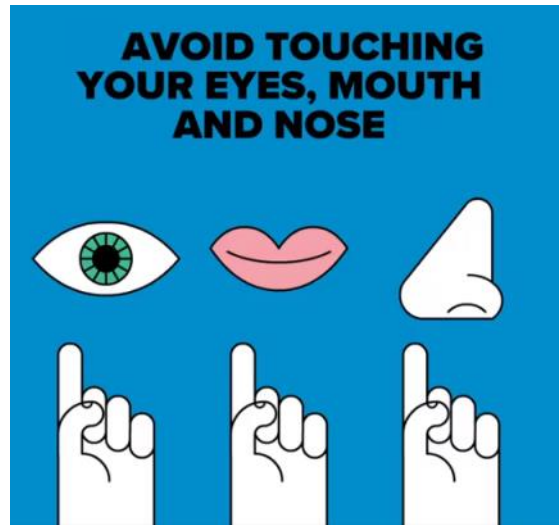
We would love to hear from or about past pupils, whether they are now living locally or abroad and whatever their occupation. We are keen to keep in touch with our former students and to show present CRHS students that their options really are wide and varied. Please take a moment to get in touch and fill in our questionnaire, which you can find [here](#).

WELLBEING

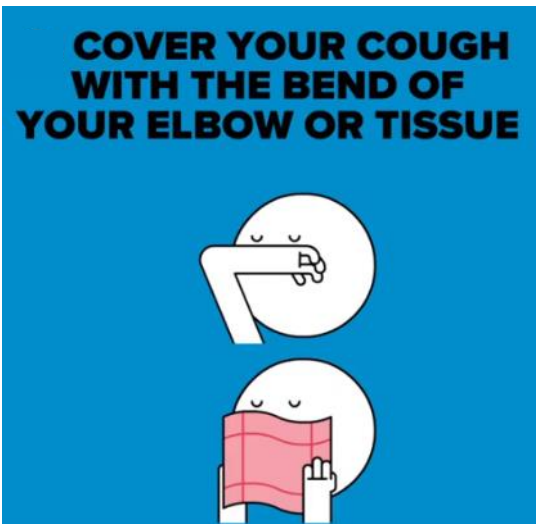
**WASH YOUR HANDS
FREQUENTLY**



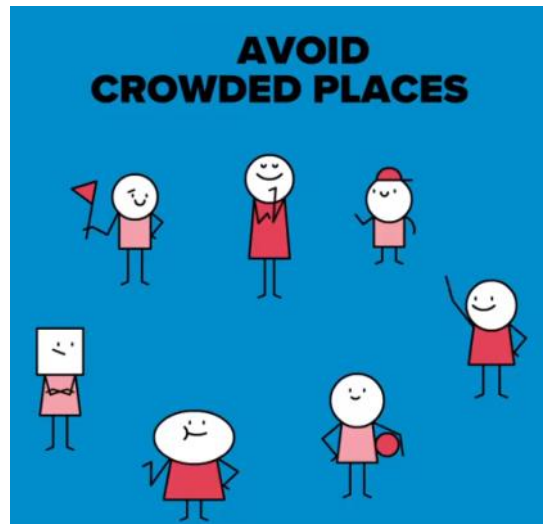
**AVOID TOUCHING
YOUR EYES, MOUTH
AND NOSE**



**COVER YOUR COUGH
WITH THE BEND OF
YOUR ELBOW OR TISSUE**



**AVOID
CROWDED PLACES**



**STAY AT HOME
IF YOU FEEL UNWELL –
EVEN WITH A SLIGHT
FEVER AND COUGH**



**STAY AWARE OF
THE LATEST
INFORMATION FROM WHO**



WELLBEING

C

Can you draw or write down things that make you feel calm?

For example, a happy place, your favourite hobby.

A

Are you feeling worried or upset?

It's okay if you do and it's good to tell others how you feel.

L

Listen to the thoughts in your head and how your body feels.

M

Make a list of things you enjoy doing to help yourself feel better.

E

Everyone feels worried sometimes.

When you've felt worried before, what helped you feel better then?

R

Remember to keep talking to an adult at home about how you're feeling.