



## CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 15 MARCH 2021

### Hello CRHS Students...

We hope you have had a good week and a restful weekend. It's Monday again, so time to plan your week, making sure you organise your work, note any deadlines and choose some extra-curricular activities for your relaxation time.

It's really important to do the daily check in, just as you would go to registration if you were in school. This is the best way to let us knowing that you are engaging with school work and to signal to us if you want some help, so please don't forget about it. Try and do it as soon as you switch on each morning. The details are included again, in this edition as a reminder.

Science week was 5th - 14th March and if you had been in lessons, no doubt your teachers would have been planning some activities to recognise that. We've given you the information and the links so that budding scientists amongst you can try out some things out at home and maybe enter their competition. Don't forget to let your Science teacher know if you do have a go. They'll be pleased to hear about your endeavours!

Some of you will be missing the chance to take part in or go to watch live theatre. We also know that several year groups are studying or have recently been studying some Shakespeare. The Royal Shakespeare Company have been finding new ways to share performances with online audiences....despite COVID, the show must go on! They have combined theatre, music and groundbreaking technology to bring a whole new dimension to live performance. From 12-20th March you can watch their latest production of 'Dream' (based upon 'A Midsummer Night's Dream'). You can watch 'Dream' on a smartphone, tablet or computer and you can choose to sit back and watch for free or you can purchase a ticket which allows you to interact with the live performance. Again, if you do investigate, be sure to drop a message to your Drama or English teacher as they will be happy to hear about your experiences.

Many of you will have participated in MSR sports activities during school holidays over the years. If you're missing your sport and you've already checked out what the CRHS PE team has on offer, you might want to try some of the MSR live Zoom sessions in a variety of activities, from Cardio Blast to Yoga. They are 20 minutes long and might be just what you need to stay energised. All the details are in this newsletter too.

If you feel like you've started spending too much time on a screen, then check out our alternative ideas and try to make the most of your daily exercise. Fresh air and a change of scene are really important to staying healthy and happy. To add a little incentive, we're introducing a CRHS photo competition for all students. When you are out and about, take a scenic spring photo and send it in to us to be in with a chance of winning. Make sure you tell us your name and tutor group. Details are on that page and we look forward to seeing what stunning images you capture. You can only submit one entry, so make it a good one. The closing date is Fri 26th March, which is the end of term and it's not far off - get snapping!

All the useful contact details are provided in the newsletter as usual. Any questions or problems, we're here to help.

Keep up the good work and take care.



**Please continue  
to practise  
good hygiene**

# 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](mailto:@sch.im) at the end of your username (see example below).

School Username:

07joebloggs

Username to access daily check in:

[07joebloggs@sch.im](mailto:07joebloggs@sch.im)

## PLEASE REMEMBER TO CHECK-IN EVERY DAY

### 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)



### Community Kindness

Jack in 7SL won the ICue Academy's quiz last week. His prize...a delicious pizza courtesy of Home Run Pizza.

But Jack decided that he wanted to pay-forward his prize after attending the Testing Centre with his younger brother earlier in the week. After seeing how hard the staff there were working, Jack selflessly donated his pizza to them.

On hearing this story, Home Run Pizza donated a total of 10 pizzas to make sure that there was enough for ALL the staff at the Testing Centre.

With the help of his mum, Jack also prepared a basket of sweets which he gave to the hard working men and women at the centre. What an awesome thing to do, Jack! We're very proud of you!

**We love to hear stories like this, so if you have one share it with us via [CRHSEnquiries@sch.im](mailto:CRHSEnquiries@sch.im)**

*\*Pictured: Jack with two representatives from the swabbing team, Ben from the ICue Academy and Hannah from Home Run Pizza.  
Story and pictures borrowed and adapted from Facebook.*



# What's On?

## British Science Week 2021



Encourage your children or students to get creative and enter our annual **poster competition**. They can make their poster about whatever version of this year's theme 'Innovating for the future' they'd like. Posters can be made by hand or using a computer. We aren't able to accept digitally animated posters but static graphics are welcome!

To get inspired, have a look at our [activity packs](#) which contain lots of activities on the theme to help get those creative minds in gear. Inspiration can come from anywhere – innovation in technology or health care, or maybe even innovation that is used in STEM careers!

Still stuck for ideas? Have a look at last year's competition winners [here](#).

You've got until 30 April 2021 to submit your entries digitally via our [online entry form](#) along with the name of the artist, email address and postcode location.

We've got all the extra information you'll need below including how to enter, the rules and most importantly, the prizes. We can't wait to see your entries!

### How to enter?

It's super simple...

Once the masterpiece has been completed, upload it via the online entry form. Remember to include the key information we have asked for above, including first name, age, category, an email address and postcode location.

Complete the short online entry form by 6 pm on Friday 30 April 2021 – unfortunately, we can't accept entries after the closing time.

### How will the posters be judged?

We wish that everyone could be a winner, but we only have a limited number of prizes. So, here's the lowdown on what the judges will be looking for:

- \* Creativity in approach – Innovative angle on the content or creative interpretation of the theme
- \* Content – Clear, accurate and informative about a STEM topic
- \* Effective communication – presented and communicated in an engaging way

Members of the British Science Association will shortlist entries, and a panel of judges will select a winner in each category. The two runners up in each category will be uploaded to our Facebook page and the public will decide on a fifth 'popular vote' winner.

For more information please visit [www.britishscienceweek.org](http://www.britishscienceweek.org)



&



There is a **FimClub** competition open for entries, and if you fancy learning another language, Mrs Elvezia is running **Italian lessons**. Both are available on itslearning.

# What's On?

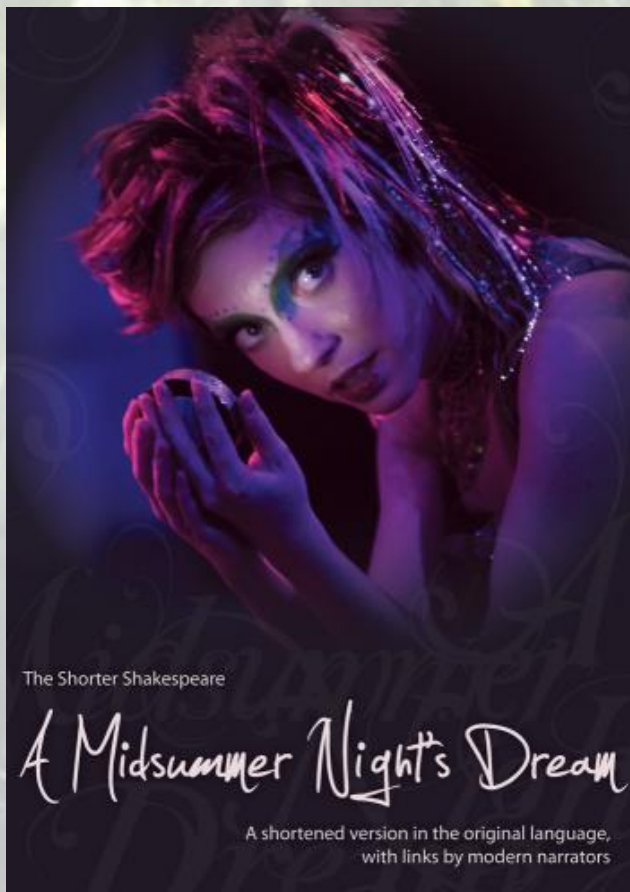
## Dream

A live, online performance  
set in a virtual midsummer forest

The free performance is a dreamlike journey into a forest at midsummer, inspired by *A Midsummer Night's Dream*. You are invited to accompany Puck on a magical journey between dusk and dawn. With a cloud of fireflies lighting the way, you explore the forest and encounter four sprites, Moth, Peaseblossom, Cobweb and Mustardseed. But storm clouds gather on the horizon, threatening destruction.

Audience Plus (additional fee) ticket holders can control fireflies, helping to light the forest and interacting using their mouse, trackpad or touchscreen. The actors respond to audience interaction and direction, making each performance unique.

For more information and to reserve tickets visit [www.dream.online](http://www.dream.online)



## Dream

A live, online performance set in a  
virtual midsummer forest

12-20 March 2021

Running time: 50 minutes



## Non-screen activities you can do at home

Pobble

25  
ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

**1** How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

**2** Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

**3** Get building! You could build a Lego model, a tower of playing cards or something else!



**4** Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

**5** Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

**6** Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

**7** Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



**8** Use an old sock to create a puppet. Can you put on a puppet show for someone?



**9** Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

**10** Design and make a homemade board game and play it with your family.



**11** Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



**12** Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

**13** List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



**14** Design and make an obstacle course at home or in the garden. How fast can you complete it?



**15** Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



**16** Keep moving! Make up a dance routine to your favourite song.



**17** Write a play script. Can you act it out to other people?



**18** Read out loud to someone. Remember to read with expression.



**19** Write a song or rap about your favourite subject.



**20** Get sketching! Find a photograph or picture of a person, place or object and sketch it.



**21** Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

**22** Draw a map of your local area and highlight interesting landmarks.



**23** Write a postcard to your teacher. Can you tell them what you like most about their class?

**24** Draw a view. Look out of your window and draw what you see.



**25** Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

# Wellbeing

Sends a message to your brain that everything will be okay...and, that you can get through hard things



YOU CAN HANDLE THIS!



Grows the thoughtful pre-frontal cortex part of your brain



Helps you to solve problems and find solutions



Helps you to feel more calm and capable

Decreases tension, stress, and anxiety



why MINDFUL BREATHING

is your SUPERPOWER



Improves your immune response, keeping you stronger and healthier



Clears up foggy thinking and improves memory, attention, focus and concentration



Decreases blood pressure and slows down your heart rate

Improves self-control



Acts like a "Pause" or "Reset" button, moving you out of a Fight-Flight-Freeze state into a Relaxed & Responsive state







# CRHS PHOTO CONTEST



**TAKE A 'SNAP'  
TO WIN A  
FABULOUS PRIZE**

**ENTRY DEADLINE:  
FRIDAY 26 MARCH**

## **INSTRUCTIONS:**

- We're very lucky to live on the Isle of Man, and have such beautiful places to take our daily exercise.
- Take a 'snap' of the beautiful scenery you find while you're out and about. Please don't take pictures of people.
- Email your entries to the address below, using the subject 'Photo Contest'. Please make sure your images are JPEG or PNG files.



**SUBMIT YOUR PHOTOS TO:**  
**[CRHSEnquiries@sch.im](mailto:CRHSEnquiries@sch.im)**

# CHILDREN'S ZOOM PHYSICAL ACTIVITY SESSIONS

## TIMETABLE

ALL SESSIONS ARE 20 MINS

DATE	TIME	ACTIVITY	INSTRUCTOR
Monday 15/3/2021	10 am	Cardio Blast	Nikki
Tuesday 16/3/2021	10 am	Core Workout	Christian
Wednesday 17/3/2021	10 am	FUN-damental Movements	Shaun
Thursday 18/3/2021	10 am	Fitness Yoga	Josh
Friday 19/3/2021	10 am	FUN Bootcamp	Jordan

**Zoom Meeting ID Name:** Activ8 Team Schools

**Zoom Meeting ID:** 969 7796 0949

**Meeting Passcode:** Physical





# CHILDREN'S ZOOM SKILLS ACTIVITY SESSIONS

## TIMETABLE

ALL SESSIONS ARE 20 MINS

DATE	TIME	SKILLS	COACH
Monday 15/3/2021	2pm	Target Throwing	Holly
Tuesday 16/3/2021	2pm	Hitting/Striking (Co-ordination)	Sarah B
Wednesday 17/3/2021	2pm	Kicking & Footwork	Sarah W
Thursday 18/3/2021	2pm	Juggling	Adam
Friday 19/3/2021	2pm	Balance & Co- ordination	Kira

**Zoom Meeting ID Name: SDU Skills Session**

**Zoom Meeting ID: 990 8297 1864**

**Meeting Passcode: Skills**



# 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>