



BI-WEEKLY BULLETIN

CELEBRATING THE COMMUNITY

2023-2024

20 October - 2 November 2023

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DEPUTY DEAN'S ARTICLE

IMPORTANCE OF SELF-REFLECTION IN THE LEARNING PROCESS

What is self-reflection?

Self-reflection is like looking into a 'mirror' and describing what you see. It is a way of assessing yourself, your methods of working and how you study. To put it simply, 'reflection' means to think about something. Reflecting and composing a piece of self-reflective writing is becoming an increasingly important element of any form of study or learning.

Self-reflection in learning means examining the way an individual learns. It implies that without thinking deeply about how we learn, we can never gain the insight necessary to correct poor habits and affirm good ones.

In one of the school morning assemblies last term, Mr Dexter Canicula shared that "reflection is a powerful tool for personal development. It allows us to assess our progress, identify areas for improvement, and set goals for the future. As we look back on Term 1, let's ask ourselves: What did we do well, and what could we have done differently? What lessons have we learned that will help us succeed in Term 2 and beyond?".

Why is self-reflection important?

Reflecting helps you to develop your skills and review their effectiveness, rather than just carrying on doing things as you have always done them.

In any role, whether we are at home, at school or at work, reflection is an important part of our learning and growth. Below are some examples:

- In group projects, **students** can reflect on their teamwork and collaboration skills. They can think about their contributions to the group and how they can work better with others in the future.
- **Teachers** can reflect on their classroom management techniques, considering what works best for maintaining a positive and productive classroom environment.
- Self-reflection is a valuable tool for **parents** to enhance their parenting skills, build better relationships with their children, and foster a nurturing and supportive environment.
- Self-reflection allows **mentors** to continuously enhance their mentoring skills, adapt to the evolving needs of their mentees, and provide more effective guidance and support throughout the mentoring journey.
- **Leaders** can reflect on past decisions, evaluating their outcomes and the thought processes that led to them. This helps improve future decision-making.

While self-reflection may initially appear challenging, you will discover that it becomes more manageable through consistent practice. Moreover, some studies have suggested that the ultimate outcome could lead to increased happiness and enhanced efficiency.



DEPUTY DEAN'S ARTICLE

In conclusion, it is evident that self-reflection has an impact on our educational journey and personal growth. I will take this opportunity to encourage everyone to make self-reflection a part of our daily practice, empowering us to gain deeper self-awareness, improve our skills, and become better individuals and caring good sons and daughters.

Shared by:

Mr Jorge D. Alcantara

Deputy Dean for Curriculum

References:

(n.d.). Self reflection. Retrieved October 3, 2023, from

<https://www5.open.ac.uk/choose/unison/develop/my-skills/self-reflection>

The Importance of Reflection in Learning. (2019, November 7). Edmentum International.

Retrieved October 3, 2023, from <https://www.edmentuminternational.com/blog/the-importance-of-self-reflection-in-learning/>



Y4 MILESTONE PROGRAMME: POWER OF EFFORT (POE)

The Y4 Milestone Programme: Power of Effort (POE) aims to:

- (1) develop students' confidence, self-respect and appreciation of their abilities and skills;
- (2) discover students' potential in developing physical, mental and socio-emotional well-being; and
- (3) realise students' aptitude towards tenacity and fortitude.

It was held on 6 – 7 October 2023 at INAGRO Village, Bogor. During this programme, the Y4 students were taught different ways of propagating plants. They also engaged in different-activities that challenged their mental and physical fortitude as well as their teamwork. They enjoyed it so much that they suggested adding another day for this event. This is their first out-of-school experience event. It was a truly memorable experience for them.

Shared by:

Mr Marsiglio Carino

PIC of Y4 Milestone Programme





Y4 MILESTONE PROGRAMME: POWER OF EFFORT (POE)





Y4 MILESTONE PROGRAMME: POWER OF EFFORT (POE)





YOU'VE GOT A FRIEND IN ME

Often believed and acknowledged, friendship serves as one of the keys to decoding problems marked as unsolvable and a kind of motivation that pushes us to keep going. During a remarkable week celebrating camaraderie and affection, the school community of NationalHigh Jakarta School was able to express their appreciation and gratitude towards their fellow classmates, friends, and teachers through an event that promotes the acts of gifting and time: Friendship Week.

Friendship Week was held on Term 2, Week 3 from the 9th to the 13th of October. It was organised by Committee 4 of the Student Council. This year's Friendship Week theme, 'You've Got a Friend in Me,' was distinguished by its theme, which drew inspiration from the well-known Toy Story film series. The theme was chosen to embody the message of true friendship and that regardless of life's challenges, we can rely on friends who will stand by our side.



The special week kicked off with 'Secretly for You Monday' featuring the distribution of chocolate chip cookies and brownie barks, and the special elements of toy story-themed boards placed in the back and front gates of the school. These boards were designed with the motive of allowing students, teachers and the rest of the school community to write unique and different messages of appreciation, ranging from simple words of being appreciated to showing gratitude in an amusing but creative way.

The following day, known as 'Thankful Tuesday', started with the delightful sharing of small chocolate and cream teddy bears to both students and teachers. On this heartwarming day, students were encouraged to exchange heartfelt hugs with one another while expressing their deep gratitude. This day was dedicated to presenting the significance of thankfulness towards one another in our school community.



Moving on in the week, the day 'Mi Amigo Wednesday' arrived with the sharing of three different flavoured cakes in a jar. Students were given the task of giving at least three genuine compliments to a person of their choice. This easy task is not only to forge connections but also to spread positivity and brighten someone's day through the power of kind words.

During 'Gift-giving Thursday', the Student Council offered a myriad of single roses to be sold to the staff, teachers, and students of NationalHigh. What made this day truly special was that students had bought it not for themselves, but with the intention of gifting them to their peers and friends. In addition, medium-sized teddy bears and an assortment of friendship bracelets featuring various Toy Story characters were distributed among the students, further enhancing the spirit of Friendship Week.



YOU'VE GOT A FRIEND IN ME

'Best Buddy Friday' marked the memorable conclusion of Friendship Week, providing us with an opportunity to deepen bonds in an easier way. While a circle of friends may be familiar with the daily trials and challenges they face, it is time they seize the moment to figure out the small details about them. On 'Best Buddy Friday,' students were able to wear their friend's favorite color, also to indulge in a compelling exploration of each other's unique and special dressing styles.

Amidst all the happiness, amusements, and gratification the school community has gone through, the event was a very fruitful one. The different events and thoughtful gifts shared throughout the week rewarded a sense of happiness and satisfaction within the school community.

In spite of the range of challenges that seem to be difficult to solve, it is important to know that the problems were learning experiences that helped us grow and truly recognise our priorities, facilitating teamwork within Committee 4. These experiences serve as a bright reminder of the importance of friendship and the power of effective teamwork as they echo the wise words of Buzz Lightyear: "The crucial thing is that we stand together!"



Shared by

Chalisa Yingwattanathaworn (Y10E, Committee 4)



NH LIONS CUP 2023-2024

From the 9th of October to the 14th of October, we held one of the first student council events of the school year: the 2023 NH Lions Cup. Though it was only 6 days, the event's planning certainly took much longer. There were numerous challenges in preparing for the event, but the end result was well worth our efforts.

From when the sun shone brightly to when the sky was dark and dreary, teams would go against each other in several competitions—from last year's sports such as soccer, basketball, and volleyball, to new sports such as swimming and chess. The school was packed with players and students from different schools, as well as onlookers who came to cheer on their favourite teams. There were various food booths for spectators to purchase when they were hungry, such as Domino's Pizza and Taco Bell and even a toy booth and photo booth that everyone clearly enjoyed, judging by all the Polaroids and water guns around the school.



The theme of the event was Subway Surfers, which was mirrored in all of the banners and posters displayed throughout the school. Our aim was to let students show off their talent, and they certainly did. It was incredible how players showcased the principles we wanted to convey through our theme by never giving up when all hope seemed lost. Teams that were behind by six points managed to win and surprise the crowds. Cheers erupted whenever teams scored a point, along with noises of disappointment from the opposing team. Tension filled the air whenever it seemed like the game was about to end, which made even spectators nervous in their seats.

This event would not have been possible without the determination of all the organising committees and workers who have been dedicated to helping the Lions Cup. We sincerely appreciate all their hard work and efforts. We'd also like to thank our wonderful sponsors, Sosro, Wings, Golden Rama, Sushi Tei, Bakmie Queen, Lazery, and United Bikes, who made this event possible.



"Winners never quit, and quitters never win." Vince Lombardi

Shared by **Ashley Budiman, Y11P**



TO MASK OR NOT TO MASK?

The COVID-19 pandemic reshaped how we live and interact, compelling us to adopt protective measures, including wearing masks. The importance of mask-wearing during the pandemic cannot be overstated. Masks served as a fundamental barrier in preventing the spread of the virus, effectively reducing transmission rates and saving countless lives. However, with the decline in infection rates and the relaxation of pandemic policies, masks have, regrettably, lost their prominence. Many have chosen to set them aside, believing that the pandemic's end is near. This shift raises concerns, as it neglects another hidden threat—air pollution.

In Jakarta, Indonesia, pollution is an ongoing concern. The city consistently deals with high pollution levels. Two common pollutants of concern are PM₁₀, which refers to particulate matter with a diameter of 10 µm or less, and PM_{2.5}, which includes even finer particles with a diameter of 2.5 µm or less. These particles suspended in the air that can be inhaled into the lungs. PM_{2.5}, being finer, can penetrate deeper into the respiratory system and enter the bloodstream, causing respiratory and cardiovascular issues. Their presence in the air is a pressing health concern.

According to the World Health Organization (WHO), the revised guidelines for PM₁₀ are set to an annual mean of 10 µg/m³, and for PM_{2.5}, it is 5 µg/m³. These guidelines aim to protect public health and well-being. In regions with persistent air pollution, wearing a mask is a prudent choice. While pandemic measures evolve, the battle against pollution remains. Pollution-resistant masks are a valuable tool in protecting public health. Recent data from www.iqair.com shows that Jakarta's air quality often surpasses safe limits. Just last October 16, the air quality index is generally unhealthy and the PM_{2.5} concentration is about 8 times the upper limit set by WHO. Masks designed for pollution protection, like N95, can significantly reduce exposure to PM_{2.5}, safeguarding public health. Reducing outdoor activities and use of air filtration systems are also helpful.

The significance of mask-wearing extends beyond pandemics. Masks remain instrumental in safeguarding public health, especially in areas battling with air pollution. To protect against PM_{2.5} inhalation, pollution-resistant masks are a vital tool. While the world transitions from pandemic measures, masks continue to serve as a shield against not just diseases but also the hidden dangers of polluted air. They are a symbol of our commitment to cleaner and healthier environments, particularly in places like Jakarta where air quality remains a pressing concern.

Shared by

Mr Michael Angelo Filomeno

Subject Specialist - Sec/JC Science



Y6 FIELD TRIP

CLAY, CREATIVITY, AND CULTURE: EXPLORING RUMAH KERAMIK

On the 9th of October, our enthusiastic group of Year 6 students embarked on an educational adventure at Rumah Keramik F Widayanto. The primary objective of this field trip was to provide a comprehensive understanding of the Ceramic Production Process. Moreover, we sought to immerse our students in a dynamic learning experience encompassing time-honoured traditional techniques and innovative modern approaches. A pivotal aim was also to nurture their innate creativity and ignite a lasting wellspring of inspiration.

We arrived at Rumah Keramik promptly at 9 AM and were warmly greeted with refreshing welcome drinks and snacks. Following this, we embarked on a captivating mini tour, exploring the ceramic gallery and the intriguing ceramic house. The walls adorned with astonishing art left us in awe.

Subsequently, the students delved into an interactive ceramics-making session, relishing the opportunity to craft their pieces from scratch. The hands-on experience truly brought the intricate process to life. As the day drew to a close, it was time for us to bid farewell, leaving with cherished memories and newfound knowledge. This field trip was undeniably a delightful and enriching experience for everyone involved.

Students' Reflection:

I feel extremely happy about today's learning. It is helpful because I got to learn the history of ceramics.

Pricilla Crystal Wijaya – Y6G

Today's learning was all about patience. We were patient when making the ceramics using clay. It was the best field trip I ever had in years!

Haley Elana William – Y6G

Today's field trip was fun and exciting. The main activity was making clay. It was hard, but fun. You can get a sense of celebration after completing the pottery.

Darsten Ethaniel Lim – Y6T

I found today's field trip fun. I got to create sculpture, talk, and play with friends.

Joseph Daniel Waruntu – Y6E

Shared by

Ms Jaspreet Kaur Malkit Singh

Mentor of Y6G



Y6 FIELD TRIP

CLAY, CREATIVITY, AND CULTURE: EXPLORING RUMAH KERAMIK

今天，老师们带我和同学们去了Rumah Keramik F Widayanto游学。我真享受这次游学体验。在那里，工作人员先告诉我们陶瓷的历史。然后，他们带我们去一个博物馆。博物馆里有各种各样的陶瓷制品和陶瓷雕像。

最后，他们教我们做一些陶瓷制品。我有时会遇到困难，可是我的朋友们每次都帮助我。我觉得很感恩，可以有那么有趣的经历。我一定不会忘记这次游学。

Written by

Jean Theodora 温彩虹 - Y6T



“ HIGHLIGHTS

NH LIONS CUP 2023-2024 RESULTS

Hello NHJS Family!

We are thrilled to share some fantastic news about the NH Lions Cup 2023-2024 results with you. Our journey across the five sports branches – soccer, basketball, swimming, chess, and volleyball – has been marked by significant milestones. While there's always room for improvement, our unwavering dedication and relentless hard work have undoubtedly paid off.

I would like to express my heartfelt gratitude to every individual who has stood by our team from the very inception of this tournament until the final whistle blew. A resounding thank you is owed to our students, our incredible athletes, for their unwavering commitment and tireless effort in bringing honour to our school. Special recognition goes to the parents, whose steadfast support, whether through cheering on our athletes from the sidelines or providing crucial logistical support, enabled our athletes to focus solely on their game. A sincere expression of gratitude is also extended to our dedicated coaches, whose tireless efforts in managing and guiding our athletes have been truly remarkable. Last but not least, our heartfelt appreciation goes out to our school leaders for their continuous support of our competitive teams.

Here are the details of our remarkable team achievements:

Swimming:

Freestyle SMP 50M

1st Jessica Claire Atmadja Y7P

2nd Ken Ananta Huang Y8I

3rd Kyle Winata Y7P

Breaststroke SMP 50M

1st Eliot Constantine Tarjanto Y8I

2nd Ken Ananta Huang Y8I

3rd Kyle Winata Y7P

Freestyle SMP 100M

1st Eliot Constantine Tarjanto Y8I

2nd Ken Ananta Huang Y8I

Breaststroke SMP 100M

1st Eliot Constantine Tarjanto Y8I

2nd Ken Ananta Huang Y8I

Soccer:

U8 NHJS B 2nd place

U8 NHJS A 3rd place

U10 NHJS White 2nd place

U10 NHJS Orange 3rd place

U12 NHJS Green 1st place

U12 NHJS Grey 3rd place

U14 NHJS 2nd place

U16 NHJS Red 1st place

U16 NHJS Blue 3rd place

Open Girls NHJS 1st place

Basketball:

Primary mixed team 3rd place

SMP Boys team 2nd place

SMP Girls team 3rd place

SMA Girls team 2nd place

Chess:

Brendan Hartono Y9E 1st place

Shared by

Mr. Riyan Priyanto

Subject Specialist for PE



HIGHLIGHTS

NH LIONS CUP 2023-2024 - OUR ATHELETES

BASKETBALL PRIMARY MIXED TEAM NHJS (IN WHITE) VS LENTERA SCHOOL



BASKETBALL SMP GIRLS NHJS (IN WHITE) VS SMP AL-BAYAN



BASKETBALL SMA GIRLS NHJS (IN WHITE) VS BBS PIK





HIGHLIGHTS

NH LIONS CUP 2023-2024 - OUR ATHELETES

BASKETBALL SMP BOYS NHJS (IN WHITE) VS RCS



SOCCER U8 NHJS TEAM B (IN ORANGE) VS AL AMANAH



SOCCER U8 NHJS TEAM A





HIGHLIGHTS

NH LIONS CUP 2023-2024 - OUR ATHELETES

SOCCER U10 NHJS ORANGE



SOCCER U10 NHJS WHITE VS RCS



SOCCER U12 NHJS GREY





HIGHLIGHTS

NH LIONS CUP 2023-2024 - OUR ATHELETES

SOCCER U12 NHJS GREEN



SOCCER U14 NHJS



SOCCER U16 NHJS BLUE (IN ORANGE) VS RCS





HIGHLIGHTS

NH LIONS CUP 2023-2024 - OUR ATHELETES

SOCCER U16 RED (IN ORANGE) VS AL AMANAH



SOCCER OPEN GIRLS NHJS





HIGHLIGHTS

NH LIONS CUP 2023-2024 - OUR ATHELETES

SWIMMING

ELLIOT CONSTANTINE TARJANTO AND KEN ANANTHA HUANG



SWIMMING
KYLE WINATA



SWIMMING
ELLIOT CONSTANTINE TARJANTO AND
JESSICA CLAIRE ATMADJA



CHESS
BRENDAN HARTONO



HIGHLIGHTS

CHILDREN'S MASS

Our Y3 and Y7 students had recently took on significant roles during the Masses at St Peter International Catholic Parish. The Y3 students who celebrated their First Holy Communion actively participated in the children's Mass held on 8 October 2023 at St. Theresia Church. It was a joy seeing them contribute, from reading the Mass readings to singing the Psalms, and even assisting as collectors.

Similarly, our Y7 students showcased their dedication during the Youth Mass on 15 October 2023 at St. Canisius Chapel. Like the Y3 students, they also helped read the Mass readings, served as collectors, and presented the Mass offerings.

Such experiences, I believe are invaluable. The roles they undertook not only enriched their spiritual journey but also imparted lessons that will resonate with them for years to come.

Y7 Reflection

In Church, I learned that sometimes we cannot do things simultaneously, even if we can multitask. Occasionally, we must not focus on more than two things at a time. I also learned we have to control our emotions. We also have to remember that we are not only expressing ourselves. We also must acknowledge that we must respect everyone in the Church.

Hiero Hartawan - Y7I

The Mass in the Church was very immersive, and the singers' voices were all in sync. Although most people were talking and joking around during Mass, especially before Mass, next time, we will try to be quiet and remind those who speak during church that it is very sacred and we should respect it very much. When doing my job (Collector), I learned to see everyone wanting to donate, ensuring I wasn't hitting anyone and being as polite as possible. But in the end, we all did our jobs very well as we should represent our school at its greatest.

Meredith Hendrasono - Y7P

Y3 Reflection

The Mass in the church was solemn and exciting because I got to serve the Lord by singing the Psalm. During the Mass, we ask for God's forgiveness.

Sebastian Corleto - Y3I

Shared by

Ms. Meitta Cerillo

Subject Facilitator of

Religious Studies - Catholic (Y2, Y3 and Y7)

“ HIGHLIGHTS

CHILDREN'S MASS

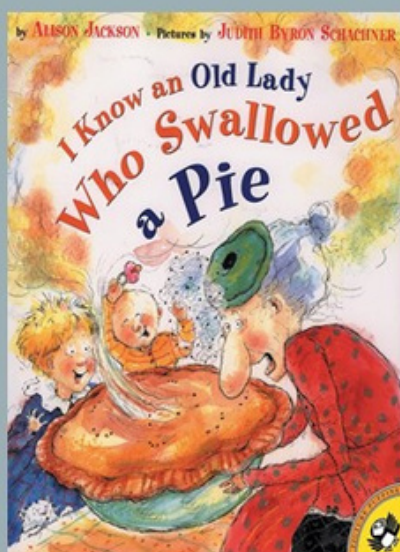




HIGHLIGHTS

FROM OUR LIBRARY

READING RECOMMENDATIONS

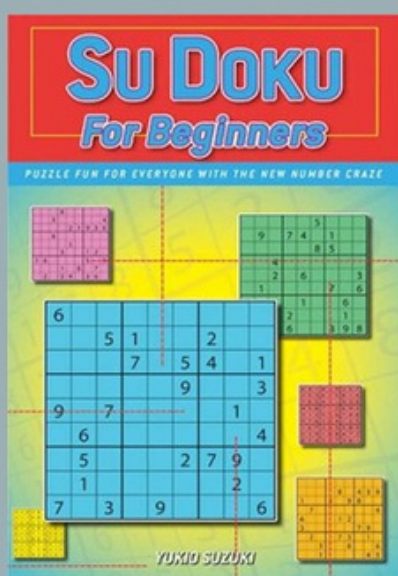


Title : **I Know an Old Lady Who Swallowed a Pie**

Publisher : **Puffin Books**

ISBN : **0140565957**

The old lady who swallowed a pie, a Thanksgiving pie, which was really too dry. After swallowed pie, the old lady swallows a whole squash, all of the salad, and the entire turkey. Then, Mother and Father watch in shock see the old lady growing fatter and fatter. And, in the end, the old lady makes a surprising and humorous contribution to the holiday festivities.



Title : **Su Doku for Beginners**

Publisher : -

ISBN : **9781841933733**

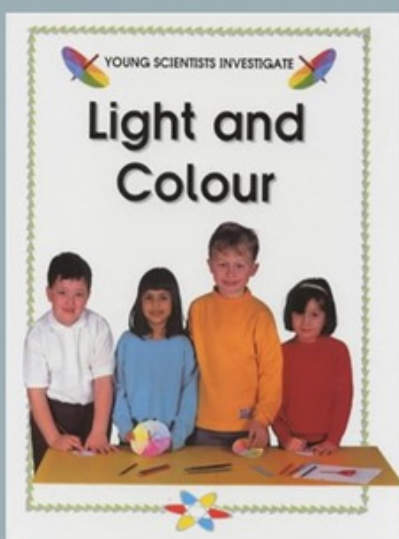
Su Doku has many loyal followers around the world, but his reputation as a very difficult person has disappointed many of his followers. Su Doku for beginners is the ideal companion for those who want to experience the pure pleasure of succeeding with this unique number puzzle, without the pain. Comprising over 100 Su Doku, ranging in difficulty from super easy to easy, it teaches the basics and prepares you for the more advanced challenges to be had with these superlative puzzles.



HIGHLIGHTS

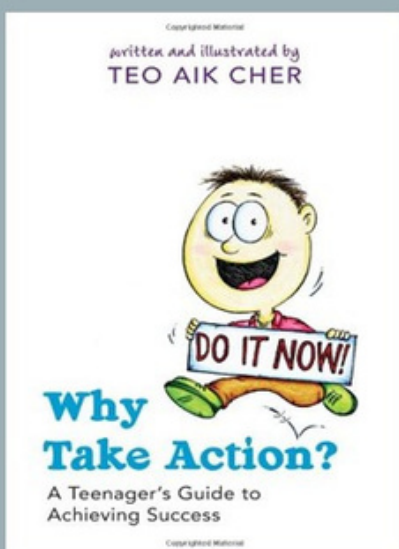
FROM OUR LIBRARY

READING RECOMMENDATIONS



Title : **Light and Colour**
Publisher : **Evans Brothers Ltd**
ISBN : **9780237516901**

In this book children's ideas about light and colour are developed through a combination of simple text, beautiful photographs and fun-to-do activities. By experimenting with mirrors, making shadows, finding out about camouflage and mixing colours, young children will begin to realise how important light and colour are in their everyday lives.



Title : **Why Take Action?**
Publisher : **Armour Publishing**
ISBN : **9789814222464**

In *Why Take Action?* author Teo Aik Cher of bestseller *Why Procrastinate?* shares with you a simple yet powerful and effective method for setting and achieving your targets. Written in his usual light-hearted manner and filled with illustrations and delightful stories, this book examines the importance of taking action and the essential qualities and skills needed to attain success. It is a practical guide that will make a great impact in your life.



ACKNOWLEDGEMENT



NATIONALHIGH
JAKARTA SCHOOL

CONGRATULATIONS!



Clarisse Elaine Huang
2ND PRIZE WINNER AWARD
FINALIST OF EUROASIA MALAYSIAN
PIANO COMPETITION 2023
SONATA FREE E (15-17YO)

JAKARTA NATIONAL YOUNG ARTISTS
PIANO COMPETITION



NATIONALHIGH
JAKARTA SCHOOL

CONGRATULATIONS!



Ken Ananta Huang
5TH PRIZE WINNER AWARD
FINALIST OF EUROASIA MALAYSIAN
PIANO COMPETITION 2023
SOLO FREE E1 (13-14YO)

JAKARTA NATIONAL YOUNG ARTISTS
PIANO COMPETITION





ANNOUNCEMENT

ENROLLMENT FOR AY2024-2025 IS NOW OPEN

Dear Parents,

As valued members of our NationalHigh Jakarta School community, we are excited to share an opportunity for your children who might not yet be part of our learning community. We have officially opened enrollment for Academic Year 2024-2025. We encourage you to benefit from our early bird offers and discounts designed especially for our existing families.

Further amplifying our commitment to foundational education, we are proud to announce the upcoming launch of the **NHJS Early Learning Centre** next year. On **3 Nov 2023**, we will offer an exclusive info session on our new kindergarten programme. Our kindergarten, aligned with our values and quality of PIAGET Education, promises an environment that is both engaging and nurturing for young learners. For those seeking an enriching kindergarten experience, the NHJS Early Learning Centre stands out as an ideal choice.

We cherish our continued relationship with your family and hope to support the educational journey of all your children.

For more information, feel free to reach out to our Marketing Department.

YEAR 5: ANBK (SD) PHASE 1 SCHEDULE

Day 1 (23 October 2023) Venue in ICT lab and Library		Day 2 (24 October 2023) Venue in ICT lab and Library	
7.00	Students arrive in school (stay in library)	7.00	Students arrive in school (stay in library)
7.30 - 7.45	Latihan	7.30 - 7.45	Latihan
7.45 - 9.00	Literasi	7.45 - 9.00	Numerasi
9.00 - 9.30	Survei Karakter	9.00 - 9.30	Survei Llingkungan Belajar
9.30 - 9.45	Snack	9.30 - 9.45	Snack
9.45 - 2.15	Class resume	9.45 - 2.15	Class resume

UPCOMING EVENTS

- YEARS 9 - 12: NHJS EDUCATION & CAREER FAIR
NHJS OPEN DAY
20 OCTOBER 2023
- YEAR 3 MILESTONE PROGRAMME: ON MY OWN
20 - 21 OCTOBER 2023
- STEPPING STONE
21 OCTOBER 2023
- YEAR 5: ANBK (SD) - PHASE 1
23 - 24 OCTOBER 2023
- MID-YEAR REVIEW: YEARS 7 - 9 LISTENING EXAMINATION
23 - 27 OCTOBER 2023
- MID-YEAR REVIEW: YEARS 7 - 9 ORAL EXAMINATION
27, 30 - 31 OCTOBER 2023
- MID-YEAR REVIEW: YEARS 3 - 6 LISTENING EXAMINATION
1 - 7 NOVEMBER 2023
- MID-YEAR REVIEW: YEAR 9 WRITTEN PAPERS
1 - 16 NOVEMBER 2023
- YEAR 10 MILESTONE PROGRAMME (POWER OF BOUNCING BACK)
2 - 4 NOVEMBER