



JULY 2021

SEVEN HILLS HIGH SCHOOL *NEWS*



**'LIFELONG LEARNERS'
EDUCATION WEEK
EDITION**

LEARNING WITH SHHS *from home*

Music

Remote Practising...? Music in lockdown

Year 7 have been super excited to play the guitars this term during our practical lessons. Unfortunately, due to lockdown and remote learning we have had to find another way to get our practise. To the panic of lots of parents everywhere, Year 7 were tasked with finding everyday objects and turning them into drums!



I am super impressed with the creativity and variety of sounds they have started to send in. Big shout out to **Landon Verey** for his awesome drum kit made from a pot for the tom-toms, a laundry basket bass drum, stool and gyprock hi-hat, and an exercise ball seat.

Ben Gray | Music Teacher

PDHPE

Ms Thurlow shares this amazing poster (below). This was produced by Year 9 students **Rihanna Ali** and **Zac Lever** as part of their online learning in PDHPE. Brilliant collaborative work!

By Zac And Rihanna

Being Assertive

TAKE A PROBLEM SOLVING APPROACH TO CONFLICT

See them as a friend not an enemy

STAY CALM
Breathe, eye contact, keep your face relaxed, normal voice

USE 'I'
Statements such as 'I think' or 'I feel'. Don't use aggressive language such as 'you always' and 'you never'

Your Needs (Aggressive) **Their Needs** (Passive)

Advantages of being Assertive

- Your needs, wants and feelings are more likely to be understood
- Both parties will feel respected/heard
- The relationship is strengthened by the change
- You experience fewer negative conflicts and arguments
- You feel in control of your own life
- Your confidence and self-esteem are enhanced
- You have a better chance of getting what you want

LEARNING WITH SHHS *from home*

Year 10 PDHPE Scavenger Hunt

Mr Nguyen set his Year 10 group a fun challenge to break the tension of lockdown. Here were the rules:

Scavenger Hunt Rules

1. Your challenge is to find a household object which fits the description of each of the tiles on the board below.
2. You will need to take a photo of your object as proof and upload it below.
3. You CANNOT reuse objects/images for more than one category.
4. DO NOT copy images from Google. You will be automatically disqualified if the photos are not original.
5. The FIRST THREE students to submit a completed board with accompanying photos will receive a MYSTERY PRIZE HAMPER.


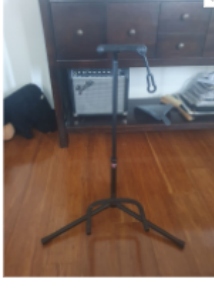





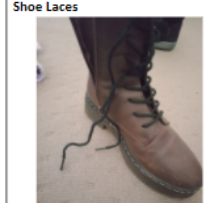



The winners of this round were:

Joanne Mghames
Dylan Patterson
Jorja McManus

Congratulations!



PDHPE

Something with a nose 	Something that turns 	Something with legs but no arms 
Something beginning with 'Z' (In arabic it is known as 'zaytoon') 	Something red, yellow and blue 	Something loud 
Something smelly  Garbage	Something glittery  Litteral Glitter	A vegetable  Carrot
Something that has two ends  Shoe Laces  Ruler	Something that can fly  Paper plane (i have bats that eat from the tree in my backyard but i can't get a photo so you get this and don't say it can't cause at least i didn't put a video of me throwing butter and said "its a butterfly")	Something with two doors  Cabinet has two doors

LEARNING WITH SHHS *from home*

Parent & student feedback

Our teachers are working hard to provide engaging work and feedback during this time. It's wonderful when we hear back from parents and students about how our 'pandemic pedagogies' are making an impact.

Message from a Year 7 Parent to Mr Harper:

"Thank you for the phone call today...(My daughter) really appreciated your feedback. Definitely gave her an extra spring in her step. She loves Chinese studies, as you can probably tell. She has been working really hard in all her subjects, completing all set tasks by the end of the day. I'm very blessed, she is just that type of kid.

We are doing ok. Thanks for thinking of us. One week nearly down, god knows how many more to go. Hope you and your family are doing well and staying safe."

Ms Nelapati is getting some great student feedback on her pre-recorded Maths videos:

"Your videos are very understandable. You did a very good job."

"Yesterday I finished lessons 5 through to 8. The videos were impeccable and I must say, they were quite informing. They were very accommodating and it's very considerate of you to make such videos for us. Thank you."

"Those videos were very informative good job, Miss :)"



STEM News

UTS STEM DAY YEAR 10



On Monday 21 June all Year 10 students participated in a STEM Day hosted by University of Technology Sydney (UTS).

Students participated in a number of workshops, which included learning about the creation of prosthetic limbs, micro processors and their use in everyday life, and the importance of reflecting and refining ideas. At the end, students had the opportunity to speak to facilitators about careers in STEM.

However, the focus wasn't just on STEM, it was about the development of general capabilities such as critical thinking, creative thinking, communication, teamwork and problem-solving skills, which are skills required in all facets of life.

Carissa Howell | STEM Coordinator



SPORTS *Report*

15 BOYS BASKETBALL KNOCKOUT

On 23 June, our 15 Boys Basketball Team headed to Hills Sports to compete in the second round of the knockout competition. We had been training for weeks, playing against the older students, participating in drills, recruiting players and working out positions. The team consisted of: **Adam Beydoun** and **Kenan Kurtovic** from Year 9, **Akoi Ajang**, **Maliu Mafi**, **Aloi Tuipulotu** and **Nathan Hulm** from Year 8, and **Remo Ravi** from Year 7.

The boys worked well together and were in the game for the first half, making it difficult for Hills Sports to score. Maliu's scoring and Kenan's presence on the defensive end were keeping us in the game. Unfortunately, Hills Sports' shooting took the game away from us in the second half and we ended up with a loss. It was a great experience for the team as most had not played a competition game before. A lot of fun was had by all, and it was great to see the team come together over the last few months. We will continue training and will be on the lookout for more opportunities to compete and represent the school next year.

Daniel Way | Basketball Coach

Premier's SPORTING CHALLENGE

On 16 June, Seven Hills High School ran our annual Premier's Sporting Challenge (PSC) – Learning to Lead day. Approximately 40 Stage 3 students from Seven Hills and Seven Hills West Public Schools attended Seven Hills High to participate in this day with some of our very own Year 7 students. The day consisted of nominated Year 10 Physical Activity and Sports Studies (PASS) students running sports lessons that included warm-ups, skills acquisition and modified games. The lessons were prepared by our PASS students in collaboration with staff and implemented on the day with great success. The activities included: slide hockey, soccer, oztag, basketball and initiative games. Everyone had a wonderful time on the day and learnt a lot about the skills of the different sports. Our Year 10 students also learnt a lot about coaching young students. Thank you to everyone involved in making this year's PSC another great success.

Year 10 Coaches: **Zac Blair**, **Ziah Burns**, **Kynan Frary**, **April Gannon**, **Ethan Gibson-Foad**, **Shannon Hill**, **Riley Green**, **Yasmin Howarth**, **Kaila Mackenzie**, **Aiden O'Connell**, **Lamack Rangil**, **Paris Tamatea**, **Bailey Thomas**, **Erin Vitagliano**

Year 7 Participants: **Aidan Adams**, **Kane Aston**, **Cian Baker**, **Mary Brown**, **Amelia Baker**, **Natasha Bosanac**, **Hunter Leeuw**, **Jewen Loh**, **Harry Sydenham**, **Kaylen Tweedie**, **Xander Rigoli**

Daniel Way | PSC Coordinator







WELLBEING DAY

On Thursday 10 June, the Student Representative Council (SRC) ran a Wellbeing Day to promote mental health and wellbeing amongst students. Both students and staff wore mufti to school to fund raise money for mental health organisations, and they collected over \$300.

Teachers incorporated activities throughout the day linked to their subject area in their lessons to promote wellbeing. At recess and lunch, the Learning and Support Team ran craft in the HUB, and we were lucky enough to have the PCYC and Blacktown Area Community Centre operate stalls at lunch time.

Ex Parramatta player David Gower spoke to each Year Group (and staff) about the importance of mental health and explained how he was going to work with the school in supporting the mental health of students.

I would like to thank the SRC, staff and students for their participation.

Carissa Howell | Head Teacher Wellbeing and SRC Coordinator



Remote Learning

It is pleasing to see how well students have adapted to Remote Learning once again, however, a focus on Mental Health is important at this time. The Department of Education has a number of resources available online for both students and parents. Please visit the following link for additional information: <https://education.nsw.gov.au/student-wellbeing>

If you need a boost, why not try this Wellbeing Challenge: Each box is worth 50 points and your aim is to get 150 points per day.

Physical wellbeing	Emotional wellbeing	Social wellbeing	Cognitive wellbeing	Spiritual wellbeing
Design and complete a body weight circuit (of at least 10 activities) to participate in at home. *Bonus 10 points if you get your family to do it with you*	Turn off all devices for at least 5 hours (after school!). This includes Telephones	Call, Skype or FaceTime a friend and talk about anything BUT Covid-19	Complete a mindfulness guided meditation. You can access these on Smiling Mind or Peaceful Kids. https://www.smilingmind.com.au/	Participate in a yoga, Pilates or meditation session. There are some available on YouTube or you create your own.
Complete 30 minutes of incidental physical activity (everyday activities like vacuuming, putting clothes on the line or taking the bins out)	Participate in a self-care activity e.g. going to bed early, painting, deep breathing, watching the sunset or having a bath.	Do something for a family member e.g. cook a meal, tidy part of the house, offer to mow the lawn/ get the washing off the line/ wash your pet)	Learn a new skill such as juggling, cooking, breakdancing, knitting or playing recorder	Spend at least 30 minutes outside connecting with nature
Participate in a virtual workout for at least 30 minutes. Some examples are Just Dance, Wii sports, GoNoodle and YouTube fitness videos.	Complete a journal activity for the day or compile a list of things you are grateful for	Connect with someone who you have not spoken with in more than 1 month via google hangout or FaceTime	Complete a log book of your moods over the next week	Go on a nature walk, plant some seeds, listen to some birdsong or do some weeding...
Take your pet, teddy bear or sibling for a walk	Watch your favourite show/movie; then write down how it made you feel	Play a board game with your family members	Read a book/listen to a podcast or listen to your favourite artist	Think about someone you admire - what values do you share?
Create your own game to play with your family members. Be creative with your objects e.g. wrap up some socks to make a ball.	Tidy your room / desk	Write a thank you note to someone and post it/email it	Complete a jigsaw puzzle, sudoku or crossword puzzle	Write a weekly list of affirmations(e.g. I am capable of making it through this storm)



HEAL COUNTRY!
4-11 JULY 2021

NAIDOC WEEK

The NAIDOC 2021 theme was Heal Country! It called for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction. Country is more than a place and inherent to identity. It is spoken about like a person, sustaining lives in every aspect - spiritually, physically, emotionally, socially, and culturally.

NAIDOC week is an opportunity for our nation to embrace First Nations' cultural knowledge and understanding of Country as part of Australia's national heritage. It is expected that we all respect the culture and values of Aboriginal peoples and Torres Strait Islanders as we do the cultures and values of all Australians.

The Seven Hills High NAIDOC special assembly and celebrations were to take place in Week 1, but, unfortunately, this could not take place.

NAIDOC Week is celebrated not only in Indigenous communities, but by Australians from all walks of life and all our school community is involved in our activities. We are hopeful that soon we have the opportunity come together and celebrate our rich cultures.

Premier's **DEBATING CHALLENGE**

This year, our school had the opportunity to host online debates with Northmead Creative and Performing Arts High and Crestwood High for Stage 4 (Years 7 and 8), and Stage 5 (Years 9 and 10). Our students spent time connecting with peers and honing their speaking and persuasive skills to present strong cases on engaging topics.

Thank you to our debaters: **Amber Willis, Annabel Martin, Dominic Krist, Jasmine Sullivan, Julia Cena, Ryan Mills, Thomas Denton** and our Chair Person and Timer **Blaire Peregrino** and **Caelin Nagy**.



Nida Nisar | Debating Coordinator

SEMESTER ONE Rewards Day

On 22 June, 110 students and staff took part in our Semester One Rewards Day. This day was to recognise and reward the efforts of students who consistently upheld the key values of our school and demonstrated positive attitude and behaviour across Terms 1 and 2.

We headed out on the bus to our first destinations, Flip-Out, bowling and laser tag. Students had a great time playing around the Flip-Out arena. Year 9 took time perfecting their back flips into the big foam pit and many students showed some impressive balance, athletic and gymnastic skills. Whilst it was an exhausting morning for many, some students chose to take it easy and spent their time conversing with friends and leisurely enjoying the venue.

Bowling and laser tag were some of the favourite activities of the day. Some were great bowlers and others entertained their peers with their constant gutter balls. Everyone showed their competitive streak in laser tag with students and staff competing in teams for victory. It was a great opportunity for everyone to work together, strategise, and have fun with their year groups.

We ended the day with a nice afternoon at Aqua Golf. An impressive number of students were able to hit the targets in the water and the ice cream freezer became a popular spot with many people choosing to enjoy a treat before heading home.

It was a great way to celebrate the achievements of our students in Semester One.

Jennifer Farrugia | Year 8 Adviser





REWARDS DAY



YEAR 11 *Life Ready*

This year, our Year 11 cohort have engaged in multiple activities as part of their Life Ready course. The Life Ready course is a mandatory 25-hour course designed to prepare and support senior students as they encounter situations related to health and safety as they become more independent and gain more responsibilities. It places a focus on offering opportunities for students to build the functional knowledge and skills for life post school.

Tomorrow **MAN**

24 March

The Year 11 boys participated in a two-hour workshop with students from Quakers Hill High School titled 'Breaking the Man Code' facilitated by Tomorrow Man, a group aiming to disrupt old-school male stereotypes and redefine a positive version of masculinity. Students learnt how to develop emotional muscle, how to create safe and non-judgmental environments to converse about emotional issues and had opportunities to talk freely about the impact of toxic masculinity. Students left the program with strengthened resilience, self-confidence and a stronger bond as a group.



RYDA *Road Education Program*

21 June

During the final week of Term 2, Year 11 students participated in the RYDA Road Safety program at the Sydney International Regatta Centre. The program provided students with the tools and understanding they need to see themselves as active and responsible road users. Year 11 had opportunities to hear stories from road accident survivors and engaged with NSW Police staff to have a clearer knowledge of laws and responsibilities when becoming a driver. They learnt new skills and participated in workshops to better equip them with understanding about the dangers and responsibilities of being a road user.

CAREERS

Stepping towards SENIOR YEARS



SENIOR SUBJECT SELECTIONS VIA PHONE

Changes have been made to the Subject Selection Process this year as students are currently learning from home. Subject selection interviews for Year 11 2022 courses are taking place over the next month across the Collegiate schools.

Parents of Year 10 students have been mailed and emailed the Curriculum Grid for 2022, and the Subject Selection Team welcomes parents to join in the phone conversation about course and campus choices.

Students can choose to continue at Seven Hills High School for Years 11 and 12, move to Wyndham College for their senior years, or study courses across campuses. The most important thing is that students choose the pathway that is right for them taking into consideration their preferences, abilities and future education and career aspirations.

If you have any questions about the Subject Selection Process or Senior School options, please do not hesitate to contact Beth O'Connor or Tonnie Slater at the school.

TOTAL CONSTRUCTION

Girls in Trade

May to June

A group of 12 female students from across the Nirimba Collegiate successfully participated in a 5-week program with our partner, Total Construction. The female students in Years 10 and 11 from the Collegiate first completed their White Card training course in the school library. The course developed their skills to identify a hazard in the workplace, how to reduce the risk of the hazard and an understanding of the correct PPE and clothing. The students had to complete a written test in the afternoon. All students successfully passed the practical and written components of the course.

In Week 2 of the program the group visited the Total Construction Head Office in Sydney and met four young women who work in the industry, hearing their career stories and training backgrounds. We met the company Director and owner, Steve Taylor.

In Week 3, the students completed a workshop to produce an employment portfolio: writing a personal resume, cover letter and participating in a practise interview.



In Week 4, the group returned to the Head Office to listen to three companies: a road traffic control company, electrical company, and civil construction company. There were practical activities to complete, and many wonderful questions asked about the careers in each area of construction. A few work experience connections were created over an informal lunch.

The final week was a site visit where the project manager, site manager and sub-contractors spoke about how to work on a site and communicate within the industry. A female electrician spoke about how she gained her apprenticeship and the many positive aspects of commencing as a first-year apprentice.

The collegiate appreciates all the wonderful aspects of the program provided by the Total Construction staff and the community liaison officer, Leon Naufahu.

Tonnie Slater | Careers Adviser



Cold winter days are perfect for curling up with a good book. So are lockdowns. In fact, I highly recommend it. Studies show that reading can reduce stress, strengthen the brain, increase empathy, aid sleep and alleviate depression.

As our library is currently closed, I have looked at ways to help you access your next great read:

If you are already a member of your local Blacktown City Library, you can access a vast array of eBooks and audiobooks using your membership number.

If not, a selection of free eBooks and audiobooks are available from Kobo. It does require you, however, to create an account (using an email address) and to download the free Kobo app on your phone, device or computer.

Free Kobo eBooks for Kids and Young Adults

Free Audiobooks:

Junior fiction

Older readers – Only first book is free

A word of caution to students - as with any downloads, it is recommended you talk with your parents first. Note also that Young Adult books require a higher level of maturity and literacy.

Studiosity Online Tutoring: Blacktown City Libraries also offer free 24/7 help online for homework and assignments. Again you will need to be a member of your local Blacktown City Library to access.

Happy reading!

Cathy Costello | Teacher Librarian



FROM THE *Front Office*

When I am stressed or feel anxious, I take 10 deep breaths so I can feel the diaphragm expand then release the breath and by the end of it I feel so much better. By doing this, I fall asleep quicker if at night or focus better in the day. Eating healthily can assist with stress. The main thing I do is walking on the grass with my bare feet as it grounds you back to the earth and helps you think clearer. Lavender oil in a spray bottle or diluted with coconut oil in a roller bottle can calm people or in a couple drops in water in a diffuser can help.

Tracey Kirk
School Administration Officer



CINNAMON CRINKLES

Indulge in some sugary goodness with these quick and easy cookies. Teaching your children skills in the kitchen will last a lifetime!

Ingredients

- 1/2 cup unsalted butter, softened
- 1 cup caster sugar
- 1 teaspoon pure vanilla extract
- 1 large egg
- 1 and 1/2 cups all-purpose flour
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1/8 teaspoon baking soda
- about 1/2 cup icing sugar

Nutrition Information
Serving: 1 cookie,
Calories: 84kcal,
Carbohydrates: 12g, Protein:
1g, Fat: 4g, Saturated Fat: 3g,
Cholesterol: 12mg, Sodium:
31mg, Fibre: 1g, Sugar: 9g

Method

- Preheat oven to 180°C.
- Combine butter and sugar and mix until creamy and light in color. Add vanilla and egg and beat again until combined.
- In a medium bowl, mix together flour, cinnamon, salt, baking powder and baking soda.
- Add dry ingredients to wet ingredients and mix until just combined.
- Roll into small balls (1-2 tablespoons) and then roll in icing sugar until coated. Place on a baking paper lined baking tray and bake for 9-11 minutes or until no longer shiny.

hi from headspace Mount Druitt

hey there,

we just wanted to reach out as we know things are looking a little bit different at the moment. Having to stay at home can bring up lots of different feelings. Some of us might be loving the sleep ins, more time to read/game/watch Netflix/go on TikTok, but some of us might be angry, frustrated, stressed, sad or anxious. We might be missing out on events, birthdays, holidays or just really not love studying from home. We know it can be tough and however you are feeling is valid. Be kind to yourself, let yourself feel your feelings and let yourself rest when you need to - it is not going to be possible to be productive every minute you are at home.

Whilst this pandemic is new for all of us, at headspace we have learned a thing or two over the years about ideas for managing some of the tough feelings that might be coming up, and some ways to cope when things are making us anxious, stressed or frustrated.

In this pack you'll find our top tips, as well as places you can reach out to for a chat - however you are feeling. There is no shame in talking with a professional about how you feel - it can be the best way to work through things when they feel overwhelming or too much.

We are thinking of you and we are here for you.

You've got this (in whatever way is best for you),
the team at headspace Mount Druitt



headspace
National Youth Mental Health Foundation

how to cope with stress related to COVID-19

It can feel stressful and overwhelming during an event like Covid-19 and we can all be affected differently.

You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

During this time some things in your life may be affected by attempts to contain the spread of the virus. You may have been looking forward to a gig or a trip that's been cancelled. You may be affected by school, uni or your workplace temporarily closing. Or you may have a loved one who is directly affected by the virus.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.

Tips to maintain a healthy headspace during this time

- 1 Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle
- 2 Do things that make you feel safe and connected, and be with those who are helpful to your wellbeing
- 3 Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this)
- 4 Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not
- 5 It can help to talk with a trusted adult if it all feels a bit much.

Please note

The latest medical information is changing on a daily basis. If you suspect you are at risk, or would simply like to understand COVID-19 more, please visit the Department of Health's website.

[health.gov.au](https://www.health.gov.au)

Common reactions

Fear and anxiety

At this time you might experience feelings of fear or anxiety. You might be worried about the virus and how it might affect you, your loved ones or your life.

Anger, frustration and confusion

It can be difficult to understand what to do in these situations because of the volume of different information available. This might feel confusing and frustrating, this is normal. Events like these can reduce the things we normally do in our days and that can seem unfair. This might make you feel frustrated or angry.

Sadness

If you've been asked to stay at home or stop your normal activities you might feel disconnected from important people or things in your life. This might make you feel sad or bored.

Denial

When bad things are happening, some people might prefer not to think about them at all. This might be helpful to start with, but our feelings can catch us by surprise later on. It's OK to distract yourself, but also find some time to think about what is happening and how you're going.

If you start to notice that you are experiencing these things, it is important to remember that these are normal reactions to a not normal time. During this time it is important as best as possible to keep engaged with the activities that support your wellbeing. You might need to get creative in how you continue to do them.

Common responses

In addition to the reactions above, you might find yourself:

- struggling to find motivation
- finding it hard to keep a routine
- not keeping up with day to day chores
- being less interested in things you usually enjoy
- sleeping a lot more or less
- increasing the use of alcohol and other drugs
- struggling to exercise
- feeling worried about the future.



Our 7 tips for a healthy headspace can help you build new ways of coping during these unusual times

So what can you do?

Prepare yourself by thinking about how your life has changed and what you want your life to look like.

You might find that some things are easier to return to than others. This will be different for everyone, and that's OK.

It can be tricky to know where to begin.

Here are a few ideas to help you get started:

- think about the fun things you want to do once restrictions ease
- write out a plan to help motivate yourself. Sometimes detail can help motivate you even if you don't quite feel like it at the time
- ask your family and friends to get involved
- take it slow. Gradually try new things. You don't need to do everything straight away
- start with something that seems easier, before moving to difficult things
- if you're worried about catching the virus remember to practice hand hygiene and physical distancing
- think about what you might need to do if things don't go well, and write down a few ideas of what might help you get back on track
- keep in mind that things may change and restrictions could start again

The easing of restrictions might be an exciting, fun, and enjoyable time for some. For others, it might be scary, uncertain or overwhelming. It's normal to feel anything and everything, so remember to be kind to yourself.

Preparing for change

Many people are starting to think about how life will change when restrictions ease. While some people are looking forward to this, it doesn't mean the next few weeks or months will be smooth sailing for everyone.

You might be:

- thinking that returning to your life before COVID-19 seems like a huge task
- finding things that used to be easy becoming difficult, worrying or scary
- finding it hard to get going
- concerned you might catch the virus
- realising you want to make changes to the way you live your life
- wondering if your friendships will be the same
- thinking about how to re-establish intimate relationships
- worrying about your alcohol and other drugs use.

Where do I go for help?

If you need support – start by reaching out to a trusted friend, family member, teacher or Elder to share what you are going through. The last page of this pack includes places you can chat to a professional.

RAY BEAT the Lockdown blues



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