URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 32 ISSUE 9 / TERM 2 WEEK 1 / 23 APRIL 2021

Students will be required to wear their full Winter uniform from Week 3, Monday 3 May.

Tracksuits are to be worn for students on the Duncan Campus on their relevant PE Day, commencing the week of 3 May.

The College Uniform Policy is located on the College website at ufcc.wa.edu.au under Policies.

admin@ufcc.wa.edu.au
https://www.ufcc.wa.edu.au

Year 4 students displaying their poppies for the ANZAC Day Service.

From the Principal

Dear Parents, Students and Friends of Ursula Frayne Catholic College,

WELCOME TO TERM 2

It is a pleasure to have the children back in class again and I trust that the holiday break has provided you with rich opportunities for rest, rejuvenation and quality time with family and friends. Our thoughts and prayers are with our fellow Western Australians who continue to experience the devastating effects of Cyclone Seroja.

To further streamline the number of channels of communication you will notice that the news-letter is now being distributed through SEQTA. It is therefore important that everyone keeps their contact details up to date.

STAFFING MATTERS

As we begin the new term it gives me great pleasure to welcome back to the College **Anna Campbell** who enjoyed Long Service Leave during Term 1.

This term, the following staff members commence their tenure at the College: **Courtney Marchesi** (Marketing & Communication Officer); **Raelene Ritikis** (Teacher Assistant – Duncan Campus), **Alison Honter** (Home Economics Assistant – Duncan Campus), **Chloe Sage** and **Cate Semini** (Teacher Assistants – Balmoral Campus), **Emma Van Woerden** (Health & Physical Education – Balmoral Campus), **Isaac Ramshaw-Attard** (English – Duncan Campus) and **Edward York** (Science – Duncan Campus). We congratulate Courtney, Raelene, Alison, Chloe, Cate, Emma, Isaac, and Edward on their respective appointments and wish them well.

From the Principal cont...

We also welcome **Matthew Riley**, **Erin Chiappalone** (Health & Physical Education) and **Jacob Peletier** from the Perth Football Club who will be assisting with various components of the Physical Education and Sport programs.

ANZAC DAY

As a *learning and faith sharing community, centred in Christ*, we are acutely aware of the importance of the commemoration of ANZAC Day and its significance within our national history.

ANZAC Day is one of the most important days for our nation, a day where we take the time to give thanks and reflect on the ultimate sacrifice so many of our forefathers and their families gave, in order for us to live the lives we do today.

As Australians we remember in many different ways the traditions and symbols of ANZAC - the red poppy, the going down of the sun, the Ode and the Last Post, the slouch hat and even our ANZAC biscuits.

They are all reminders of a time in history when we became a nation.

It is the day when we recognise the supreme sacrifice made by so many, when our thoughts go to those men and women who are currently serving on and behind the frontlines of peacekeeping operations around the world.

To the servicemen and women, friends and family's past and present - thank you.

There are simply no words to acknowledge the sacrifices you make, every day. It is our duty to ensure the memory of these soldiers, that their spirit which became the Aussie character, lives on in our children and for generations to come.

I trust that each of us will take time to reflect on the sacrifices of the ANZACS and those who fought in all wars and show our support and our gratitude at one of the many local commemorative or dawn services this ANZAC Day.

As a nation, we commemorate all those that have died in battle or in the service of our country, but we also acknowledge all serving members of the Defence Forces and their families that make sacrifices so that they can serve.

PUPIL FREE DAYS

The following is an overview and a reminder to families in relation to the **Pupil Free Days** scheduled this year:

- **Friday 21 May** – No school on both Campuses
- **Friday 2 July** – No school on both Campuses
- **Monday 19 July** – No school on both Campuses
- **Monday 16 August** – No school on Duncan Campus.

CONCLUSION

The students are to be commended on their efforts during Term 1. It has also been pleasing to receive many compliments from visitors to the College who have commented favourably on the friendly and polite manner of our students.

I encourage all students to build on their solid start to the year by:

- being caring and considerate towards their teachers and peers,
- being punctual to school each day and to their classes,
- being properly prepared for class and up to date with their school commitments,
- seeking assistance from their teachers when necessary,
- wearing their uniform with pride,
- being positively involved in the various aspects of College life as a "participant" rather than a "spectator", and
- travelling to and from school in an appropriate manner.

Finally, we all need to remind ourselves from time to time that each of us has a personal responsibility for making Ursula Frayne Catholic College a happy and safe place in which to learn because *at Frayne we aspire to look after each other and our campuses.*

With regards and best wishes.

Mr Geoff Mills
Principal

Chaplain's Reflection

EASTER JOY

At the beginning of this Second Term, our Easter joy should still sustain as the Easter season continues for 50 days until Pentecost Sunday where Christ, after the Resurrection, had to work hard to convince the disciples that He was alive. Despite the sign of the empty tomb, women said they saw him alive and others who recognised him walking with them on the road; the disciples were completely heart broken, doubting and hiding in a closed room for fear. They could not believe that Jesus had risen from the death.

Pope Francis, in his homily for the 2nd Sunday of Eater 2021 said: "The risen Jesus appeared to the disciples on several occasions. He patiently soothed their troubled hearts. Risen himself, he now brings about "the resurrection of the disciples". He raises their spirits and their lives are changed. Earlier, the Lord's words and his example had failed to change them. Now, at Easter, something new happens, and it happens in the light of mercy". When we received God's mercy something happened to us, as Pope Francis explains: "Jesus raises them up with mercy. Having received that mercy, they become merciful in turn. It is hard to be merciful without the experience of having first received mercy. This is the starting point of our Christian journey. But if we only trust in our own abilities, in the efficiency of our structures and projects, we will not go far. Only if we accept the love of God, will we be able to offer something new to the world. And that is what the disciples did: receiving mercy, they in turn became *merciful*".

Let the Mercy of Christ transform our life and make us witnesses of mercy for others to bring the Good News of Easter everywhere we go: Christ has truly Risen, He is alive and is among us!

Fr Jesus Bello, College Chaplin, Duncan Campus

Managing Study Stress

Term 2 sees the arrival of NAPLAN, Year 11 and 12 exams as well as other student assessments. Sometimes this can be fraught with reports of panic and stress from students. Feeling some amount of stress towards exams and assessments is normal as stress can motivate us to act, meaning that we care about our results. If we didn't care, we wouldn't stress.

Stress brought about by poor time management, procrastination or extensive worry however, is not helpful. As a result, students may need to learn strategies to manage throughout these times.

The Managing Study Stress Workshop is available to all students in Years 7-12 and will equip students with the skills to focus on the present moment, be calm and manage their time effectively.

Students are able to attend just one, or all three of the workshops so please encourage your child to attend if you think that they may benefit from these courses.

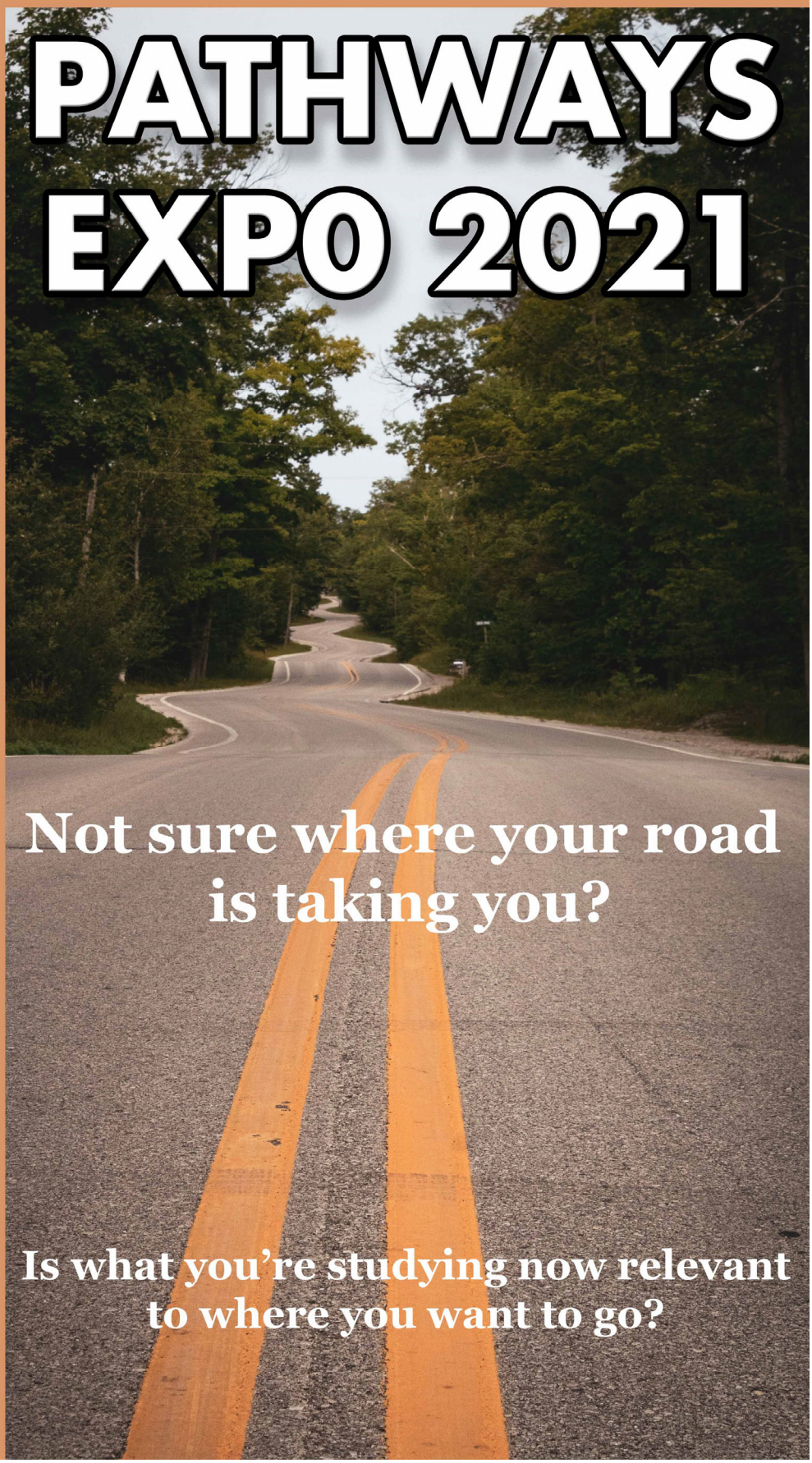
Miss Kim Thuijs
College Psychologist

Achieve . Skills . Pathways . Innovation . Resilience . Excellence

Achieve - Skills - Pathways - Innovation - Resilience - Excellence

DISPLAYS AND TALKS FROM:

- All WA Universities
- TAFE
- Defence Forces
- Private Colleges
- Other Industries



All students and parents welcome!

THURSDAY 20TH MAY

3:00PM TO 6:00PM

DUNCAN STREET GYMNASIUM

URSULA FRAYNE
CATHOLIC COLLEGE

Term 2 Canteen Menu

URSULA FRAYNE CATHOLIC COLLEGE

CANTEEN MENU

RECESS AVAILABLE AT DUNCAN CAMPUS ONLY

BALMORAL ONLINE ORDER ONLY FOR THURS-FRI

DAILY SPECIALS

MONDAY
- BEEF RISOLES WITH MASHED POTATO & VEG — $6.00
- BEEF TORTELLINI WITH TOMATO SUGO — $4.00(S) | $6.00(L)

TUESDAY
- PIZZA (BACON/PEPPERONI/CHICKEN) — $6.00
- (GF) THAI GREEN CURRY WITH JASMINE RICE — $4.00(S) | $6.00(L)

WEDNESDAY
- TOASTED TURKISH (HAM/ROASTED PEPPER/TOMATO/ CHEESE) — $3.00 half | $5.00 full
- MEATBALL PASTA — $6.00
- CHICKEN TERIYAKI AND NOODLE — $4.00(S) | $6.00(L)

THURSDAY
- BEEF TRAVELLER'S PIE — $4.50
- LITE N UP SAUSAGE ROLL — $4.00
- (GF) CHICKEN & VEG PIE WITH POTATO TOPPING (HOMEMADE) — $4.50

FRIDAY
- TOASTED SANDWICHES — FROM $2.50
- PASTA BOLOGNAISE — $4.00(S) | $6.00(L)
- MAC & CHEESE — $4.00(S)
- CHILLI CON CARNE WITH CORN CHIPS — $5.00

SANDWICHES/WRAPS

HAM, SALAD, MAYO	$ 4.50
HAM, SALAD, MAYO AND CHEESE	$ 5.00
CHICKEN OR TUNA, SALAD, MAYO	$ 5.00
CHICKEN OR TUNA, SALAD, MAYO & CHEESE	$ 5.50
CURRIED EGG	$ 3.00
EGG AND SALAD	$ 4.00
(V) PLAIN SALAD	$ 3.00
(V) SALAD/BEETROOT/CHEESE	$ 4.00
SWEET CHILLI TENDER AND SALAD WRAP	$ 5.00

GLUTEN FREE OPTION AVAILABLE

SOUPS

OPTION VARIES DAILY
INCLUDES BREAD ROLL

$3.50 SMALL (350ML)
$4.00 LARGE (500ML)

V = VEGETARIAN
GLUTEN FREE = GF

FRUIT & YOGHURT

YOGHURT WITH FRUIT/MUESLI	$4.00
SEASONAL FRUIT SALAD	$3.50

DRINKS

FLAVOURED MILK (300ML) (CHOC, STRAWBERRY, SPEARMINT, MOCHA, COFFEE)	$2.50
JUICE BOX / YOGHURT DRINK	$1.50
UP 'N GO	$2.50

LIMITED RANGE OF FOOD AVAILABLE DAILY TO PURCHASE AT THE CANTEEN
ONLINE PRE-ORDERS ARE RECOMMENDED, TO AVOID DISAPPOINTMENT

CANTEEN MENU

URSULA FRAYNE CATHOLIC COLLEGE

DUNCAN CAMPUS ONLY

DAILY RECESS SPECIALS

- MONDAY — BAKED POTATO $ 3.50
- TUESDAY — HAM AND CHEESE CROISSANT $ 3.50
- WEDNESDAY — BREKKIE WRAP $ 4.00
- THURSDAY — PANCAKE WITH BERRIES COMPOTE $ 3.50
- FRIDAY — BACON AND EGG ROLL $ 4.00

SNACK TO GO

VEGETABLE STICKS WITH DIP	$3.00
MUFFIN	$3.00
BANANA BREAD	$3.00
POPCORN (GF)	$1.00
CHOC CRUNCH COOKIES	$3.00
VEGE CHIPS (GF)	$1.50
PIRANHA CHIPS	$2.00

BALMORAL CAMPUS ONLY

BENTO BOX

HAM SANDWICH & MILK & SMALL FRUIT
SALAD TUB
OR
HAM & CHEESE SANDWICH & MILK & SMALL FRUIT SALAD TUB

$6.00

IMPORTANT INFO

GF BREAD OPTIONS
AVAILABLE FOR SANDWICHES AND WRAPS (+50C)

SUBMIT ONLINE ORDERS BEFORE 8.45AM

PRICES AND MENU OPTIONS ARE SUBJECT TO CHANGE

Friends of Frayne

Welcome back to Term 2 everyone! We hope you had a really lovely Easter break. There's a lot of exciting things happening this term so please keep an eye out here and on our Facebook page so you and your children don't miss anything!!

BALMORAL CAMPUS

The Disco is booked for 14 May! It's time to let your kids find their inner fluro and get their GROOVE ON!! We have a great Duo coming to entertain the kids, a sausage sizzle, face painting - it's going to be AWESOME! Please purchase food tickets when purchasing the disco ticket as there will be no cash sales on the night. Click the below link for ticket details.

https://www.trybooking.com/BQTHV

DUNCAN CAMPUS

We are looking for a family/local business to help with our Mother's Day Cupcakes. If you're interested, please email us at: friendsoffrayne@ufcc.wa.edu.au

The Inter-Cluster Athletics carnival is coming up on 18 June. This is a great Year 7-12 event and this year we will be holding a sausage sizzle- please email us if you would like to help out!

Enjoy your weekend,

Friends of Frayne

Are You Interested?

Perth Goju Karate

Perth Goju Karate teaches karate classes in your local area.

A special offer for Frayne students, they are offering 4 weeks of beginner karate lessons for FREE!

Classes are held after school and are a great way for children of all ages to learn self-defense in a fun and safe environment. They also teach classes for teens and adults and they are fantastic for fitness, wellbeing and of course, self-defense.

Classes continue over the school holidays (with a short break over the Christmas period) which makes it perfect for the kids who are looking to try something on the holidays.

Karate has many benefits which include confidence, respect, discipline and fitness.

Call now to take advantage of this 4 week trial.

Sensei Johnny Moran - 0402 830 402