



## CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 8 MARCH 2021

### Hello CRHS Students...

Last week was a strange one for all of us and it was disappointing to hear that we had to go into another lockdown. Some of us take these things in our stride and adapt very quickly, but equally some of us find it hard to manage these changes and to remain motivated. Whatever you are feeling, rest assured, you are not alone.

Let's look at some positives:

- You have managed two periods of remote learning so you know you can do this!
- You are more familiar with the way remote learning works and your skills have developed over time.
- You have your list of contacts and you know your teachers and tutors are very happy to help you.
- You have more hours of daylight than in the last lockdown, so there is more opportunity to get outside and enjoy some fresh air and green space.
- You have lots of ways of keeping in touch with your friends and could even work with a study buddy or a group to help keep each other on track.

Your teachers will have been in touch with work for all your subjects now, so remember to do your daily check-in, which is the remote version of registration and then use your timetable to structure your day. We know that some of you like to work to the normal lesson times, but we also know that this isn't always possible. The trick is to get into a routine that works in your household and stick to it.

Did you know that all students can have a FREE Office 365 download? You might find that really useful, so check out the details in this newsletter.

As well as keeping on top of your learning, you should take time to care for your mental health and wellbeing. We all know that physical exercise is good for our bodies, but it is also good for our minds and can really give us a lift. The PE department have lots of suggestions if you need any and they want you to log what you've been doing on the day of your Games lesson. Sleep is really important too. We all know that lack of sleep leaves us feeling low on energy and motivation, so we've included some useful tips if you're not sleeping well or not getting up feeling refreshed. You might also enjoy the nature relaxation link we've sent, or how about drifting off to sleep to a good audio book, as featured on the World Book Day site? We missed the chance to celebrate it in school last week, but have a go at the WBD quiz and keep reading as it's a great way to relax and escape to somewhere else for a while! Finally, we have included some useful contacts which you and your family might want to refer to and as always, the email details for staff. Don't hesitate to get in touch.

We know that you can do this. Stay positive, take control of the things you can control and remember, we are here to help.



**No outdoor or indoor gatherings with people outside your household are permitted**



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

# DAILY CHECK-IN



The 'daily 'check-in' survey is open every day until 1pm, and 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' is 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:

Username to access daily check-in:

07joebloggs

07joebloggs@sch.im

## Problems?

If you cannot access the online learning platforms or you're having issues accessing 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](mailto: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 at the end of the newsletter).

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

# Microsoft Office

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)





WORLD  
BOOK  
DAY

## BOOK BONANZA QUIZ FOR WORLD BOOK DAY

KS3

1. In Philip Pullman's *His Dark Materials*, in which world does Will find the Torre degli Angeli and the Subtle Knife?

- A. Gallivespia
- B. Mulefa
- C. Cittàgazze

2. In the *Geek Girl* series by Holly Smale, what is the name of Harriet Manners' arch enemy?

- A. Alexa Roberts
- B. Alexa Chung
- C. Alexa Smith

3. What is the name of Todd Hewitt's dog in *The Knife of Never Letting Go* by Patrick Ness?

- A. Manchee
- B. Manatee
- C. Mantaray

4. What job does Isabella's father do in *The Girl Of Ink and Stars* by Kiran Millwood Hargrave?

- A. He's a fisherman
- B. He's a cartographer
- C. He's a farmer

5. In Malorie Blackman's *Noughts and Crosses*, what is the name of Callum's brother?

- A. Jason
- B. James
- C. Jude

6. Who writes the Lockwood and Co series of books?

- A. Jonathan Meres
- B. Jonathan Stroud
- C. Jonathan Ross

7. In *One* by Sarah Crossan, what are the names of the conjoined twins?

- A. Grace and Tippi
- B. Greta and Tara
- C. Gina and Tilly

8. In *Six of Crows* by Leigh Bardugo, what is the name of the thief also known as 'Dirtyhands'?

- A. Jesper Fahey
- B. Nina Zenik
- C. Kaz Brekker

9. In which novel by John Green would you find the characters Margo and Quentin?

- A. Looking for Alaska
- B. Paper Towns
- C. Turtles All the Way Down

10. The title of Mark Haddon's award-winning novel *The Curious Incident of the Dog in the Night-time* is a quote from which famous fictional detective?

- A. Miss Marple
- B. Hercule Poirot
- C. Sherlock Holmes

11. In David Almond's novel *Skellig*, Michael befriends the girl who lives across the road, what is her name?

- A. Mary
- B. Mina
- C. Moira

12. In which fantasy series would you find the character Celaena Sardothien?

- A. The Sin Eater's Daughter
- B. Red Rising
- C. Throne of Glass

13. In *The Book Thief* by Markus Zusak, what is the name of the Jewish boxer that Liesel's foster family hide from the Nazis?

- A. Mark
- B. Max
- C. Marcus

14. In *Am I Normal Yet?*, *How Hard Can Love Be?* and *What's a Girl Gotta Do?* by Holly Bourne, Amber, Evie and Lottie form which club?

- A. The Spinster Club
- B. The Soulmates Club
- C. The Songstress Club

15. What is the name of the first book by Zoe Sugg, aka Zoella?

- A. Girl on Fire
- B. Girl in Love
- C. Girl Online

16. Who is the author of *The Lie Tree*, *A Skinful of Shadows* and *Cuckoo Song*?

- A. Frances Hardinge
- B. Hilary McKay
- C. Juno Dawson

17. In John Boyne's *The Boy in the Striped Pyjamas*, what is the name of the main boy narrator?

- A. Shmuel
- B. Bruno
- C. Ralf

18. By which other name is Stephanie Edgley known in the *Skulduggery Pleasant* series by Derek Landy?

- A. Tanith Low
- B. Valkyrie Cain
- C. China Sorrows

19. In *Fan Girl* by Rainbow Rowell, Cath writes fan-fiction about which book character?

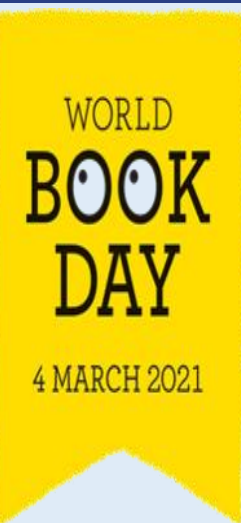
- A. Simon Snow
- B. Draco Malfoy
- C. Frodo Baggins

20. In *The Hunger Games* by Suzanne Collins, Katniss comes from which district?

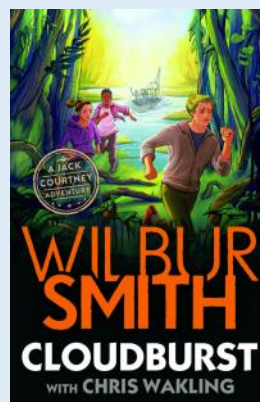
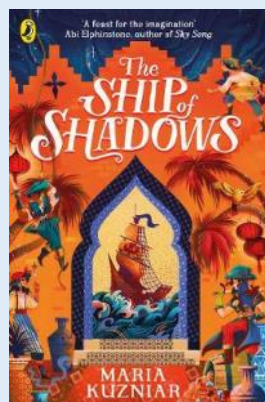
- A. District 11
- B. District 12
- C. District 13

ANSWERS: 1.C, 2.A, 3.A, 4.B, 5.C, 6.B, 7.A, 8.C, 9.B, 10.C, 11.B, 12.C, 13.B, 14.A, 15.C, 16.A, 17.B, 18.B, 19.A, 20.B





To celebrate World Book Day 2021, you can access the following audio books absolutely free! Click on the picture to be taken to the audio book.



*relax*



<https://fb.watch/43mNWh3yJF/>

## Sleep and Routine

One thing that became clear during the last lockdown is that your morning and evening routines and sleep habits were a significant contributor to maintaining positive wellbeing.

The following TED Talk with Mathew Walker, Author of 'Why We Sleep' might be very useful.

<https://www.youtube.com/watch?v=5MulMqhT8DM>

It's known that having good sleep habits boosts your mood, allows you to think clearly and improves your immune system. Having poor sleep habits can also make us crave and eat unhealthy foods, as well as doing less physical activity, which are two of the most important things to improve your sleep!

**As we move into this difficult period of lockdown where you may have less routine again, we have some tips to keep you feeling on top form**

- Shower or take a bath a few hours before you want to fall asleep. Body temperature is really important – the drop of temperature that is experienced after getting out of a hot shower or bath tells your body it's time to go to sleep. Make sure your room is a comfortable temperature, think about what you wear to sleep in and how many blankets are on your bed.
- Avoid high intensity exercise in the evening. Exercise is great, and is beneficial for your sleep, but putting your body under high levels of stress leads to the release of hormones that will reduce the quality of your sleep and potentially make it harder to drift off in the first place!
- Try to keep a consistent routine. Try to do similar things before bed each night and go to bed and wake up at similar times each day. Having this routine gives your brain subconscious cues that it's time to start winding down, making it easier to fall asleep.
- Make your sleeping space constructive for sleep – make sure it's dark enough, tidy up a bit so it's less cluttered, and get some fresh air in through the day so it feels clean!
- Only use your bedroom for sleep – avoid things like watching tv or playing on gaming consoles in your bedroom, especially directly before you go to sleep. Blue light produced by these decreases your melatonin, which makes it more difficult to sleep.



# Competition Time



Every year the Hodgson Loom Gallery holds a themed Art Competition, open to absolutely everybody. This year's theme is **EYE**

Entries can be in any medium, any size (as long as they can fit in the gallery, the only stipulation being that they have to link somehow to the given theme, whether that be literally or more laterally.



Handing in dates are

**Thursday 1<sup>st</sup>, Friday 2<sup>nd</sup> and Saturday 3<sup>rd</sup> April 2021**  
**£2.00 per entry, up to 2 entries per person.**



All artwork should be ready for display; whether that be framed, free-standing for 3D work, or with relevant display method. All artwork should be labelled and accompanied by a completed entry form available from the gallery or by email [julia@laxeywoollenmills.com](mailto:julia@laxeywoollenmills.com). Preferably, all artwork should be for sale, except for Children's entries. (Although they too can be for sale, if you wish!)

Entries fall into a range of categories, which can vary depending on the format of the artwork received. Judging is done by a group of individuals from various backgrounds, some being artists themselves, others being patrons of art; and they change every year.

We invite the public to vote for their favourite too, nominations to be placed in the Public Vote box, once the exhibition is open.

Provisionally, Covid-willing, the exhibition will open around 10th April.



# Useful Contact Details

## What if I need help?

Talking to someone about your worries or fears can help! This short booklet gives you some tips and ideas for what to do if you are feeling worried or anxious and ways to stay positive. Check out the websites below for more ideas and support as well.

If you are worried about someone else's gambling, alcohol use or drug use or you need to talk to someone, these people and services may be able to help:



**Write a list of these numbers, and the numbers of friends or family that can help and support you, and keep it somewhere safe**

Family or friends		If you talk with your friends, make sure you speak to a trusted grown up as well (such as a family member, neighbour, teacher or your social worker)
Lyndsey at Motiv8	<b>414240</b>	9am to 5pm, Monday to Friday Lyndsey.smart@motiv8.im
Motiv8 Addiction Services	<b>627656</b>	9am to 5pm, Monday to Friday contact@motiv8.im
Social Services	<b>686179</b>	9am to 5pm, Monday to Friday
Police Headquarters	<b>631212</b>	(For the duty social worker)
Emergency Services	<b>999</b>	(Police, ambulance & fire service)
Crisis Team (mental health)	<b>642860</b>	
CAMHS (Young persons mental health service)	<b>642875</b>	9am to 5pm, Monday to Friday
Samaritans	<b>116 123</b>	(Or try 08457 90 90 90) <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
Childline	<b>0800 1111</b>	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
Young Minds website		<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>

### Online mental health support



<https://www.kooth.com/index.html>

**Free, safe and anonymous online support for young people**

Monday to Friday 12pm - 10pm & Saturday to Sunday 6pm - 10pm



<https://www.qwell.io/index.html>

**Online counselling and well-being for adults**

Monday to Friday 12pm - 10pm & Saturday to Sunday 6pm - 10pm



# Email Directory

NAME	EMAIL	NAME	EMAIL
Mrs Alman	<a href="mailto:samanthaalman@online.sch.im">samanthaalman@online.sch.im</a>	Mr Fells	<a href="mailto:chrisfells@online.sch.im">chrisfells@online.sch.im</a>
Mrs Almond	<a href="mailto:helenalmond@online.sch.im">helenalmond@online.sch.im</a>	Mr Gray	<a href="mailto:johngray@online.sch.im">johngray@online.sch.im</a>
Mrs Astin	<a href="mailto:jodieastin@online.sch.im">jodieastin@online.sch.im</a>	Mrs Greensmith	<a href="mailto:sarahgreensmith@online.sch.im">sarahgreensmith@online.sch.im</a>
Mr Baker	<a href="mailto:andrewbaker@online.sch.im">andrewbaker@online.sch.im</a>	Dr Holmes	<a href="mailto:paulholmes@online.sch.im">paulholmes@online.sch.im</a>
Mr Barlow	<a href="mailto:benbarlow@online.sch.im">benbarlow@online.sch.im</a>	Mrs Irvine	<a href="mailto:deirdreIrvine@online.sch.im">deirdreIrvine@online.sch.im</a>
Mrs Barlow	<a href="mailto:maxinebarlow@online.sch.im">maxinebarlow@online.sch.im</a>	Cara Justice	<a href="mailto:carajustice@online.sch.im">carajustice@online.sch.im</a>
Miss Brew	<a href="mailto:laurenbrew@online.sch.im">laurenbrew@online.sch.im</a>	Miss Leece	<a href="mailto:Hannahleece1@online.sch.im">Hannahleece1@online.sch.im</a>
Mr Brookes	<a href="mailto:jonathanbrookes@online.sch.im">jonathanbrookes@online.sch.im</a>	Mr Kay	<a href="mailto:ikay@online.sch.im">ikay@online.sch.im</a>
Mrs Burger	<a href="mailto:madeleineburger@online.sch.im">madeleineburger@online.sch.im</a>	Mrs Kennedy	<a href="mailto:nicolakennedy@online.sch.im">nicolakennedy@online.sch.im</a>
Mr Caldwell	<a href="mailto:chriscaldwell@online.sch.im">chriscaldwell@online.sch.im</a>	Mrs Kneen	<a href="mailto:gemmaKneen@online.sch.im">gemmaKneen@online.sch.im</a>
Miss Callow	<a href="mailto:emmacallow4@online.sch.im">emmacallow4@online.sch.im</a>	Mrs Lace	<a href="mailto:valerylace@online.sch.im">valerylace@online.sch.im</a>
Mr Casson	<a href="mailto:philipcasson@online.sch.im">philipcasson@online.sch.im</a>	Mrs Lakeman	<a href="mailto:sarahlakeman@online.sch.im">sarahlakeman@online.sch.im</a>
Mrs Charker	<a href="mailto:susiecharker@online.sch.im">susiecharker@online.sch.im</a>	Mrs Lamb	<a href="mailto:alilamb@online.sch.im">alilamb@online.sch.im</a>
Dr Cheverton	<a href="mailto:angiecheverton@online.sch.im">angiecheverton@online.sch.im</a>	Miss Libreri	<a href="mailto:heatherlibreri@online.sch.im">heatherlibreri@online.sch.im</a>
Ms Coates	<a href="mailto:jencoates@online.sch.im">jencoates@online.sch.im</a>	Mrs Livingstone	<a href="mailto:susielivingstone@online.sch.im">susielivingstone@online.sch.im</a>
Mrs Cox	<a href="mailto:sarahcox1@online.sch.im">sarahcox1@online.sch.im</a>	Mr Mann	<a href="mailto:rossmann@online.sch.im">rossmann@online.sch.im</a>
Miss Crispe	<a href="mailto:indiacrispe@online.sch.im">indiacrispe@online.sch.im</a>	Mrs Manson	<a href="mailto:kathrynManson@online.sch.im">kathrynManson@online.sch.im</a>
Mr Danielson	<a href="mailto:johndanielson@online.sch.im">johndanielson@online.sch.im</a>	Miss Martin	<a href="mailto:catherinemartin@online.sch.im">catherinemartin@online.sch.im</a>
Miss Darbyshire	<a href="mailto:stelladarbyshire@online.sch.im">stelladarbyshire@online.sch.im</a>	Mrs Mason	<a href="mailto:hmason@online.sch.im">hmason@online.sch.im</a>
Mr Davies	<a href="mailto:caseydavies@online.sch.im">caseydavies@online.sch.im</a>	Mrs Matthews	<a href="mailto:eilishmatthews@online.sch.im">eilishmatthews@online.sch.im</a>
Miss Davies (Music)	<a href="mailto:jenniferdavies@online.sch.im">jenniferdavies@online.sch.im</a>	Miss Metcalfe	<a href="mailto:emmametcalfe@online.sch.im">emmametcalfe@online.sch.im</a>
Miss Davis (English)	<a href="mailto:lisadavis@online.sch.im">lisadavis@online.sch.im</a>	Mrs Miller	<a href="mailto:emmamiller@online.sch.im">emmamiller@online.sch.im</a>
Mrs Dawson	<a href="mailto:scottier@online.sch.im">scottier@online.sch.im</a>	Mrs Moore	<a href="mailto:rachael.moore@online.sch.im">rachael.moore@online.sch.im</a>
Mr Deakin	<a href="mailto:garethdeakin@online.sch.im">garethdeakin@online.sch.im</a>	Mrs Moss	<a href="mailto:emiliekermode@online.sch.im">emiliekermode@online.sch.im</a>
Mrs Duggan	<a href="mailto:julieduggan@online.sch.im">julieduggan@online.sch.im</a>	Ms Perry	<a href="mailto:hperry@online.sch.im">hperry@online.sch.im</a>
Mr Duggan	<a href="mailto:tomduggan@online.sch.im">tomduggan@online.sch.im</a>	Ms Poole	<a href="mailto:katypoole@online.sch.im">katypoole@online.sch.im</a>
Mrs Dunk	<a href="mailto:taradunk@online.sch.im">taradunk@online.sch.im</a>	Miss Quirk	<a href="mailto:meganquirk@online.sch.im">meganquirk@online.sch.im</a>
Mr Edwards	<a href="mailto:kedwards@online.sch.im">kedwards@online.sch.im</a>	Mrs Tyley	<a href="mailto:heathertyley@online.sch.im">heathertyley@online.sch.im</a>
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>
Mr Seddon	<a href="mailto:craigseddon@online.sch.im">craigseddon@online.sch.im</a>	Mr Watt	<a href="mailto:nickwatt@online.sch.im">nickwatt@online.sch.im</a>
Mrs Wilson	<a href="mailto:jasminwilson@online.sch.im">jasminwilson@online.sch.im</a>	Mrs Williams (History/Quest)	<a href="mailto:laurawilliams@online.sch.im">laurawilliams@online.sch.im</a>
Mrs Winstanley	<a href="mailto:sophiawinstanley@online.sch.im">sophiawinstanley@online.sch.im</a>	Mrs Williams (Science)	<a href="mailto:louisewilliams@online.sch.im">louisewilliams@online.sch.im</a>
Mr Fallon	<a href="mailto:tonyfallon@online.sch.im">tonyfallon@online.sch.im</a>	Mr Steriopulos	<a href="mailto:christiansteriopulos@online.sch.im">christiansteriopulos@online.sch.im</a>