



## CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 18 JANUARY 2021

### Hello CRHS Students...

Welcome to another week. We hope you are keeping well, staying positive and managing your work. We know lots of you have been engaging really well and sending work to your teachers.

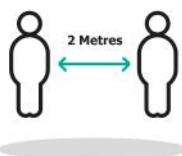
Monday morning is a good time to plan your week. Check to see what has been set and look for deadlines. Make sure you don't just focus on your favourite subjects! Remember, subjects will set an amount of work for you in line with the number of lessons you have for that subject each week. This is why it's a good idea to follow your timetable each day. It doesn't matter when you do the lessons, as it may not suit your household needs to work to the exact times. We also know that it gets dark quite early, so you might take a break to get out for exercise and a change of scene while it's still bright, then do some more later in the day. The important thing is what you do, not when you do it.

We listened to your feedback after the last lockdown, so we know you like variety. You will see similarities as we will still share lesson objectives and WILF lists but, just as in school, your teachers are providing lessons in different ways, to help keep you interested. Some will ask you to do research, sometimes they'll set quizzes to check your understanding and sometimes there will be video clips to watch. You may have PowerPoints which have links to other articles or maybe your teacher recorded audio clips so you can hear them explain, as they would in the classroom. Some of you will have had pre-recorded lessons and some of you may have had a live lesson. Your teachers are working really hard to provide you with quality work, in whatever way they think will work best for your age group and your ability.

As we are over a week into this lockdown, you will find that as well as providing you with work, your teachers will be providing you with feedback on what you have completed, just as they would in school. Remember, feedback comes in different forms, as it does in the classroom. You may see slides summarising feedback for the class, you may get a recording of feedback, or your teachers may share some WAGOLs from your classmates so that you are able to compare your answers to theirs. You may be given answers so you can mark your own work. You may get written feedback on your own piece and be asked to improve it. Again, we know from experience that a variety of teacher, peer and self feedback is important to learners.

You know you can contact your teachers or your tutor using the email addresses we've given you. Alternatively, your parents can contact [CRHSEnquiries@sch.im](mailto:CRHSEnquiries@sch.im) if it's a more general question.

Have a good week, keep motivated and stay safe.



**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**



We want to say **well done** to the students who have had exam results come in this week, following the November sitting. Well done also to the group of students who sat socially distanced BTEC exams over the last week. Those of you in examination years will be contacted separately as soon as there is any further update from the exam boards to share with you. Meanwhile, keep focused and follow your teachers' guidance.

# Shout Out

## CHARITY UPDATE

Before Christmas, CRHS supported several charities. As students, you raise a lot of money for charity each year. By making a small donation to wear a Christmas jumper in the last week of term, you raised **£310.32** for **Save The Children**. Also, on the last day of term, we had a non-uniform day and your Student Council had nominated CRUSE, a charity which supports young people who've lost a loved one, to receive the donations. We know this charity has made a big difference to some members of our school community. You raised **£583** for them and once we are back in school, we will invite a representative to come in so it can be presented on your behalf. In that same week, we delivered tutor group donations to the IOM Food Bank to support local people in need this Christmas. Well done and thank you for your generosity.



Save the Children



## FILM CLUB COMPETITION

Mrs Elvezia has set up an itslearning page dedicated to Film Club competitions. This is where you will also find daily suggestions about interesting films and programmes you might want to watch.

If any students would like to take part, please email Mrs Elvezia on [valentinaelvezia@online.sch.im](mailto:valentinaelvezia@online.sch.im) and she will add you to the group.

There are two competitions running at the moment:

1. A review competition—students are invited to review a film of their choice (the certificate must not exceed their age)
2. A clues competition—clues will be uploaded every day and students have to guess the three films they're advertising. Bonus points are available if students can add extra details about the films.

Interested? Here's an example of the 'clues competition'...can you identify the three films?

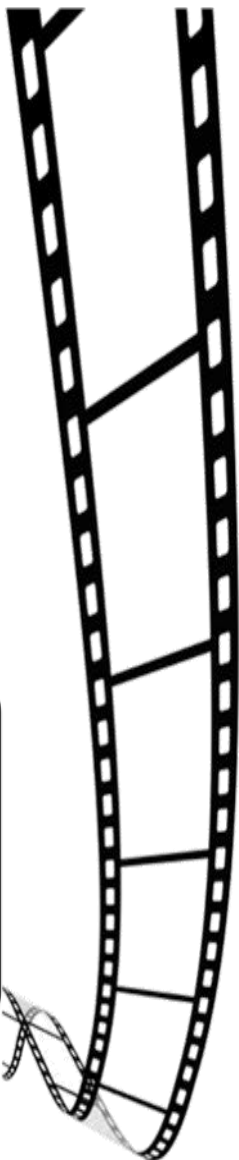
1.



2.



3.





## Art Competitions



Congratulations to Amelia Gaskell, who won a competition to design a poster based on the Government's 'stay at home' message. Amelia's winning design, and those of the other winners, are proudly displayed on the big screen outside the Sea Terminal in Douglas. Well done Amelia!



## New Art Competition!

Our Art Department are running an Art Competition for lockdown. The theme is 'the View'. Entries can as ever be as creative as you like and this could be a view inspired by a walk you have had, the view out of your window, a fantasy view of lockdown or whatever you can dream up. Rainbows are still allowed! Send your entries to Mr Edwards at CRHS. We look forwards to seeing what our students can come up with. Any media is welcome, drawings, paintings, models or digital no problem. Get creative and very best of luck!

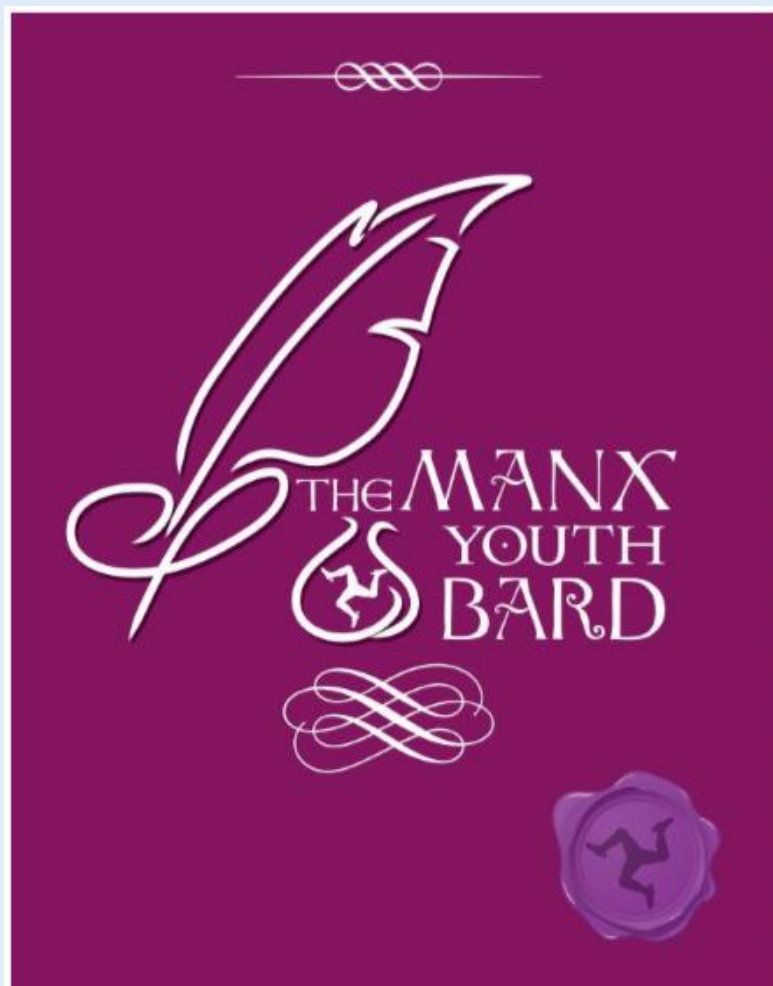


# Lockdown Ideas



Lots of you are using this time at home to learn a bit more about cooking and baking. It's really important to have these skills and it's also a very relaxing way to spend some time, not to mention the tasty treats at the end! Mrs Lace would love to see some of your home cooking and baking, so please do send her a photo if you've been busy in the kitchen. You have her email address on the list at the back.

## Feeling Creative?



Do you write poetry?

Would you like to share your talent?

Could you be the next Manx Youth Bard?

Open to: All aged 10 to 17

Closing date: 15<sup>th</sup> February 2021

Event launch/announcement of winner & Runners up

Saturday 27<sup>th</sup> February 2021

Entry forms and rules can be found at:

[manxbard@gmail.com](mailto:manxbard@gmail.com) and various libraries to include Ramsey, Castletown and Henry Bloom Noble Douglas



## CHESS

Are you missing your chess games in the library? Head over to **chess.com** where you can play online for free.



# Wellbeing

## 30 Day Wellbeing Challenge

<a href="#">Day 1</a> Smile and say good morning to everyone in your household.	<a href="#">Day 2</a> Take 5 minutes to write down your feelings today.	<a href="#">Day 3</a> Do 20 Jumping Jacks and 50 knee ups.
<a href="#">Day 4</a> Visit an art gallery! Go online and explore the collections online.	<a href="#">Day 5</a> Reply to a pen pal or to someone you have not spoken to in a long time.	<a href="#">Day 6</a> Design a pair of trainers or shoes.
<a href="#">Day 7</a> Read 20 pages from the book you are reading or start a book	<a href="#">Day 8</a> Come up with a 10 question multiple choice quiz	<a href="#">Day 9</a> Listen to your favourite song and dance around the room.
<a href="#">Day 10</a> Go to bed 1 hour earlier tonight to wake up 1 hour earlier tomorrow.	<a href="#">Day 11</a> Sit down and focus on your breath for 5 minutes.	<a href="#">Day 12</a> Play a card game or board game you haven't played in a while.
<a href="#">Day 13</a> Write a letter of appreciation to someone who helps.	<a href="#">Day 14</a> Draw and paint the most colourful thing in your house.	<a href="#">Day 15</a> Write a poem or short story.
<a href="#">Day 16</a> Ask your parent/caregiver about happy things in their life	<a href="#">Day 17</a> Research places you would like to travel to in your life time.	<a href="#">Day 18</a> Close your eyes and visualise your future life.
<a href="#">Day 19</a> Draw your favourite animal using geometric shapes.	<a href="#">Day 20</a> Use 10 French or Spanish words today.	<a href="#">Day 21</a> Make sure you get >8 hours sleep tonight. Note how you feel the next day.
<a href="#">Day 22</a> Draw but listen to your favourite music. See what flows naturally	<a href="#">Day 23</a> Do something nice for a sibling or parent/carer.	<a href="#">Day 24</a> Stretch and move your body any way that feels good for 10 minutes
<a href="#">Day 25</a> Clean a room in the house that is not your bedroom.	<a href="#">Day 26</a> Design a pair of trainers or shoes.	<a href="#">Day 27</a> Tidy your room, maybe re organise the layout.
<a href="#">Day 28</a> Ensure you have >5 fruit and veg today – Write them all day	<a href="#">Day 29</a> Do something helpful for a friend or family member today.	<a href="#">Day 30</a> Write down 10 things you love about your life



# Digital Footprint

A digital footprint is information about a person that exists on the Internet. Your digital footprint shapes your online reputation.

## Following Digital Footprints

It's important to think about the impact of what we **create**, **post** and **share** online. Your online activity can often be seen beyond your intended audience and could include future employers.



Could anyone feel insulted by my posts?



Am I portraying myself positively?



Who can see my posts?



Am I posting while feeling angry or upset?



You can see your own digital footprint by doing a simple web search of your name.



## Social Media: Do's and Don'ts

### Do

- Think before you post.
- Use your account's privacy settings to control who can view your posts.
- Post what you'd be happy for your family to see.
- Be positive, informed, responsible and considerate.



### Don't

- Don't argue, swear or post offensive content.
- Don't post about illegal activities.
- Don't post any confidential information.
- Don't complain about a specific person.



## How to Report



If you regret something you've posted online, delete it as soon as you can.



If someone else has posted something about you or others that's offensive, report it to the site administrator.

# Fun Challenges *(answers available in the next edition)*

## NAME THE CHOCOLATE BAR



## Name the EMOJI Country



# Email Directory

NAME	EMAIL	NAME	EMAIL
Mrs Alman	<a href="mailto:samanthaalman@online.sch.im">samanthaalman@online.sch.im</a>	Mrs Holmes	<a href="mailto:eirwenholmes@online.sch.im">eirwenholmes@online.sch.im</a>
Mrs Almond	<a href="mailto:helenalmond@online.sch.im">helenalmond@online.sch.im</a>	Dr Holmes	<a href="mailto:paulholmes@online.sch.im">paulholmes@online.sch.im</a>
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Mr Baker	<a href="mailto:andrewbaker@online.sch.im">andrewbaker@online.sch.im</a>	Cara Justice	<a href="mailto:carajustice@online.sch.im">carajustice@online.sch.im</a>
Mr Barlow	<a href="mailto:benbarlow@online.sch.im">benbarlow@online.sch.im</a>	Ms Kaslik	<a href="mailto:katykaslik@online.sch.im">katykaslik@online.sch.im</a>
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Mr Davies	<a href="mailto:caseydavies@online.sch.im">caseydavies@online.sch.im</a>	Miss Metcalfe	<a href="mailto:emmametcalfe@online.sch.im">emmametcalfe@online.sch.im</a>
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Miss Davis (English)	<a href="mailto:lisadavis@online.sch.im">lisadavis@online.sch.im</a>	Mrs Moore	<a href="mailto:rachael.moore@online.sch.im">rachael.moore@online.sch.im</a>
Mrs Dawson	<a href="mailto:scottier@online.sch.im">scottier@online.sch.im</a>	Mrs Moss	<a href="mailto:emilieKermode@online.sch.im">emilieKermode@online.sch.im</a>
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Mrs Elder	<a href="mailto:DawnElder@online.sch.im">DawnElder@online.sch.im</a>	Mrs Walter	<a href="mailto:carolinewalter@online.sch.im">carolinewalter@online.sch.im</a>
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