



CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

TUESDAY 12 JANUARY 2021

Hello CRHS Students...

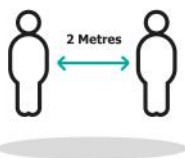
We hope you're keeping well and staying safe. It's been great to see so many of you engaging with your learning already. You're much better prepared this time and it shows. A huge well done to all of you who have completed work already and submitted on or even ahead of deadlines! If you haven't managed to get into a routine yet, make today the day.

Some of you will be sharing devices at home and some of you will be helping with family chores while your parents and carers work remotely too. We know you cannot necessarily stick to the times on your school timetable. Ideally you should try and stick to the subjects you have on your timetable each day, regardless of when in the day it suits you to do them. This is because your teachers will be setting you the amount of work that is the equivalent to the amount of time you have for that subject on your timetable. Following feedback from you after the last lockdown, they will also be setting you regular deadlines so that you know how much is expected of you and how long to spend on things.

In the previous lockdown, you may remember many subjects used the Challenge Centre to set work. This was a good solution for some teachers at short notice, but you should not need to use the Challenge Centre this time as all of your subjects now have their own pages and your year group home page takes you straight to them. The Challenge Centre will return to its original purpose and will be fully launched at a later date.

Be aware that on itslearning, notifications will pop up for work from teachers that are not necessarily yours. Our advice is that you ignore the notification section of the website and use the Hubs and courses to find the work set and messages for you from your own teachers.

We hope you're finding it easier to locate and navigate your work this time. This is not your usual way of working, so you may need to revisit the instructions. A reminder can be found by watching this video again <https://vimeo.com/475843183>



To help reduce the spread of COVID-19 you must keep **2 metres apart** in public areas



COVID-19 symptoms can be a high temperature, a new persistent cough, or the loss or change in smell and taste



DAILY CHECK-IN



This time we have set up a 'daily 'check-in' survey, which allows you to let us know that everything's okay, request a phone call, or request an email. It's a bit like attending registration before going to lessons. The good news is, you don't need to do it at normal registration time, but we do ask you to do it at some point every morning. The link to the 'check-in' will be accessible on the itslearning homepage and also on the school website. You need to login using your usual 'RAN' login and password, **but** you must add @sch.im at the end of your username (see example below).

School Username:

07joebloggs

Username to access daily check-in:













07joebloggs@sch.im

Problems?

If you cannot access the online learning platforms or figure out the daily check-in, try to login on a different browser, turn the device off and then on again or login again a short time later. If there are still problems logging on, please refer to the help videos on the school website or please get in touch with the school via CRHSEnquiries@sch.im

Contacting your teachers

Remember to ask any questions if you're not sure. It's just like putting your hand up in a classroom, so don't hesitate and don't struggle. You can contact your teachers or tutors directly via itslearning or Gmail (see the list of addresses below). We know there was one error in the sheet we sent out to you previously, so if you are taught English by Mrs Cox, please note that her Gmail address for students to contact her is sarahcox1@online.sch.im

Chance of Transmission	Asymptomatic COVID-19 Carrier	Uninfected Person
VERY HIGH		
HIGH		
MEDIUM		
LOW		
VERY LOW	  6+ feet	
VIRTUALLY NONE		

NEW YEAR'S RESOLUTIONS



With every new beginning, there is an optimism and a well intentioned plan to do better. What New Year's Resolutions did you make at the start of 2021? See what some of your teachers promised to do or not do...

Mrs Astin: My resolution was to drink more water.. but since lockdown I have failed miserably.. fuelled purely on coffee!!

Miss Libreri: I decided to run at least a mile every day! And so far I have stuck to it.

Mr Kay: I sincerely hope that you are doing better with your New Year's resolutions than I am. This year, I endeavoured to make them more manageable than in previous years. Here is a summary of my progress (failure!) to date:

1. Not to have chips in the canteen for lunch. Broken on day one!
2. Not to have a 'treat piece of cake' in the canteen at lunchtime. Broken on day two. I blame the lockdown announcement. It calls for cake!
3. To read a book a month this year, more during school holidays. One book read before we returned to school on Tuesday.

Summary of progress to date: Must try harder! I hope you are all managing to be a little more successful!

Mrs Williams: My resolution, as always, is 'eat less, move more'. Unfortunately we got lots of lovely food for Christmas and we're still eating our way through it! So it hasn't really worked so far....

Ms Perry: Hmm, I didn't exactly make a New Year's Resolution, but I made a 'Lockdown No.2 Resolution' though: still make my bed every day, even if I stay in my pyjamas !!! So far, so good.

Mr Brookes: I made a resolution to eat more healthily but it's gone out the window since the start of lockdown 2!

Mrs Kennedy: I had planned to spend a bit less time on my computer. You can imagine how that one is going :)

Whether your New Year's Resolutions are going well or are currently on hold, we hope that you will all make a commitment to doing your very best to engage with and to keep up with your remote learning during this lockdown. Good luck!

Keep going



Yr7 and Yr8 Accelerated Reader

Miss Libreri hopes you are all still reading and enjoying some really good books! Many of us like to listen to stories too. Audibles Stories is a free audio book service at the following website <https://stories.audible.com/discovery>. Miss Libreri is currently listening to 'Alice's Adventures in Wonderland!'



Similar to the last lockdown, those of you doing DofE will be allowed to alter your activities for the Physical, Skill and Volunteering sections for the next month. Completing these activities will be a good way to keep yourself busy during the lockdown. However please remember that this is not essential and you will still have time to complete your awards when we eventually return to normality.

For those of you who would like some 'alternative lockdown ideas', Mr Watt has provided a few ideas below:

For the **Physical** section, you could go for a walk or run during your allocated time outside or complete a workout at home.

For the **Skill** section, there can be endless possibilities; learn to play a game such as chess, do some art work, learn to cook/ bake food.

Volunteering will be the trickiest section to complete during lockdown, but there are still ways in which you can help out those around you. For example if you have a younger siblings you can help them with their online learning, you could also help deliver shopping to an elderly relative.

Please make a note of any activities you complete during this lockdown and add this evidence to your eDofE accounts.

Assessor Reports— If you are waiting on any assessor reports, this would be a good time to contact your assessor and chase up any outstanding paper work.

Please remember to always follow the Isle of Man Government's lockdown guidelines and should you have any question please get in touch with Mr Watt either on itslearning or through email at Nick.Watt@online.sch.im

Remote Learning

Learning at Home



BBC Remote Learning

You should prioritise your lessons set for you by your teachers, but it's worth pointing out that BBC will be putting two hours of educational programmes suitable for secondary school on BBC 2 every day from Mon 11 Jan – no need to stream these. Look at the BBC website for details. **The first week (w/b 11 January) is Science Week.**

Using Xbox or PlayStation to access Remote/ Distance learning

Should there be limited or no access to an appropriate learning device at home (iPad/android tablet/ laptop/PC) there is the option to use games consoles to access the learning provided/set.



This may be very rare and a little cumbersome, but still an option
Keyboard required – Plug in a keyboard into the Xbox USB slot
Go to 'my games and apps'
Find and select 'Microsoft edge'

Type in desired option (google suite/drive/Microsoft one drive/itslearning)

You can then access your learning including -

- Google docs/sheets/forms/slides
- Word
- Powerpoint
- Excel
- Teams
- Emails

Navigate using your Xbox controller.



Identify the PlayStation internet browser
Press the PS4/5 logo on the controller
Go to the library and find options for games and applications
Go into applications and there you will find a browser
Type in desired option (google suite/drive/Microsoft one drive/Itslearning)

You can then access your learning including -

- Google docs/sheets/forms/slides
- Word
- Powerpoint
- Excel
- Teams
- Emails

Navigate using PS controller.

<https://www.youtube.com/watch?v=CiNzN8QxIRI&feature=youtu.be>

WHAT**TO****WATCH**

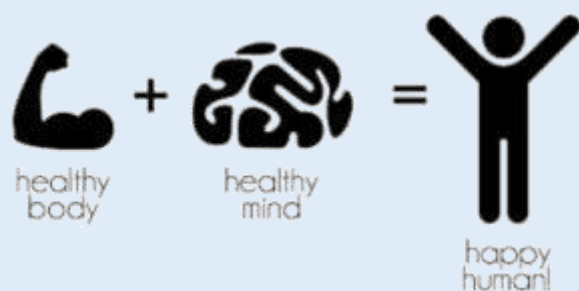
Over the next two pages, Mrs Elvezia suggests some films to watch before you're 13.

FILM	YEAR	IMDb Score	Streaming
Africa United	2004	6.5	Netflix
Babe	1995	6.7	Netflix
Back to the Future	1985	8.5	Netflix
Bridge to Terabithia	2007	7.1	Netflix/Prime
Coco	2017	8.4	Disney Plus
Edward Scissorshand	1990	7.9	Prime
ET	1982	7.8	Netflix/Disney Plus
Fantastic Mr Fox	2009	7.8	Disney Plus
Finding Nemo	2003	8.1	Prime
Frozen	2013	7.4	Disney Plus
Ghostbusters	1984	7.8	Netflix
Harry Potter and the Philosopher's Stone	2001	7.6	Prime
Home Alone	1990	7.6	Disney Plus
How to Train Your Dragon	2010	8.1	Netflix/Disney Plus
Hugo	2011	7.5	Prime
Indiana Jones and the Raiders of the Lost Ark	1981	8.4	Prime
Inside Out	2015	8.1	Disney Plus
It's a Wonderful Life	1946	8.6	Prime
Lord of the Rings: The Fellowship of the Ring	2001	8.8	Prime
March of the Penguins	2005	7.5	Prime
Mary Poppins	1964	7.8	Prime/Disney Plus
Moana	2016	7.6	Netflix/Disney Plus
Modern Times	1936	8.5	Netflix/Prime
Monster INC	2001	8.1	Prime
My Neighbour Totoro	2008	8.2	Netflix
Pinocchio	1940	7.4	Prime
Pirates of the Caribbean: The Curse of the Black Pearl	2003	8	Netflix
Ratatouille	2007	8	Disney Plus
Remember the Titans	2000	7.8	Prime

WHAT**TO****WATCH**

FILM	YEAR	IMDb Score	Streaming
Shrek	2001	7.8	Prime
Singing in the Rain	1952	8.3	Netflix
Some Like It Hot	1959	8.2	Netflix
Spirited Away	2001	8.6	Netflix
Stand By Me	1986	8.1	Netflix
Star Wars Ep.4 -A New Hope	1977	8.6	Netflix
The Avengers	2012	8	Netflix/Disney Plus
The Beauty & the Beast	1991	8	Netflix/Disney Plus
The Dark Crystal	1982	7.2	Prime
The Goonies	1985	7.8	Netflix
The Incredibles	2004	8	Prime/Disney Plus
The Iron Giant	1999	8	Netflix/Disney Plus
The Karate Kid	1984	7.2	Netflix
The Kid	1921	8.3	Netflix/Disney Plus
The Lego Movie	2014	7.8	Netflix/Disney Plus
The Lion King	1994	8.5	Disney Plus
The Little Mermaid	1989	7.6	Netflix/Prime
The Muppet Christmas Carole	1997	7.7	Disney Plus
The Muppet Movie	1979	7.6	Disney Plus
The Neverending Story	1984	7.4	Prime
The Princess Bride	1987	8.1	Prime
The Sound of Music	1965	8	Prime/Disney Plus
The Wizard of Oz	1939	8	Prime/Disney Plus
Toy Story	1985	8.3	Prime/Disney Plus
Wall-E	2008	8.4	Prime
Whale Ryder	2001	7.5	Netflix/Prime
Who Framed Roger Rabbit?	1988	7.7	Prime/Disney Plus
Willow	1988	7.3	Netflix/Prime
Willy Wonka and the Chocolate Factory	1971	7.8	Netflix/Prime
Yellow Submarine	1968	7.4	Prime
Young Frankenstein	1974	8	Netflix/Prime

Wellbeing



You will all have received a message from our **PE Team** about the importance of getting some daily exercise during lockdown. A lot of the activity that would be part of your typical day won't be happening as we all try to stay home, so it's essential that you get some fresh air and move that body! It is well known that this will benefit your physical and your mental health. They have shared with you a huge range of challenges to choose from and daily tracker. If you haven't found it yet, look at the daily workout folder on

itslearning. If you haven't got a printer, don't worry, just create your own table and stick it on the fridge! After all those Christmas treats, you know it makes sense!



IOM Charity Isle Listen has launched a series of webinars to support students, teachers and parents during these challenging times. To register for any of the webinars, please visit <https://www.islelisten.im/in-schools/schools-webinars/>

Webinar for Parents—Who are Isle Listen? January 13, 2021 at 18:30 for 1 hour.

Webinar for Parents—Supporting Primary School Children. January 14, 2021 at 18:30 for 1 hour.

Webinar for Parents—Supporting Secondary School Children. January 15, 2021 at 18:30 for 1 hour.

Webinar for Teachers—Who are Isle Listen and How to Support your Mental Health. January 18, 2021 at 17:00 for 1 hour.

Webinar for Primary School Students—Dealing with Challenging Times. January 20, 2021 at 10:00am for 30 minutes.

Webinar for Secondary School Students—Dealing with Challenging Times. January 20, 2021 at 14:00 for 30 minutes.

Happiness Calendar

You can find this month's **Action for Happiness** calendar on Cara's itslearning page or at this link: https://www.actionforhappiness.org/media/954757/january_2021.jpg

CARING FOR YOUR EMOTIONAL AND MENTAL WELL-BEING DURING COVID-19



Exercise & physical activity, daily if possible



Clear routines and schedule, 7 days a week



Use technology to connect with friends & family



Learning & intellectual engagement via reading, limited internet



Positive family time, working to counter negativity



Remember the things that you really enjoy doing, that you can do in this situation, & find a way to do them



Focused meditation & relaxation



Some alone time, outside if possible



Limit exposure to television & internet news; choose small windows & find ways to cleanse yourself of it, too



Bathe daily, if possible, to reinforce the feeling of cleanliness

Email Directory

NAME	EMAIL	NAME	EMAIL
Mrs Alman	samanthaalman@online.sch.im	Mr Fells	chrisfells@online.sch.im
Mrs Almond	helenalmond@online.sch.im	Mr Gray	johngray@online.sch.im
Mrs Astin	jodieastin@online.sch.im	Mrs Greensmith	sarahgreensmith@online.sch.im
Mr Baker	andrewbaker@online.sch.im	Dr Holmes	paulholmes@online.sch.im
Mr Barlow	benbarlow@online.sch.im	Mrs Irvine	deirdreIrvine@online.sch.im
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Mrs Burger	madeleineburger@online.sch.im	Mrs Kennedy	nicolakennedy@online.sch.im
Mr Caldwell	chriscaldwell@online.sch.im	Mrs Kneen	gemmakneen@online.sch.im
Miss Callow	emmacallow4@online.sch.im	Mrs Lace	valerylance@online.sch.im
Mr Casson	philipcasson@online.sch.im	Mrs Lakeman	sarahlakeman@online.sch.im
Mrs Charker	susiecharker@online.sch.im	Mrs Lamb	alilamb@online.sch.im
Dr Cheverton	angiecheverton@online.sch.im	Miss Libreri	heatherlibreri@online.sch.im
Ms Coates	jencoates@online.sch.im	Mrs Livingstone	susielivingstone@online.sch.im
Mrs Cox	sarahcox1@online.sch.im	Mr Mann	rossmann@online.sch.im
Miss Crispe	indiacrispe@online.sch.im	Mrs Manson	kathrynManson@online.sch.im
Mr Danielson	johndanielson@online.sch.im	Miss Martin	catherinemartin@online.sch.im
Miss Darbyshire	stelladarbyshire@online.sch.im	Mrs Mason	hmason@online.sch.im
Mr Davies	caseydavies@online.sch.im	Mrs Matthews	eilishmatthews@online.sch.im
Miss Davies (Music)	jenniferdavies@online.sch.im	Miss Metcalfe	emmametcalfe@online.sch.im
Miss Davis (English)	lisadavis@online.sch.im	Mrs Miller	emmamiller@online.sch.im
Mrs Dawson	scottier@online.sch.im	Mrs Moore	rachael.moore@online.sch.im
Mr Deakin	garethdeakin@online.sch.im	Mrs Moss	emiliekermode@online.sch.im
Mrs Duggan	julieduggan@online.sch.im	Ms Perry	hperry@online.sch.im
Mr Duggan	tomduggan@online.sch.im	Ms Poole	katypoole@online.sch.im
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