



CASTLE RUSHEN HIGH SCHOOL | COVID-19 NEWSLETTER

MONDAY 12 APRIL 2021

Hello CRHS Students...

We hope you had a good break over the Easter holiday and that you have made the most of the much needed sunshine we've been enjoying, in between the snow showers! You may well have been able to catch up with some family and friends outdoors, as the first of the easing of lockdown measures happened in time for the break. It's been good to see lots of you out and about cycling, running and walking and burning off some of that Easter chocolate.

Now that we are all refreshed, it's time to kick start the summer term. We are all hoping that the end of this lockdown is in sight and so we just need you to get back in remote learning mode for a little bit longer. Please do use this week to set yourself some goals and to establish new routines. It is brighter in the morning and there are hours of daylight after school too, so plan your days and make the most of it! Do the daily check in, just as you would go to registration and follow your timetable. It's important to make sure you are getting to bed at a sensible time and getting up early so that it's not too big a shock when we do get back to school.

You may have finished last term feeling proud that you kept on top of everything or you may look back and realise you weren't working to your usual standard. A new term is a great opportunity to make a fresh start. Check in with all of your teachers, see what new work they have for you and do what you know you need to do to make your return to school stress free. If you need help with a particular topic or task, or if something is overdue, please contact the member of staff to discuss this as we all want you to succeed. Make a promise to yourself to be pro-active and ambitious this term. If you normally access support via Learning Skills Centre 1, Mrs Lamb is happy to help you in her live chat each day at 12.00 so check out the link on the itslearning page or email her using her contact details on the back page.

In the news this week, you will have heard about the death of the Duke of Edinburgh, husband of the Queen. It's possible you will have heard of him because of the many students participating in the Duke of Edinburgh Award Scheme. The Duke set up the scheme in 1956 to 'equip and empower young people from all communities to build the skills, confidence and resilience they need to make the most of life'. In the UK alone, 6.7 million young people have benefitted from participating in the scheme. At CRHS we have a huge number of students working towards the various awards, led by Mr Watt and his team of staff who help him to support you at Bronze, Silver and Gold level. It is really fitting that in this newsletter, we are able to celebrate the many CRHS students who have succeeded in gaining an award in the last twelve months, especially as COVID restrictions meant the island wide ceremony had to be cancelled. We are extremely proud of all of you and what better way to honour the founder and patron of the Duke of Edinburgh Award Scheme, than by congratulating so many of you on your achievements? Success in the Award Scheme is always a challenge, but to have completed your award during a pandemic and all the associated restrictions is particularly impressive. Well done!

Also in this newsletter, you can see we have some more extra-curricular ideas. There are three local art competitions and an invitation to virtual tour of famous Parisian gallery 'The Louvre', so you can enjoy creating or viewing masterpieces. We know you enjoy a challenge and lots of you entered the Easter Modern Foreign Languages Competition – see the list of winners included. Thank you for all your entries in the photo competition. We'll announce the winners of that once our expert judge has had a look!

As usual, CRHS is a busy community and we have no doubt there will be lots more good news and success to share this term. So, have a good week, stay positive and we hope we will see you back in school very soon.



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



ARTS COUNCIL

The Isle of Man Arts Council are inviting the public to submit suggestions for the design theme of 5 new sculptures to feature on the St. Johns to Kirk Michael Heritage Trail.

The project intends to place 5 sculptures along the length of the trail between St. John's and Kirk Michael. Entrants will need to provide an overall theme and then 5 individual sculpture suggestions accompanied with an explanation behind their chosen theme.

Design Specifications

Entrants are to propose a theme with 5 individual suggestions for the carvings, accompanied with an explanation for the chosen theme

- Entries open for a month from the 1st April with a deadline of the 30th April, and to be submitted to the IOMAC via online portal (see below).
- The winning theme will be chosen by the Isle of Man Arts Council and the winner will receive £100 prize money.
- Applicants under the age of 16 should seek parental permission before submitting.
- Use of the entry remains with the IOM Arts Council and DOI

The Arts Team encourage people of all ages and abilities to submit their theme via an online portal on iomarts.com: <https://iomarts.com/sculptures>

If you have any questions or require further clarification, please don't hesitate to get in touch via iomartscouncil@gov.im.



THE DUKE OF EDINBURGH'S AWARD



**Isobel Knop
Marcus Reynolds
Saoirse Matthews**

**Dulcie Teare
Shannon Primrose-Smith**



Rufus Blackford
Emily Daniel
Leighton Ginty
Rhian Masson
Aidan Sansbury
Andrew Tobin
Ben Bloch

Jonty Bregazzi
Erin de Backer
Isobel Knop
Ben Morris
Ben Smith
Aalish Watts
Rhys Burrell

Archibald Elliott
Rachel Leary
Shannon Primrose-Smith
Dulcie Teare
Sam Mitchel



Michael Behrman
Antonia Camarda
Feena Corkill
Eban Gelling
William Green
Nicholas Jenkins
Emily Knop
Noah McMahon
Lucy Norbury
Emma Roberts
Emma Seymour
Perry Watterson
Jasper Blackford

Natasha Collister
Aimee Dentith
Holly Gelling
Amber Gresswell-Wilkins
Jackson Katz
Louis Laisney
Daniel Millward
Aodhán O'Connor
Liam Savage
Roviana Szetu
Aeden Clarke
Poppy Bowman

Niamh Coole
Samantha Earl
Breeshey Goberman
Hannah Hayhurst
James Kinley
Alec Masson
Bliss Murtagh
Erin Palmer
Ffynlo Scott
Shyryl Talaver
Sophie Wright

Are You Missing Art?



The Louvre, the world's most visited museum, has put its entire collection online. This includes works that are on display in the museum, in storage, and on long-term loan in other French institutions. Their new website is more user-friendly and immersive, and shows off some of the finest exhibits in the world, including Leonardo da Vinci's Mona Lisa. Designed for both researchers and art lovers, the platform opens up access to more than 482,000 works from the Louvre, the Musée National Eugène-Delacroix and the Tuileries and Carrousel gardens. This is the first time in the museum's history that its entire collection is available online. If you want to check it out, click [here](#).

COMPETITION TIME

BEETLES, BUGS & BEASTIES COMPETITION



Beetles, Bugs and Beasties designed and judged by local artist Sally Black. As the days get longer and hopefully warmer, there is a lot to see in the great outdoors. If you have a garden, it is the perfect place to spot insects, birds and other garden creatures. There are over 60 different species of bee found here and at least 12 species of ladybird. Not all "bee looking" insects are bees (or wasps). There are 19 species of butterflies here and Manx Wildlife Trust (MWT) does an ID chart to help identify them.

For full details, visit the Time Enough website by clicking [here](#).

To enter the competition:

- Download Sally's beautiful illustration and colour it in.
- Create your own drawings of insects.
- Add your Name, Age and Contact details including email.
- Scan or photograph both and send them to: competition@timeenough.im

There are four categories and our wonderful Bee Bundle prizes to be won:

- ◇ Adult
- ◇ Age 11-15
- ◇ Age 6-10
- ◇ Age 3-5

The closing date is 26th April 2021. The winners will be announced on the Time Enough Website on 1st May 2021.

Each Category Winner wins a Bee Bundle Box!

Competition Time - DEADLINE EXTENDED...AGAIN



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 17th, Wednesday 21st and Saturday 24th 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 depend artwork received. Judging is done by a group of individuals fi some being artists themselves, others being patrons of art; an

We invite the public to vote for their favourite too, nomin

Public Vote box, once the exhibition is open...

Provisionally, Covid-willing, the exhibition will open around 1st May.



Easter



Competition Winners



French

Total entries: 15

Year 7 Winner: Cristina C.

Year 8 Winner: Breesha J.

Year 9 Winner: Dora G.

Spanish

Total entries: 22

Year 7 Winner: Ted W.

Year 8 Winner: Sofia W.

Year 9 Winner: Ruby W.

Special Commendation for both language entries for tremendous effort, research and presentation: Amelia G. in Year 7 and Chloe L. in Year 8



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



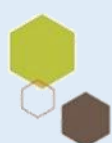
<https://www.qwell.io/index.html>

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	iencoates@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!!

Active April 2021

MONDAY



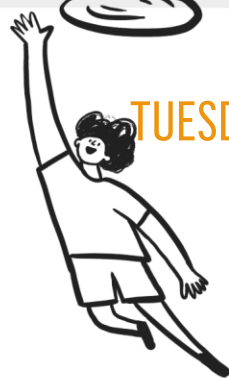
5 Eat healthy and natural food today and drink lots of water

12 Set yourself an exercise goal or sign up to an activity challenge

19 Have a 'no screens' night and take time to recharge yourself

26 Try a new online exercise, activity or dance class

TUESDAY



6 Turn a regular activity into a playful game today

13 Move as much as possible, even if you're stuck inside

20 Spend less time sitting today. Get up and move more often

27 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



7 Do a body-scan meditation and really notice how your body feels

14 Make sleep a priority and go to bed in good time

21 Focus on 'eating a rainbow' of multi-coloured vegetables today

28 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY

1 Commit to being more active this month, starting today

8 Get natural light early in the day. Dim the lights in the evening

15 Relax your body & mind with yoga, tai chi or meditation

22 Regularly pause to stretch and breathe during the day

29 Meet a friend outside for a walk and a chat

FRIDAY



2 Listen to your body and be grateful for what it can do

9 Give your body a boost by laughing or making someone laugh

16 Get active by singing today (even if you think you can't sing!)

23 Enjoy moving to your favourite music. Really go for it

30 Become an activist for a cause you really believe in

SATURDAY

3 Spend as much time as possible outdoors today

10 Turn your housework or chores into a fun form of exercise

17 Go exploring around your local area and notice new things

24 Go out and do an errand for a loved one or neighbour

SUNDAY

4 Have a day free from TV or screens and get moving instead

11 Be active outside. Dig up weeds or plant some seeds

18 Make time to run, swim, dance, cycle or stretch today

25 Get active in nature. Feed the birds or go wildlife-spotting



ACTION FOR HAPPINESS

Happier · Kinder · Together