



CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 22 MARCH 2021

Hello CRHS Students...

We hope you had a good weekend and made the most of the sunshine. Spring is here and we are counting down to the Easter holidays. This is the last week of term, so make it a good one. Be organised, plan your week and meet your deadlines. That way you will feel like you've earned a break. If you have got a little bit behind, the break gives you an opportunity to get back on track as it's really important to be ready for a fresh start in the new term.

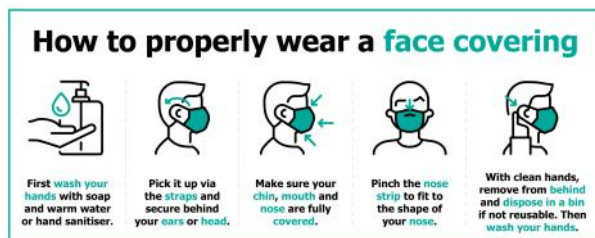
You may not be able to do the sorts of things you would normally do during these Easter holidays. Maybe it's time to try something new to pass the time and to feel you've done something different. We've included lots of suggestions for you. There are quizzes and competitions, crafts and challenges and things to do whatever the weather. You can cook up something tasty for your family or if you're missing a trip off island, the MFL team are encouraging you to 'visit' another country online and share what you find in their Easter competition. If you're in Yr7 or Yr8, Miss Libreri has a new Accelerated Reader challenge for you. There is something for everyone.

Remember to keep active this week and over the break. It can be easy to slip into bad habits, but exercise and fresh air will be good for your health and your mood. Take a leaf out of Mrs Burger's book and enjoy some of the island's beautiful scenery now that the days are getting longer. Don't forget to send us your best photo for our in school competition. The deadline for that is this Friday.

As always, you can contact your teachers and tutors, but don't forget that during the holidays emails will not be checked so often, so we have included some useful contact details for you and your family, in case you are in need of help.

At the time of writing this, we are not sure when school will reopen. You will know the lockdown is being extended. The numbers of cases of coronavirus are falling and if we all continue to play our part, we will be able to get back to normal soon. Whether in school or remotely, your teachers will be ready to welcome you back on 12th April and help you move forward.

Have a good week and then enjoy the break. Above all, make sure you stay safe!



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, crhs.sch.im. 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

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

Raising Money for Cancer Research



CANCER
RESEARCH
UK

Mrs Burger is going to walk 100 miles to raise money for Cancer Research UK's Brain Cancer Research programme. Originally planned for the Easter holidays, Mrs Burger and her friend will be walking the island's Raad Ny Foillan over five days. Although lockdown means this will have to be pushed back, Mrs Burger is training hard and looking forward to her stomp around the island.

We'll post full details of the route once the dates are confirmed (it will probably be during TT Week), so feel free to pop out and give her a wave or an encouraging cheer.

You can read more about Mrs Burger's fundraising efforts [here](#).

Competition Time - DEADLINE EXTENDED



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.



NEW Handing-in dates are **Saturday 10th, Wednesday 14th and Saturday 17th April 2021**
11:00am-4:00pm. £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. 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 24th April.





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.*



FINAL WEEK!



SUBMIT YOUR PHOTOS TO:
CRHSEnquiries@sch.im

Easter

Activities

Quizzes and challenges...*see next pages!*

Crafts...<https://onelittleproject.com/easter-crafts-for-kids/>

Tasty Treats...<https://www.bbcgoodfood.com/recipes/collection/easter-recipes>

Take part in
Live at Home's

live at home

EASTER EGGCELLENT CHALLENGE 2021

What do you need to do

- Donate £1 (OR any amount above £1 OR a small Easter egg) to Live at Home to help us to spread some joy to those we support for Easter
- Walk / Run / Cycle in whatever outdoor space you have. Map your route (be it large OR small). It must take the shape of an Easter Egg. Make it as decorative as you can!
- Follow and record your route using any of the popular fitness applications. Post your completed route to our Facebook page
- Nominate one person that you feel deserves a gift for Easter
- The best 'Egg' activity posted as above will be chosen on 1st April 2021 and the nominated person will then receive a lovely surprise gift for Easter
- Closing date for entries **31st March 2021**

TAKE PART IN OUR 1:1 LOCKDOWN 3.0 CAMPAIGN

<https://www.justgiving.com/campaign/1-1Lockdown3challenge>

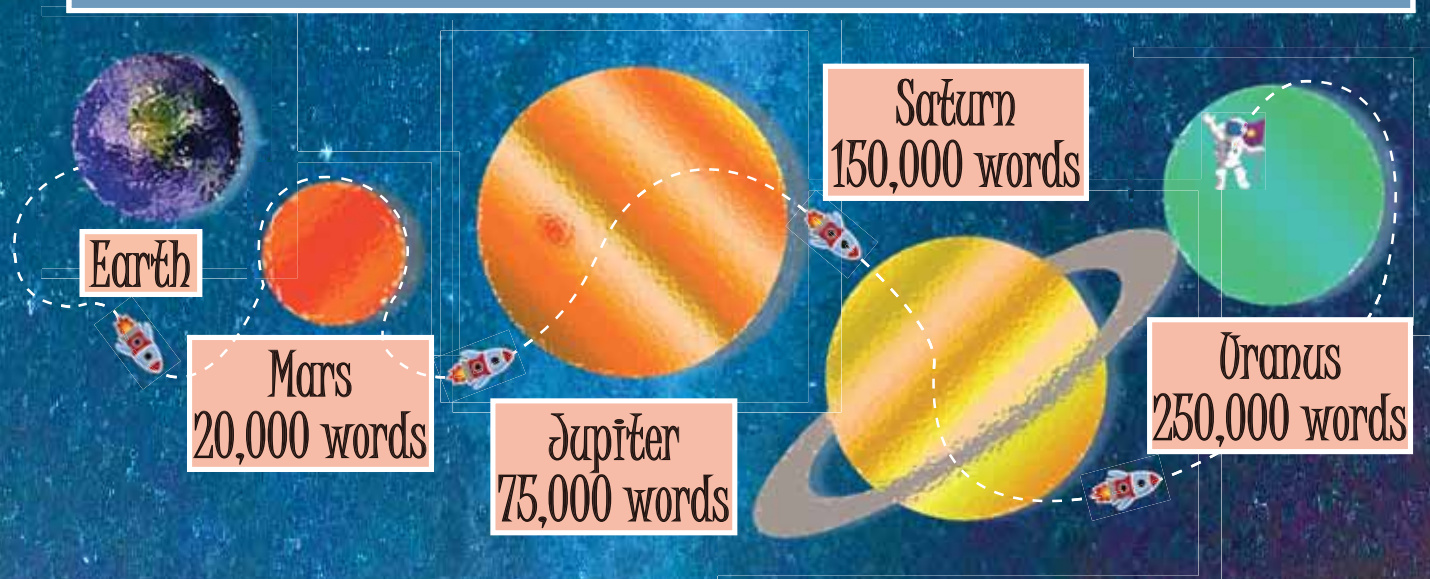
example



AR: OUT OF THIS WORLD CHALLENGE

Year 7 and 8: Its time to get reading and quizzing!
How many words can you read by Sunday 11th April 2021?

Enter the AR Challenge - which planet will you reach?



All you need to do is read at least one book and pass the AR quiz. The more books you read, the more words you can add to your challenge to reach the next planet.

Use the suggestions below to access the sites to take part in the challenge



Use AR bookfind to find suitable books...



Use Audible Stories to listen to free audio books...



Read a book at home!



Take a quiz on accelerated reader



Share your results with us or contact for any advice:



heatherlibreri@online.sch.im

Miss Libreri

Accelerated Reader

Castle Rushen High School

Easter Quiz (answers on the back page)

Good Housekeeping

Round 1 - Easter Film quiz

1. Who provides the voice for Peter Rabbit in the 2018 animated movie?
2. In *Harry Potter and the Goblet of Fire*, Harry and Ron Weasley's dragon-sized Easter Eggs are filled with Molly Weasley's delicious homemade what inside?
3. In what Disney film does the inquisitive rabbit Thumper feature?
4. Which of Willy Wonka's badly behaved guests gets turned into a giant blueberry?
5. Babe is an orphaned pig who wants to be a what?

Round 2 - Easter TV quiz

1. Who presents *Junior Bake Off*?
2. *Line of Duty*'s anticipated sixth series is returning on March 21st - what is the acronym for their anti-corruption police unit?
3. Who is the presenter of *The Great British Bake Off: An Extra Slice*?
4. What colour is the Teletubby Tinky Winky?
5. Which celebrity won Mary Berry's Celebrity Best home Cook this year?

Round 3 - Easter literature quiz

1. What kind of animal is Rabbit's best friend in the book *Rabbit Rabbit*?
2. Name the beloved pig in E.B White's classic children's novel *Charlotte's Web*
3. Name the missing bunny rabbit in *The Tale of Peter Rabbit*: Flopsy, blank, Cotton-tail, and Peter
4. Who received the first golden ticket in Roald Dahl's *Charlie and the Chocolate Factory*?
5. What does the rabbit in Lewis Carroll's *Alice In Wonderland* always carry with him?

Round 4 - Easter history quiz

1. What happens to the clocks in spring?
2. On what street in New York does the city's traditional Easter parade take place?
3. Why do some people fast during the 40 days of Lent leading up to Easter?
4. In French tradition, how are Easter eggs believed to be delivered to children?
5. In Switzerland, people believe a bird delivers Easter treats to children. Can you name the type of bird?

Round 5 - Easter music quiz

1. What was Madonna's second single to land at no.1 over Easter in the UK charts back in 1989?
2. *The One And Only* went in at no.1 on the Easter weekend of 1991 - can you name the singer?
3. Name the group who went to no.1 in Easter 2004 with the song *Colours in her Hair*?
4. What lyric comes next in this classic Beatles hit: "I am the eggman, They are the egg men..."
5. *He's Alive* became an Easter hit for which country music icon?

Round 6 - Easter quiz questions for kids

1. Hermione Granger is given a tiny Easter egg by Molly Weasley because she thought Hermione was in a love triangle with Harry and who else?
2. Who wrote *The Tale of Peter Rabbit*?
3. *Tangled* is based on which Disney princess?
4. Which of these is *not* a friend of Winnie the Pooh? Tigger, Eeyore, Piglet, Woody, Christopher Robin
5. Which British comedian plays E.B aka the Easter Bunny's teenage son in *Hop*?

EASTER COMPETITION

With the MFL Department

French links?



FLYING BELLS???
Find out!



Spanish links?



¡Feliz Semana Santa y Pascua!



SCARED?
CONFUSED?
Find out!



German links? Polish links?/ Irish links?/ Portuguese links?/ ...?

Whatever your family links or interests are in our Big Wide World, we would like you to share those interests with us - by letting us know how **EASTER** is celebrated in your special area of interest.

The Big Wide World is just a keyboard hit away from us nowadays, yet there is so much we do not know about other PEOPLE, about their CULTURE and what makes their celebrations SPECIAL.

So, why not help us learn more and appreciate how Easter is celebrated in a part of the world that interests you? There are 2 way to enter our competition;

1. Use our blank Easter Egg template and design an Easter egg that reflects your special area's traditions. Total artistic freedom invited!

or

2. Prepare a poster or slideshow illustrating Easter traditions in your area of special interest.

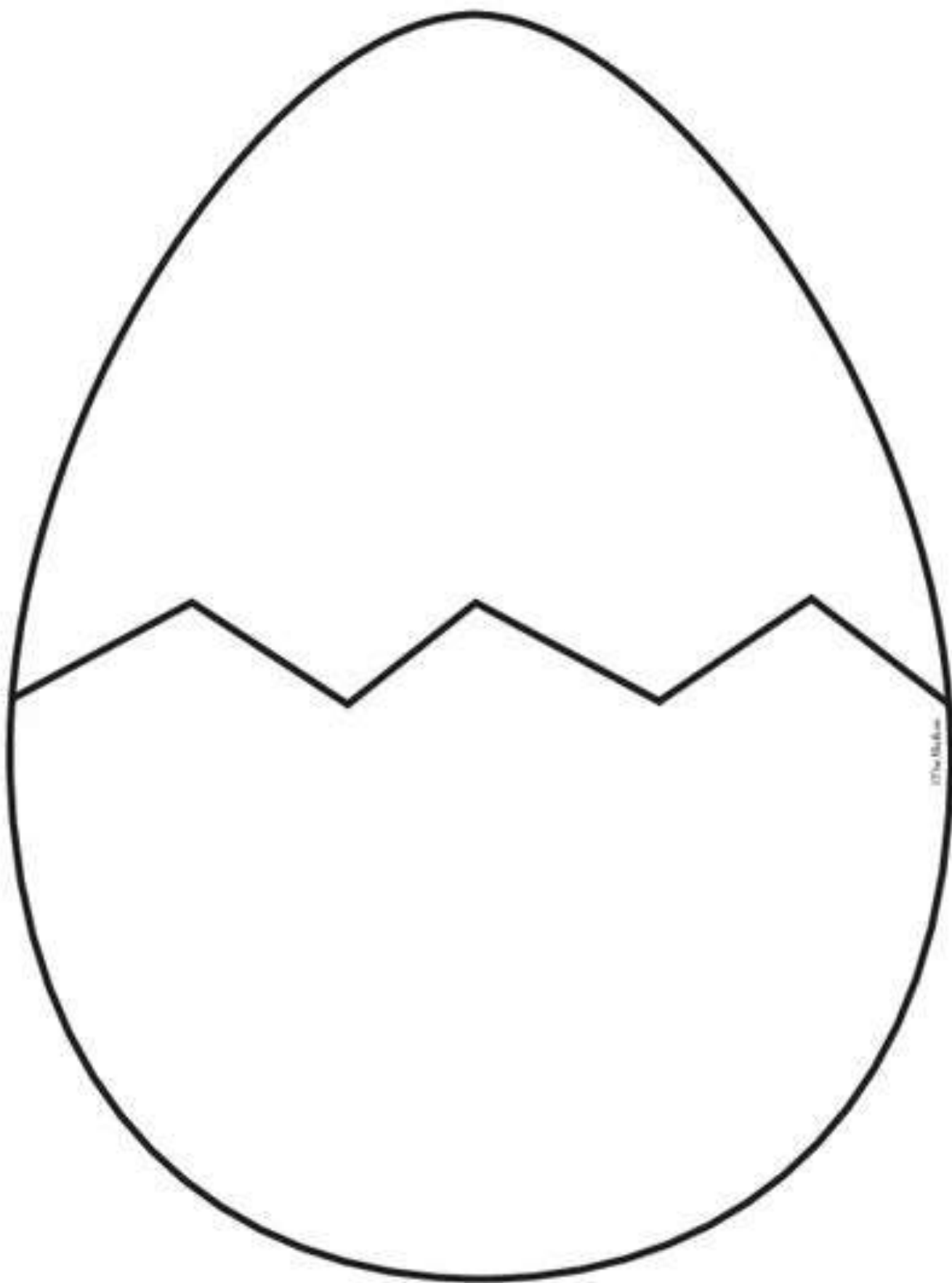
Submit your entries by **1st APRIL** to the MFL Department via hperry@online.sch.im for your chance to win a **CHOCOLATE EASTER EGG** (There's a surprise 🤗!) and to help us learn a little more about our Big Wide World. (Don't forget to put your name and your Tutor Group on your entry!)

Good luck!

Bonne chance!

¡Buena suerte!

A very Easter egg



Wellbeing

WHAT TO DO IF SOMEONE IS SICK IN YOUR HOUSEHOLD



Life has to continue even where COVID-19 is spreading.

Here's how to stay safe.

1 ISOLATE THE SICK PERSON

Prepare a separate room or isolated space, and keep distance from others.



Keep the room well ventilated and open windows frequently.



2 REDUCE CONTACT WITH THE VIRUS

Identify one household member to be the contact person who is not at high risk and has the fewest contacts with people outside.



Wear a medical mask if in the same room as the sick person.

Use separate dishes, cups, eating utensils and bedding from the sick person.



Clean and disinfect frequently touched surfaces.



3 TAKE CARE OF THE SICK PERSON

Monitor the sick person's symptoms regularly.



Pay special attention if the person is at high risk for serious illness.

Ensure the sick person rests and stays hydrated.



Call your healthcare provider immediately if you see any of these **danger signs**:

- Difficulty breathing
- Confusion
- Loss of speech or mobility
- Chest pain

! DANGER SIGNS



REMEMBER, IT'S ALWAYS SAFER TO



KNOW YOUR RISK.
LOWER YOUR RISK.



World Health Organization

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 | 414240 | 9am to 5pm, Monday to Friday Lyndsey.smart@motiv8.im |
| Motiv8 Addiction Services | 627656 | 9am to 5pm, Monday to Friday contact@motiv8.im |
| Social Services | 686179 | 9am to 5pm, Monday to Friday |
| Police Headquarters | 631212 | (For the duty social worker) |
| Emergency Services | 999 | (Police, ambulance & fire service) |
| Crisis Team (mental health) | 642860 | |
| CAMHS (Young persons mental health service) | 642875 | 9am to 5pm, Monday to Friday |
| Samaritans | 116 123 | (Or try 08457 90 90 90) https://www.samaritans.org/ |
| Childline | 0800 1111 | https://www.childline.org.uk/ |
| Young Minds website | | https://youngminds.org.uk/ |

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 | 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 |
| Mrs Barlow | maxinebarlow@online.sch.im | Cara Justice | carajustice@online.sch.im |
| Miss Brew | laurenbrew@online.sch.im | Miss Leece | Hannahleece1@online.sch.im |
| Mr Brookes | jonathanbrookes@online.sch.im | Mr Kay | ikay@online.sch.im |
| 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 | valerylace@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 |
| Mrs Dunk | taradunk@online.sch.im | Miss Quirk | meganquirk@online.sch.im |
| Mr Edwards | kedwards@online.sch.im | Mrs Tyley | heathertyley@online.sch.im |
| Mrs Elder | DawnElder@online.sch.im | Mrs Walter | carolinewalter@online.sch.im |
| Mr Seddon | craigseddon@online.sch.im | Mr Watt | nickwatt@online.sch.im |
| Mrs Wilson | jasminwilson@online.sch.im | Mrs Williams (History/Quest) | laurawilliams@online.sch.im |
| Mrs Winstanley | sophiawinstanley@online.sch.im | Mrs Williams (Science) | louisewilliams@online.sch.im |
| Mr Fallon | tonyfallon@online.sch.im | Mr Steriopulos | christiansteriopulos@online.sch.im |



Let's Catch Up

Mrs Lamb is running a Teams catch up call at 12 o'clock every day. This can be just a catch up just to say hello or if anyone needed any help with any classwork. There is a link on Its Learning Skills Centre 1 page and this is where you will also find lots of worksheets and tasks to help you keep your skills up to date. Easter is just round the corner and I will also be putting up some lovely Easter tasks and activities if you need some down time away from the online learning.

To access the link, go to the Skills Centre 1 page on its learning. There should be a link on the front page but you can also access the link through the resources link on the page. If you have difficulties please either send Mrs Lamb a message on itslearning or email her on alilamb@online.sch.im

Look forward to a catch up!!

Easter Quiz - ANSWERS



Good Housekeeping

Round 1 - Easter Film quiz

1. James Cordon
2. Toffee
3. Bambi
4. Violet Beauregards
5. Sheepdog

Round 2 - Easter TV quiz

1. Harry Hill
2. AC-12
3. Jo Brand
4. Purple
5. Ed Balls

Round 3 - Easter literature quiz

1. A frog
2. Wilbur
3. Mopsy
4. Augustus Gloop
5. A pocket watch

Round 4 - Easter history quiz

1. They go forward one hour
2. Fifth Avenue
3. It represents Jesus Christ's sacrifice in wilderness before dying on the cross
4. By church bells
5. Cuckoo

Round 5 - Easter music quiz

1. Like A Prayer
2. Chesney Hawkes
3. McFly
4. I am the Walrus
5. Dolly Parton

Round 6 - Easter quiz questions for kids

1. Victor Krum
2. Beatrix Potter
3. Rapunzel
4. Woody!
5. Russell Brand