



## CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 25 JANUARY 2021

### Hello CRHS Students...

As an island, we have been doing really well during this lockdown to follow the rules and it seems to be paying off. You will probably know that the number of new cases is low and if things continue to go well, we hope to be back in school again next Monday 1st February.

This could be our last week of remote learning, all being well. Your teachers are very much looking forward to seeing you again, back in the classrooms, learning together. In the meantime, you need to use this week to make sure that you come back feeling that you've done your best to keep on top of things. Make sure you check what your teachers are asking of you this week and remember not to neglect any subjects

Most of us have probably not stuck to our usual routine, so this week try to gradually get to bed a bit earlier, get up at a time more like your usual school morning time and start preparing yourselves for the school day.

Have a good week and let's hope it'll be business as usual again very soon.



Some students have attended school throughout the lockdown. They too have been following the remote learning programme, just like you. It's been a very different school experience for them with social distancing, face coverings and working in small bubbles. We want to say well done to them.

### Shout Out

It's been a strange time, but there have been some lighter moments too. Miss Perry ran a quiz for all groups on Friday and she'd like to announce the winners - Samantha (Y11), Chloe (Y11), Leo (Y9) and Ben (Y9) in joint 1st place; Jessica (Y9) in 2nd place; Caiden (Y9) in 3rd place. Well done, guys.

We also want to thank all the staff (the teachers, the canteen staff, the site staff and the office staff) who have kept things running in the CRHS hub school. You've been great.



It's important to wear **face coverings** properly to limit any **spread of coronavirus**



Please continue to practise **good hygiene**

# Safer Schools



CRHS is committed to empowering parents, carers and trusted adults with the information you need to hold informed and age-appropriate conversations about online safety with your child. In these unprecedented times, we know everyone is spending more time online at home, including our children and young people. The Internet provides many benefits in keeping us all connected; however, for our children and young people especially, this can present more significant risks. We are delighted to invite you download the “Safer Schools” App provided in partnership with Ineqe Safeguarding Group.



The App is designed to support you, as you keep the children and young people in your care safer online. This “one-stop shop” will provide you with information on how you can make your home and their devices safer, understanding Social Media and the benefits and risks of apps such as Snapchat, Instagram, House Party to name but a few, which I am sure you will agree is vital, given the pace at which apps and technology develops and the risks and concerns that naturally arise from these apps.

The app also will provide you more information on inspiring healthy media habits and screen time to making you aware of scams and keeping personal information safer online. The in-app safety centre also provide you up to date information on how to block, mute and report anything you or the child in your care may find worrying or upsetting online from images to comments from online bullies or trolls.

Search for the Safer Schools App and scan the QR code below to log in.



“I’m impressed with this innovation. Anything that puts information about staying safe online right in the hands of children and parents is a good thing”.



# Office 365

If you don't have Word and PowerPoint on your home computer you may be interested in:

Office 365 Free Download for all students

Instruction video link: <https://vimeo.com/502288358>



## **FREE DOWNLOAD FOR ALL STUDENTS**

**PC, MAC, TABLETS AND MOBILES**

1

Visit

**<https://login.microsoftonline.com>**

2

For the email address, use your school username, followed by @sch.im for example:

**06JohnSmith@sch.im**

3

Enter your existing school computer password

4

Follow the online instructions to **download** the applications you want



Word



Excel



PowerPoint



OneNote



Access



Publisher

The applications will remain available for as long as you stay in full-time education (a saving of £59.99 a year)





# Julia Donaldson—Author

Bestselling author and illustrator combination, Julia Donaldson and Axel Scheffler, have probably played a part in the childhoods of most of our students. Their long running working relationship started with the huge success of 'The Gruffalo' in 1999. Over 20 years later, they have reimagined some of your favourite characters and stories to help make the advice for the pandemic child friendly.



Iggety, ziggety, zaggety, ZOOM -  
I really want somebody real in my room.



Wise old man, won't you tell me please,  
When will it be over, this viral disease?

"Where are you going to, little brown mouse?  
Come for a feast in our logpile house."



"I wish I could visit your house of sticks  
But sadly, two households may not mix."

Finding your mum was a whole lot of trouble.  
How can you be bored with your family bubble?





**The Big Garden Birdwatch 2021**—Visit <https://www.rspb.org.uk/get-involved/activities/birdwatch/> for more information on how to get involved.



Miss Libreri has produced some videos to help students with assignment submissions on itslearning:

Part 1 – Submitting work individually using a provided google doc

Part 2 – Submitting work as a group using a provided Word doc

Part 3 – Submitting work as a group using files from your ktop/Google drive

**Link:** <https://vimeo.com/503223851>

## 60 MINUTE SELF-CARE

- ★ 20 minutes of relaxation (without distractions)
- ★ 20 minutes of catching up with a friend about the week
- ★ 10 minutes of creativity (e.g., writing, dancing, art)
- ★ 10 minutes of guided meditation

## 60 MINUTE SELF-CARE

-  20 MINUTES OF OUTDOOR TIME OR SUNSHINE
-  20 MINUTES OF MOVEMENT (EXERCISE, WALKING)
-  10 MINUTES OF MINDFUL EATING (NO PHONE!)
-  10 MINUTES OF JOURNALING WITH GUIDED PROMPTS

# What is Mental Health?

Broadly speaking, your mental health is the spectrum of your emotional and psychological wellbeing...



Unfortunately, our mental health isn't something enough of us think about until we're not feeling our usual self.

This is one of the factors contributing to the stigma that mental health and mental illness exist hand in hand.

**The reality is that all of us have mental health.**

Like our physical health, your mental health can be good, bad, or indifferent, and in that same capacity, lead us to being more OR less at risk of developing the symptoms of a diagnosable illness.

Again, like our physical health, small actions and consistent habits are the way to keep our mental health in

check, leaving us feeling prepared to deal with the setbacks and difficult emotions that life will inevitably give us.

Hopefully the following information in this pack will allow you to explore this further, and feel more prepared for the future, whether it's in school or in the workplace!

**1 in 4**  
people have  
mental illness

but

**4 in 4**  
people have  
mental health

You can view the full document from Isle Listen by clicking [here](#).



# What Else?



HOLOCAUST  
MEMORIAL  
DAY TRUST

**“Be the light in the darkness is the theme for Holocaust Memorial Day 2021.”**

Every year, on 27th January, the world acknowledges Holocaust Memorial Day; the liberation of the Nazi concentration and death camp Auschwitz-Birkenau.

This year's theme encourages everyone to reflect on the depths humanity can sink to, but also the ways individuals and communities resisted that darkness to 'be the light' before, during and after genocide. **For more information, please visit [hmd.org.uk](http://hmd.org.uk)**

## [ANSWERS]

### NAME THE CHOCOLATE BAR

- |                   |                     |                |                       |
|-------------------|---------------------|----------------|-----------------------|
| 1. Bounty         | 6. Topic            | 11. Wispa Gold | 16. Toffee Crisp      |
| 2. Lion Bar       | 7. Star Bar         | 12. Boost      | 17. Cadbury's Caramel |
| 3. Mars Bar       | 8. Kit-Kat Chunky   | 13. Snickers   | 18. Turkish Delight   |
| 4. Reeses Nut Bar | 9. Yorkie           | 14. Milky Way  | 19. Picnic            |
| 5. Double Decker  | 10. Peppermint Aero | 15. Fudge      | 20. Crunchie          |

### NAME THE EMOJI COUNTRY

- |            |                |                    |                 |             |
|------------|----------------|--------------------|-----------------|-------------|
| 1. Brazil  | 6. Chile       | 11. Oman           | 16. Hungary     | 21. Peru    |
| 2. Germany | 7. Finland     | 12. Madagascar     | 17. Lichenstein | 22. Iran    |
| 3. Wales   | 8. Thailand    | 13. Estonia        | 18. Cuba        | 23. Panama  |
| 4. Belgium | 9. Iceland     | 14. Czech Republic | 19. Turkey      | 24. Bahrain |
| 5. Canada  | 10. Seychelles | 15. Tunisia        | 20. Andorra     | 25. Georgia |

*How did you do?*



# Email Directory

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