

# Randwick Boys' High School

Guiding Young Men to Success

Corner Rainbow and Avoca Streets, Randwick NSW 2031

Phone: 9399 3122 Fax: 9399 9546

Issue 30

Web: [www.randwickb-h.schools.nsw.edu.au](http://www.randwickb-h.schools.nsw.edu.au)

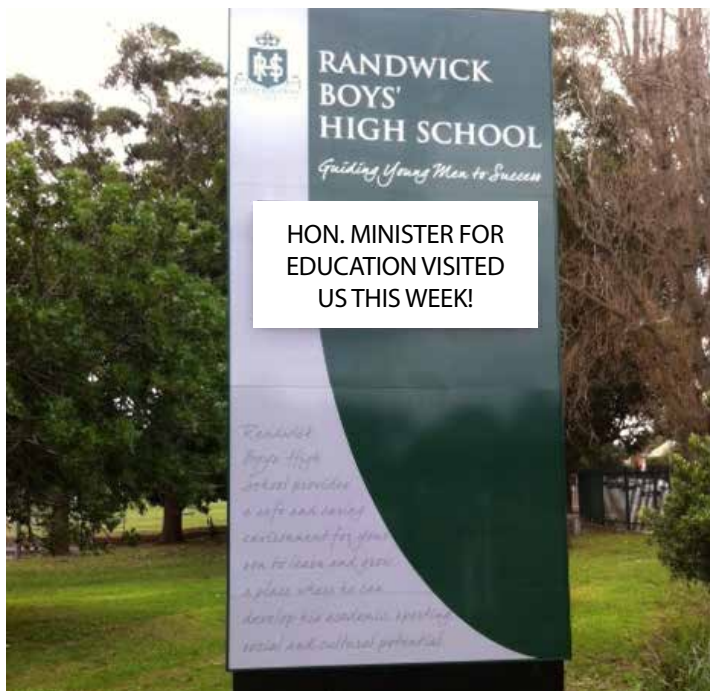
Email: [randwickb-h.school@det.nsw.edu.au](mailto:randwickb-h.school@det.nsw.edu.au)

01 November 2019

## Minister for Education visit







## Our Surf team made the semis!

Our surf team, made up of four students from various year groups, were accompanied by Mr Noreika to Maroubra Beach for a surf competition on Tuesday this week. In the heats, they defeated Waverley College, Rose Bay and The French School to reach the semi-finals. They were beaten by Cronulla HS who went on to claim first place. All students surfed extremely well and we are hoping opportunities such as these continue.



## From the Principal

### NSW Minister for Education and Early Childhood, Hon. Sarah Mitchell visited Randwick Boys' High School

On Wednesday 30<sup>th</sup> October, the NSW Minister for Education and Early Childhood, Hon. Sarah Mitchell visited Randwick Boys' High School. Ms Mitchell's visit included a tour of the school and viewing various sports which were taking place during her afternoon visit. We also showed Ms Mitchell our facilities and proposed many ideas in terms of infrastructure upgrades that would improve our learning environments. Ms Marjorie O'Neill, MP, also attended and joined us on our tour. Discussions also took place with our Executive staff and Birgit Schickinger, our P & C President, as well as Freddy and Tadgh, our student leaders. Ms Mitchell was genuinely interested in our school, staff and students and understood our concerns moving forward. We look forward to our upgrades including many of the ideas that we proposed.



## Year 6 Transition program continues

Our transition advisor and Year 7 Year Advisor for 2020, Ms Al-Anbagi have been visiting our feeder Primary schools and meeting our newest students. They have been accompanied by a number of our current Year 7 students who have been brilliant advocates for our school. Well done to all involved!



L Raskall  
Principal

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COMING EVENTS FOR TERM 4	
Week 4	Week B/Events
Monday 04 November	Year 8 Yearly Exams begin HSC Exams continue Homework Centre, ILC, 3:30 - 5pm
Thursday 07 November	Homework Centre, ILC, 3:30 - 5pm
Friday 08 November	Year 8 Yearly Exams end HSC Exams continue Excursion: Yr 10 Marine Studies

## Aerosol deodorants

This is a reminder to all students that aerosol deodorants are banned from school, including sport and excursions.

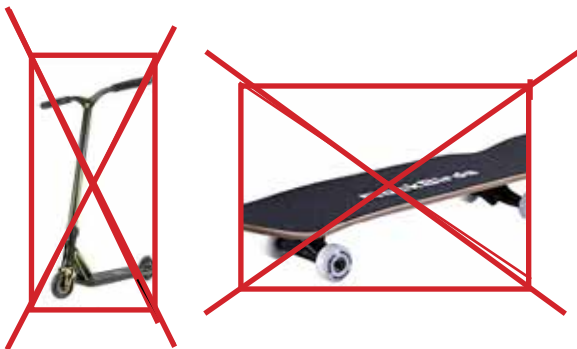
If a student requires deodorant during the school day, particularly after recess, lunch, PE and sport, they should carry a roll on deodorant.



There are many students and teachers who suffer from asthma and these sprays can trigger an asthma attack or severe migraine. Please ensure you respect the health and safety of everyone in the RBHS community by leaving your aerosol deodorants at home.

.....

## Transport to school



Scooters and skateboards are prohibited items at RBHS and cannot be ridden to and from school. Bicycles are permitted (with helmets).



Admin

## A Safe and Healthy School

Does your son have a medical condition about which the school should be aware? Has his medical treatment for an existing condition changed?

We may need to implement a Health Care Plan to support your son at school.

If you learn of a medical condition about which the school should be aware or if your son's treatment changes for an existing condition, please let the school know so that together we can maintain a safe and healthy environment for all students.



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## Year 7 Computer Keyboard Skills

[www.typingtournament.com](http://www.typingtournament.com)

Year 7 students are encouraged to develop their keyboard skills in this digital age with the school's subscription to Typing Tournament Online. A parent information letter with students' login & password for free 24/7 access will be distributed to all Year 7s.

High school students are required to complete many school assessment tasks using a word processor, while online tests for NAPLAN, VALID, HSC Minimum Standards and other assessments require keyboard competencies. A student using two-finger typing at 5-7 wpm (words per minute) is severely disadvantaged compared to students with 20-30 wpm. The USA educational standard for high school students is 40 wpm.

Students may access Typing Tournament Online from home or school to complete self-paced modules with drills, exercises, fun games, speed-accuracy tests, results & progress records. Development of essential keyboard skills will improve students' confidence, quality of their written work & competitiveness in the digital age. Completion of the modules is optional but recommended for self-motivated learners, it is not a course requirement. Successful Learner Certificates will be awarded to participating students who achieve a typing speed of 25 wpm.



G Burke  
Learning & Support Teacher





Minister for Education visit





## Year 7 Geography Field-Trip Excursion

On Monday, 28<sup>th</sup> of October, Year 7 went on a Geography field trip excursion to Sydney Olympic Park in Homebush, as part of our topic Landscapes & Landforms to study the wetlands.

After the one-hour bus ride, we gathered at the Education Centre, where we had a quick snack and were given an outline of the day's activities.



We split up into our separate groups with our teachers and went out to do the activities. My group first went to an area, where we learnt about the seasons that the D'harawal people went by. We did a field sketch of what we saw of the natural and built environment.

Our group then walked to a high tower, where we could see for miles. Our guide Pete told us the different things that we could see and the changing landscape in the area. We then walked to the Education Centre, where we watched a clip about what it was like before the park was created. We learnt how people killed the mangroves and salt marshes just to create more buildings and saw a visual representation of the before and after of the Sydney Olympic Park area.



From there, we walked into the mangrove forest and to the creek, where we analysed the tree heights. As we slowly walked further from the creek, the result showed that the trees grew smaller as we got further away, they then disappeared around 80 metres from the creek to be replaced with salt marsh. Our group went on a boardwalk and learned how the mangroves stop the rubbish entering the ocean.

Our final activity was in a small shack-like building, where we tested the quality of the water and mud; my section of the group were testing the pH levels (toxicity) of the mud.



At the end of the day, all the groups joined back at the Education Centre where we got back on the bus and travelled home after a long day. I would say the excursion was great and worth the trip, it was a brilliant experience and I learnt great deal!

Kai Bolton  
7N



# AROUND THE GROUNDS

## Summer sport 2019/20 - Round 6

SPORT	OPPONENT	SCORE	
		RBHS	Other
Basketball 1s	Homebush	43	27
Basketball 2s	Homebush	26	51
Basketball 15s	Homebush	34	29
Basketball 14s	Homebush	20	58
Cricket 2	Homebush	5/59	10/58
Cricket 15	Homebush	4/163	10/153
Futsal 1s	Homebush	2	6
Futsal 15 As	Homebush	8	4
Futsal 15 Bs	Homebush	0	5
Oztag 1s	Homebush	11	6
Oztag 2s	Homebush	10	7
Oztag 15 As	Homebush	1	11
Oztag 15 Bs	Homebush	2	6
Tennis 2s	Homebush	4	2
Tennis 15s	Homebush	4	2
Volleyball 1s	Homebush	1	2
Volleyball 2s	Homebush	0	2
Volleyball 14s	Homebush	1	2
Water polo 1s	Homebush	4	5

The inaugural interschool surf teams' challenge was held at Maroubra beach on Tuesday 29<sup>th</sup> October. The 'tag team' structure involved a team of surfers riding a maximum of 3 waves, best wave scored from each member was combined within a 1 hour heat time limit.



Well done to all of our surfing squad: Beau 'Bondi boy' Backes (Year 7), Koby 'Acai sponsored' Lawson (Year 8), Finn 'Cruisy carving' Wilkie (Year 8) and Nathanael 'backbone' Cocking (Year 10) who had to withdraw due to a back injury. Fortunately he was able to support the team from the sand. Our boys earned 4<sup>th</sup> place out of 14 teams, which is a tremendous achievement, considering it was an open age event among schools from all over NSW.

## SPORTS QUOTE OF THE WEEK

'RBHS Carve @ Surf Challenge'



P Noreika  
Sports Coordinator





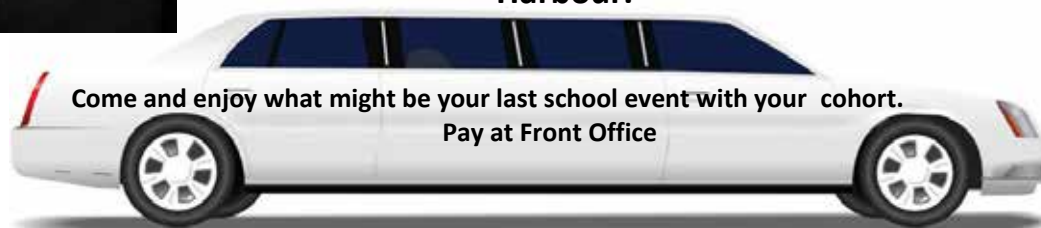
## **Class of 2019**

### **FORMAL**

**Tuesday, 19 November 2019**

**L'Aqua, Darling Harbour**

**\$89 per person for a three course meal, soft drinks and a DJ with glorious views of Sydney Harbour.**



**Come and enjoy what might be your last school event with your cohort.**

**Pay at Front Office**



# NEWS



Randwick Boys' High School P&C is a group of parents, carers, staff & community members who work together to provide opportunities for all students at RBHS. We meet on the third Tuesday of the month during school term at 7pm in the Staff Common Room on Level 1 of the Admin building. Everyone is welcome!



## Next P&C meeting Tue 26\* Nov - 7pm

\*please note date change

**Staff Room  
Level 1  
Admin Building**

### 2019 P&C Committee

**Birgit Schickinger - President**  
**Sarah Brill - Vice President**  
**Michelle Bradley - Vice President**  
**Leanne Bergan - Treasurer**  
**Suzy Forrester - Secretary**

## Change the Date!



Next meeting Tuesday **26th** November.

We welcome all parents, carers and staff to our last meeting of the year and invite you to share some light refreshments after the meeting.



## Book Packs \$40

Book packs will be available from the office from early December in time for the Year 7 Orientation Day.

## Minister & MP School Visit



We thank the Minister of Education - Sarah Mitchell, Coogee MP - Marjorie O'Neill, and Director of Schools - Paul Owens for visiting RBHS to discuss upgrades with our School Executive, School Captains, teachers and P&C President. We look forward to an update about overdue maintenance and upgrades to Randwick Boys' & Randwick Girls' High Schools.

### Connect with us:

 [info@randwickboyspandc.org.au](mailto:info@randwickboyspandc.org.au)

 Randwick Boys High School P&C





\*items may vary from picture and are not to scale

# Book Packs are back!

Our Back to School Book Pack is the perfect way to get organised for the 2020 school year *and* you are supporting a P&C fundraiser for the school!

Book Packs contain all of the exercise books & stationery items on the Year 7 & 8 school list.

**Book Packs will be available from the school office  
from early December**

YOU ARE INVITED TO

**YEAR 9-12**

**ELECTIVE MUSIC**

**PERFORMANCE**

**SHOWCASE**

**Randwick Boys' High School**

**Thursday 14th November**  
**School Hall**  
**6 - 8pm**





# The Colour Run

**When: Thursday 21st November**

**Why? To raise funds for our local women's refuge, Bayside.**

## **HOW TO REGISTER:**

**Please return your Permission and  
your \$15 registration fee to the front office  
by**

**FRIDAY 8TH NOVEMBER**



## Randwick Boys' High School

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Cnr. Avoca & Rainbow Streets, Randwick NSW 2031

Dear Parent/Caregiver,

Randwick Boys' High School prides itself on the opportunities it provides to all of its students to reach their potential, to understand their worlds and to reflect on their experiences.

On **Thursday 21<sup>st</sup> November**, we will be participating in The Colour Run in order to raise funds for our local women's shelter, Bayside. This initiative is part of a three year commitment Randwick Boys' Year 10 cohort has made to raise much needed funds for the shelter in order to resource the centre. Our Year 10 students have participated in the *Walk the Talk* training day, run by Enlighten Education, and this is our first initiative to support the work of the our local refuge in a meaningful way whilst also fostering individual and collective wellbeing at Randwick Boys' High School.

It is our responsibility to seek permission for your child to participate in the **School Colour Run**.

All measures have been taken to ensure that this event is safe for all students. There will be various colour powder stations throughout the course as students complete laps of the school oval being blast with colour!

The volunteers will do their best to throw the powder at the torso, however wind and other factors can cause the powder to protrude on the face. For this reason, included in the cost of registration is a pair of protective sunglasses.

The colour powder used in the event is non-toxic, biodegradable and environmentally friendly consisting of 98% corn starch and 2% food colouring. It will likely washout of your son's clothing, however we recommend that your son brings to school a white shirt that you don't mind being coloured. That's what the event is all about! Based on the toxicology profiles of the powders used, their concentrations in the formulation and the mode of use of the products poses a low level of toxicology risk. The product is considered safe for use.

For those parents and guardians who consent for their child to participate in the event, **DON'T FORGET** to bring a white shirt and a towel to school before the event. **It is also essential that students bring a bandanna or face mask to protect their mouth during the run and that they are wearing enclosed shoes.**

Get ready for a **BLAST OF COLOUR** and thanks in advance for your support! Happy fundraising!

Please complete the consent form on the back of this letter and return the form along with your **\$15 Registration Fee** to the front office or online [www.randwickb-h.schools.nsw.edu.au/our-school](http://www.randwickb-h.schools.nsw.edu.au/our-school) and select the 'Make Payment' option, no later than **FRIDAY 8<sup>TH</sup> November**.

Lance Raskall  
Principal

Leah Pappin  
Head Teacher Wellbeing





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Cnr. Avoca & Rainbow Streets, Randwick NSW 2031

## SCHOOL COLOUR RUN - PARENT CONSENT AND REGISTRATION FORM

I, give my son / s ..... permission to participate in the School Colour Run in order to raise funds for the *Bayside Women's refuge*.

I understand my son will need to bring a **white t-shirt, mouth cover and towel** for the event.

I have discussed appropriate and safe behaviour with my son in relation to this event.

Parent: .....

Signature: ..... Date: .....

### Student Registration:

<u>Student Name:</u>	<u>Year:</u>	<u>Roll Call</u>	<u>House</u>



**WOMEN'S  
COMMUNITY  
SHELTERS**

# Goodfellas™

*Conversations with young men that matter.*



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20 September 2019

## Year 12 Signout Day

**Thursday 14 November 9:30am – 12:00pm**

Dear Year 12 Parents/Carers,

On Thursday 14 November, all Year 12 students are invited to attend school from 9:30am – 12:00pm to return text and library books and pay any outstanding course fees.

Students should come to the Rolls Office from 9:30am to collect their Leavers forms. They will then need to visit the Library, where teachers from each faculty will be stationed on the second floor to collect text and library books and to sign the students' Leavers form. The librarian will also be available to collect Mathematics and English texts, as well as library books.

Once the student has returned all texts and completed their Leavers form, they will need to go to the Front Office to pay any outstanding fees and complete the signout process.

Thankyou for your support.

Yours sincerely,

L Raskall  
Principal





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Cnr. Avoca & Rainbow Streets, Randwick NSW 2031

## 2019 School Vaccination Program

### Third and Final Visit

### Friday 15<sup>th</sup> November 2019

Dear Parent/ Caregivers,

On **Friday, 15<sup>th</sup> November**, the South Eastern Sydney Public Health Unit, will be at Randwick Boys' High School offering **Year 7, 8 and 10 students** the following **vaccinations**;

#### **Year 7 all Students**

- **Human Papillomavirus Vaccine (HPV) – Dose 2.**
- **Catch up HPV Dose 1 – for students who missed Visit 1 or Visit 2 this year.**
- **Catch- up Diphtheria Tetanus & Pertussis (dTpa) 1 dose only – for students who missed Visits 1 & 2.**

#### **Year 8 students (catch-up only):**

- ***For those who have not completed a second Dose of the HPV course that commenced at school in Year 7 in 2018.***

#### **Year 10 Students:**

- **Meningococcal ACWY - 1 Dose.** Meningococcal ACWY for students who missed the vaccination in term 2, 2019.

If you have begun the Vaccination Program the nurses have your son's vaccination cards (Years 7 & 8).

If your son has NOT received any vaccinations, including the Meningococcal vaccination and has NOT begun the School Vaccination Program at Randwick Boys' High School, he can begin the program on 15<sup>th</sup> November. Your son will need to collect a consent form from Ms Cassar.

Please to complete the consent form and have your son **return the Consent Form to the Front Office by Friday 8<sup>th</sup> November.**

The clinic will be operating in the school hall, from 9am- 1pm.

If you have any questions regarding the vaccinations, please contact school reception on 9399 3122. Alternatively, you can phone *South Eastern Sydney Public Health Unit, Sydney Office* on 9382 8333.

Ms Cassar.

Relieving Head Teacher Administration.

*An Exclusive Education in an Inclusive Environment*



# RANDWICK CAMPUS REDEVELOPMENT

## Community Notice - November 2019

Construction activities for the Randwick Campus Redevelopment are continuing throughout November. This community notice provides a summary of upcoming activities.

The health and safety of patients, families, visitors, staff, workers and the community is our top priority.

The Randwick Campus Redevelopment complies with strict environmental and planning controls and measures are in place to monitor and manage noise, dust and vibration throughout construction.

We are working closely with Transport for NSW, CBD and South East Light Rail, UNSW Sydney and Randwick City Council to coordinate construction in the Randwick Precinct and minimise any impacts on the community.

Activities may be rescheduled due to unforeseen circumstances or inclement weather. We thank you for your patience while we progress these important works.



*A construction worker backfills trenches as part of important stormwater infrastructure upgrades.*

### Activities continuing during November 2019

- Earthworks, piling and general construction activities within the construction site
- Installation of sewer and stormwater infrastructure
- Infrastructure works on Hospital Road (access will be maintained under the support of traffic control)
- Hoarding modifications and pedestrian diversions
- Work activities on or near the site boundary.

### New and upcoming activities

#### • Establishment of tower cranes on site

Two tower cranes will be used to construct the Acute Services Building. The first Tower Crane will be established on site in early November and the second in late November. The cranes will be delivered to the site in several pieces using large trucks. Deliveries will occur via construction access gates along Botany Street and Hospital Road. For the safe and efficient establishment of the cranes on site, extended working hours of 6:00am to 8:00pm will apply on up to four days during the month.

#### • Temporary work zone in Magill Street

A temporary work zone will be established locally surrounding a sewer access point in Magill Street to provide safe access for workers to disconnect a disused sewer connection. Traffic controllers will be in place to support local access. This work will take approximately one week to complete and no impacts to local services will occur.

#### • High Street footpath works and pedestrian diversion

A temporary pedestrian detour will be in place along High Street, between Hospital Road and Botany Street for approximately three weeks while new paving is laid in place of the temporary footpath surface. Pedestrians will be diverted to the northern footpath of High Street.

### Construction site hours

Standard site hours are 7am to 6pm Monday to Friday and 8am to 5pm Saturdays.

Truck movements are being minimised during peak traffic times to reduce impacts on local roads and the community.

### Getting in touch

We encourage you to get in touch if you have any questions or feedback.

Please call **1800 571 866** or email [randwickcampusredevelopment@health.nsw.gov.au](mailto:randwickcampusredevelopment@health.nsw.gov.au).

For more information



Community Contact 1800 571 866 (24hrs)



[randwickcampusredevelopment@health.nsw.gov.au](mailto:randwickcampusredevelopment@health.nsw.gov.au)



[www.randwickcampusredevelopment.health.nsw.gov.au](http://www.randwickcampusredevelopment.health.nsw.gov.au)



# RANDWICK

## CAMPUS REDEVELOPMENT

### Construction Cranes Factsheet – October 2019

## Construction Cranes Factsheet

The NSW Government is investing \$720 million to redevelop the Prince of Wales Hospital and strengthen Randwick as a world-leading centre for health and wellbeing, research, education and teaching. An Acute Services Building will be built in Stage 1 including a new adult emergency department, extra beds, intensive care unit, and new operating theatres for the campus.

### Tower cranes

To support construction of the new Acute Services Building structure, two tower cranes will be used on site, one north and one south of the new hospital building.

The **Construction Site Plan (right)** shows the crane locations, as well as the area the crane will 'weathervane' over adjacent roads and properties.

These two crane locations will allow materials to be efficiently and safely lifted over the construction site.

Lifting will only occur over areas of site that are bound by site hoarding. Lifting over areas external to site is not permitted.

Due to the site's proximity to the airport, hammerhead cranes will be used on this construction site. Hammerhead cranes have a fixed horizontal jib arm. The jib arm can rotate 360 degrees around the tower.

### How long will they be in use?

The two tower cranes will be in operation from late 2019 until early 2021.

### What is weathervaning?

When the cranes are not in use the arm of the crane will move with the direction of the wind like a weathervane.

Crane 'weathervaning' is safe and occurs on construction sites around Sydney. During weathervaning the hook will be tied and no lifting of materials will occur.

### Site map



### Legend

- Site Boundary
- Acute Services Building Tower Footprint
- Tower Cranes Locations
- Tower Cranes to Lift Loads within the Construction Hoarding
- Tower Cranes Load 'Weathervaning' Zone (No lifting will occur over properties in Magill Street)

For more information visit [www.randwickcampusredevelopment.health.nsw.gov.au](http://www.randwickcampusredevelopment.health.nsw.gov.au)  
Call 1800 571 866 Email [randwickcampusredevelopment@health.nsw.gov.au](mailto:randwickcampusredevelopment@health.nsw.gov.au)



# THE KIDMAN CENTRE FREE WORKSHOP CALENDAR 2019/20

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick.

These workshops are designed to equip parents/caregivers and teens with practical, evidence-based psychological strategies to help them navigate a range of life's challenges.

All workshops will run at our centre by our team of experienced clinical psychologists.



For more details or to register for a workshop please visit our website [tkc.uts.edu.au](http://tkc.uts.edu.au)

Call us  
02 9514 4077

Email us  
[kidmancentre@uts.edu.au](mailto:kidmancentre@uts.edu.au)

Located at  
Prince of Wales Hospital  
Level 10, Parkes Building

@thekidmancentruts



## • WORKSHOP ONE •

### Taking Charge for Teens: *Managing stress in the HSC year*

**WHO IS THIS FOR?** Current year 11 & 12 students.

**WHO WOULD BENEFIT?** Senior students who are interested in generating their own personal and practical plan for how they can manage their stress levels in their final year of school. Topics include: identifying common causes of stress; understanding the stress response; taking positive action (e.g. goal setting, study skills, procrastination busters); challenging unhelpful thinking; self-care (sleep, diet, exercise, breathing techniques) and keeping it all in perspective.

**Workshop 1: MONDAY 11 NOVEMBER 2019, 4.30-5.30pm @ The Kidman Centre**

## • WORKSHOP TWO •

### Taking Charge for Parents: *Helping your teen to manage stress in the HSC year*

**WHO IS THIS FOR?** Parents & caregivers of current year 11 & 12 students (teens also welcome!).

**WHO WOULD BENEFIT?** Parents/caregivers who are looking for practical tips for how they can best support their teens during this often-demanding year. Topics include: effective communication; the role of expectations; keeping the balance and stress management techniques (for you and for them!).

**Workshop 2: MONDAY 11 NOVEMBER 2019, 6-7pm @ The Kidman Centre**

## • WORKSHOP THREE •

### Taking Charge for Parents: *Helping your teen to manage their emotions using cognitive behaviour therapy (CBT) techniques*

**WHO IS THIS FOR?** Parents & caregivers of teenagers.

**WHO WOULD BENEFIT?** Parents and caregivers who are interested in supporting their teenagers to develop practical, evidence based ways to manage upsetting emotions. Topics include: understanding the 'emotional world' of teenagers, what CBT techniques are and how to apply them to low mood and anxiety; problem solving and taking positive actions; identifying and challenging unhelpful thinking and the importance of self-care.

**Workshop 3: MONDAY 17 FEBRUARY 2020, 6-7pm @ The Kidman Centre**

## • WORKSHOP FOUR •

### Taking Charge for Teens: *Understanding and managing 'big feelings' using dialectical behaviour therapy (DBT) techniques*

**WHO IS THIS FOR?** All teenagers.

**WHO WOULD BENEFIT?** Teenagers who often find themselves experiencing 'big feelings' which can be overwhelming at times, cause distress or interfere with day-to-day functioning. The workshop delivers practical, evidence-based skills for managing distress and anxiety.

**Workshop 4: MONDAY 16 MARCH 2020, 4:30-5:30pm @ The Kidman Centre**

## • WORKSHOP FIVE •

### Taking Charge for Parents: *Understanding and managing oppositional and defiant behaviours in children using the collaborative and proactive solutions (CPS) approach*

**WHO IS THIS FOR?** Parents, caregivers & teachers of 5-14 years olds with challenging, oppositional and/or defiant behaviour.

**WHO WOULD BENEFIT?** Parents/caregivers who are interested in learning about a new, evidenced based framework for managing children and teenagers with challenging behaviour. Topics include: an introduction to Dr Ross Greene's CPS model; identifying lagging skills in children which makes it difficult for them to meet adults' expectations; a three step model for helping adults and children solve problems together. (NB - The Kidman Centre, UTS has recently completed a five-year randomised controlled trial examining the effectiveness of CPS for children diagnosed with ODD.)

**Workshop 5: MONDAY 23 MARCH 2020, 6-7pm @ The Kidman Centre**

## • WORKSHOP SIX •

### Taking Charge for Parents & Teens: *Managing how you use social media*

**WHO IS THIS FOR?** Parents & caregivers, teenagers & general community

**WHO WOULD BENEFIT?** Anyone who would like to take greater charge of how they are using social media. Topics include: the appeal of social media; harnessing the potential psychological benefits (e.g. connection and support) and reducing potential downsides (e.g. negative comparisons and fear of 'missing out'); scrolling and posting 'mindfully' rather than on 'auto pilot'; maintaining the life/screen balance.

**Workshop 6: MONDAY 4 MAY 2020, 6-7pm @ The Kidman Centre**