

Frayne News

URSULA FRAYNE CATHOLIC COLLEGE

5 April 2019; Volume 30, Issue 9



These students enjoying the chance to relax, eat lunch and raise funds for Project Compassion whilst up on the Rooftop Garden.

From the Principal

Dear Families

Our College is a Christ centred, and child focused faith and learning community that supports each child to develop to their full God given potential. Key to this is ensuring that the learning environment is engaging, safe and supportive. There are policies, practices and behaviours within our College that underpin a culture prioritising the best interests of children and young people.

As a community we share the responsibility for this healthy culture. We rely on strong partnerships with you – as parents and carers – to provide your child with the best possible learning and development opportunities. Working together, we can ensure all children and young people flourish in a safe, healthy environment.

The College ensures that protective behaviours are taught to all students from Kindergarten to Year 12. This programme is called the “Keeping Safe: Child Protection Curriculum” and ensures that students have a strong understanding of their right to be treated with the greatest dignity and respect. The course teaches that all children and young people have a right to:

- * be treated with respect and to be protected from harm;
- * be asked for their opinions about things that affect their lives and to be listened to;
- * feel and be safe in their interactions with adults and other children and young people;
- * understand as early as possible what is meant by 'feeling and being safe'.

Staff have been trained in the delivery of this curriculum which is taught as standalone lessons and through the integration into other learning areas.

Partnership of home and school is key to the success of any student. Next Thursday, 11 April, Parent-Teacher Meetings will be conducted for students on the Balmoral Street Campus. All interviews are held in the Balmoral Street Campus Hall.

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**REMINDER - Student Free Day, Balmoral Campus ONLY
Thursday 11 April 2019**

Duncan Street Campus

15 Duncan Street
Victoria Park WA 6100
Ph: 08 9470 0900
Fax: 08 9470 2094

Balmoral Street Campus

66 Balmoral Street
East Victoria Park WA 6101
Ph: 08 9470 0400
Fax: 08 9472 3502

admin@ursulafrayne.wa.edu.au
www.ursulafrayne.wa.edu.au

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Parent and Teacher Meetings for our students in Years 7-10 will take place on Monday 29 April from 1pm-7pm. Bookings are currently being taken for these. Please review the documentation attached to the newsletter which provides details on the booking process.

“Your Move” is a program that is supported by the Town of Victoria Park and the Department of Transport to help students get active by increasing walking, scooting and riding to school. This program recognises that behaviours in Perth will have to change as population growth increases, along with housing density in the Town of Victoria Park. Thank you to all those students, parents and staff who put on their helmet and scooted or rode their bike to school today. There was a great atmosphere on the Balmoral Street Campus with breakfast and prizes available. For further details about this program, please follow this link: <https://yourmove.org.au/schools/>.

Our Duncan Street Campus Open Day is on 10 April. If you have a son or daughter at the Balmoral Street Campus and have not had the opportunity to visit the Duncan Street Campus, book in for a tour. Please register online at <https://www.trybooking.com/BBFHV> or contact Mrs Oxley on 9470 0902 to book in.

The College Easter liturgies will be held on Friday 12 April. Families are encouraged to join us as we engage in reflection and prayer. ANZAC services will also be held on both campuses on the final day of term with ANZAC day occurring in the holidays. Protocol requires that ANZAC services are held before the day and not after. I would also like to highlight that the Head Boy and the Head Girl share their thoughts on what ANZAC day means to them at the Town of Victoria Park dawn service, which I encourage families to attend.

As we approach the final week of Term 1, I thank the staff of the College for their commitment to supporting the students of Frayne. Our students are very fortunate to have high-performing teachers and staff prepared to journey with them throughout their formal years of schooling.

Congratulations

- * Millicent McRorie (Year 6) has been selected to participate in the Australia Girls' Choir National Tour of 2019.
- * James Cork (Year 11) is currently in Sydney competing at Australian National Athletics Championships.

With regards and best wishes.

Mrs Veronica Parker, Acting Principal

Board Briefing

The College Advisory Board met on Tuesday 26 March. Items for discussion included the College's revised Development Application (DA) to convert our vacant blocks at 28 and 30 Teague Street into level, grassed spaces for educational use. As part of the Development Application approval process, the Town of Victoria Park requires that a period of community consultation be undertaken. This **consultation period ends at 5.00pm 9 April 2019**. Please take the time to express your support for the College.

Comments in support of the Development Application can be lodged at: <https://yourthoughts.victoriapark.wa.gov.au/DA520181241>. A copy of the plans and supporting information are also available to view at this site.

- * Online, using the submission form - <https://yourthoughts.victoriapark.wa.gov.au/DA520181241>.
- * By email: admin@vicpark.wa.gov.au, quoting reference number **5.2018.124.1**
- * By letter: Town of Victoria Park, Locked Bag No. 437, Victoria Park WA 6979, quoting reference number **5.2018.124.1**

You Can Also Assist By:

- * Signing the petition in support of the College's Development Application to develop our vacant blocks on Teague Street. (Available in Reception on both campuses)
- * Sending an email/letter to the Town of Victoria Park Administration, the Mayor and to each of the local Councillors outlining your reasons for supporting the College's Development Application. (*Contact details can be found in the email sent to UFCC families on 20 March*)

NOTE: All correspondence to the Town and/or Councillors in relation to this matter should be referenced as: **Development Application for 28/30 Teague Street – Public Consultation -5.2018.124.1**

- * Contacting the Mayor and Councillors by phone to advise of your support for the College's proposal.
- * Enlisting the support of extended family, friends and neighbours and encouraging them to sign the petition; write in support of the DA to the Town Administration and/or Councillors and/or contact their local Councillors by phone.

On behalf of the College Board, thank you for your support in this matter.

Mercy Education College Advisory Council Seminar - Dr Janie Brown (Deputy Chair) and myself attended this event hosted by St Brigid's College on 21 March. Speakers included Annamaria Cream, Head of Boarding/Director of Community Relations, St Brigid's College and Declan Tanham, Principal, Aranmore Catholic College. These opportunities for Board members enable us to reflect on what and how other Catholic Colleges manage similar challenges and opportunities that Ursula Frayne is presented with.

The College Board continues to work closely with the Executive Leadership team in ensuring the educational responsibilities, in accordance with the Catholic School Board Constitution, are met.

Mrs Tania Baharom, Board Chair

Chaplain's Reflection

No to Worry

We habitually like to say in Australia "No worries, mate". Everyone would be happy to know that even Christ in the gospel said it. "I tell you, do not worry about life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not more valuable than they are? Your heavenly Father knows that you need them. But seek first his Kingdom and his righteousness and all these things will be given to you as well. Therefore, do not worry about tomorrow. Each day has enough trouble of its own" (Mt 6: 25-34). We need to hear this over and over again because no one is free from worries. Everyday we worry, everyone does; the rich and the poor, students, teachers and parents. How is it possible not to worry?

People say that if you worry a lot you care for something. This is true, but worry is a concern that has become excessive. Christ agrees that everyday has enough troubles and that we need money, food, clothes, planning and working. However, worry comes when we try to solve all the problems on our own. We use money and possessions, but they only give us a false sense of security, since there are many things in life that we cannot solve with them. Lent helps us to discover through self-denial, prayer, works of charity and almsgiving that life is not measured in material things or possessions by God.

Only God is our security, our rock, our stronghold and our fortress. In God alone our soul can rest. For this, Christ is asking us not to rely only on our own and in our possessions but to rely on God. If we put God before everything else we will be like the little child who was playing and singing on a ship in the middle of a storm. "Are you not worried?", people asked. The little child responded; "Not at all, my daddy is the Captain". If we control the boat of our life alone we need to worry for everything but if God is our Captain, our Daddy and in charge, there is no need to worry.

Fr Jesus Bello, College Chaplain, Duncan Street Campus

Important Notices



Assessment Policy : Years 7-12

Please be reminded that families who take their children out on holidays during term time compromise their son or daughters learning programme. A student absent for an assessment when on holiday will be given a 0 mark.

Winter Uniform

The winter uniform for both campuses is to be worn from Monday 13 May, (Week 3 of Term 2).

Peer Tutoring

The first official peer tutoring meeting had over 15 students ready and willing to be tutors and role models to our Middle School Students. We are now looking for students. If you have a child who may benefit from being matched with a tutor or supported in their learning on a certain afternoon please forward their name to Sarah Quin, Campus Minister (sarah.quin@ufcc.wa.edu.au) and she will match them either to a time or a tutor. Tutoring will run 4 afternoons after school.

120 Year Celebration Story cont...



In 1948, to mark the centenary of the foundation of the Convent of Mercy Derry, the survivors of the original group - the two Mothers and Mother Clare - sent greetings. One of the Derry sisters commented: "Strange is it not? 1848 the Foundation of our Convent, 50 years later 1898 the Convent under the Southern Cross, and now the Centenary year 1948 when they send us Good Wishes."

The amalgamation of Victoria Park with Victoria Square in the 1930s was bitterly resented by "the Mothers". They died at Subiaco, Benedict on 18 September, 1957 at the age of 87, and Benignus on 28 January, 1962, aged 88. Interestingly, Benignus is remembered as "gorgeous" by past pupils of the orphanage school at Subiaco, which she administered strictly but with a warm attention to the needs of her students.

Sr Mary of Mercy Gibson, who was also a part of the initial group, died 24 July 1922 aged 75. Mary Mercy was English and a convert to the Catholic faith. She was disowned by her family for this and for entering the Order of Mercy, in which she was professed 11 September 1897, just 12 months before leaving Ireland for Australia. She was rather legalistic and the children used to relate that she would not allow her pet parrot to have meat on Fridays. Sr Mercy brought with her to Australia, Volume One of Cardinal Newman's *Historical Sketches*. It was precious, not only because of the interest in Newman which all the earlier Mercies seemed to share, but also because it was a gift, suitably inscribed by her "friend", Bishop William O'Doherty of Derry. Mother Clare also brought a gift from the Bishop - more formally inscribed. It was Halliday Sparling's *Irish Minstrelsy*.

(Source: "Women Out of Their Sphere - A History of the Sisters of Mercy in Western Australia", Anne McLay)

Ms Mary McGonigle, Community & Events Officer

Uniform Shop News

Appointments by Bookings Only

In order to book for an appointment please access the system as follows:

- * Go to the College's home page: www.ursulafrayne.wa.edu.au
- * Under the Portals tab, click PTO login
- * Enter your surname as your login
- * Click "Obtain PIN/Password" and enter your email address. Your PIN will be emailed to you. The email you receive will include a link that can be clicked on to log straight into PTO.

Kindly Note: Should you NOT be able to make your appointment, please could you cancel it!

April School Holiday Openings Times and Days

Bookings Required	Tuesday 16, Thursday 18 April	8.00am-3.30pm
Open Day No Bookings Required	Monday 29 April	8.00am-12.00pm
Normal shop hours resume	Tuesday 30 April	

Mrs Jann Boere, Uniform Shop

Middle School News

Academic Awards

This week I had the pleasure to present 9 students with a Certificate of Academic Excellence in recognition of their outstanding results for Semester Two 2018. Last year, the Certificates of Academic Excellence were awarded before the Semester Two Report had been finalised. While, at that time, the students' results did not meet the criteria for the attainment of the Certificate, a review of the Semester Two reports revealed that the students had attained the required academic results.

It is important that the outstanding achievement of these students be justly recognised. The College always strives to acknowledge student's achievements in all areas and measures have been implemented to ensure that this circumstance does not occur again.

The students who received the Certificates of Academic Excellence were:

Arian Alcantara	Lucy Crowley	Sania Jose	Olivia Nyunt	Winnie Poon
Taya Preshaw	Rohan Thomas	Amber Uttachandani	Tegan Wilkinson	

NAPLAN Practise Test

Students participated in the NAPLAN Online Practise test on Wednesday 3 April. Surprisingly, the main issue preventing students from engaging with the test platform was the failure of students to bring headphones. The only connectivity issues arose due to student devices requiring parent passwords to access the NAPLAN Online platform and, for one student, the use of wireless headphones.

If students missed the Practise test, they can still undertake practise from the NAPLAN demonstration site which can be accessed at <https://www.nap.edu.au/online-assessment/public-demonstration-site>

NAPLAN Testing

The NAPLAN Online tests will be administered on Tuesday 14 May to Wednesday 22 May. All students will be required to sit the NAPLAN Online tests unless the Exemption or Withdrawal Forms are submitted before **Friday 12 April**.

Middle School Interim Reports and Parent-Teacher Meetings

The Interim Reports will be available for download via SEQTA from 3.30pm on Friday 12 April. Parents must ensure that they have activated their account in order to access the Report. With the report will be information regarding the online booking process for parents to arrange meeting times with teachers on Monday 29 April.

SAVE THE DATE - Mothers and Grandmothers' Day Liturgy and Morning Tea

On **Thursday 9 May**, the Middle School community will gather to celebrate our **Mothers and Grandmothers' Day Liturgy** and on behalf of our students and staff, I warmly invite you to be part of our celebration. This event is a time for us to acknowledge and give thanks for the special gift that is our Mothers and Grandmothers.

The day will begin with a Liturgy which will be held in the College Gymnasium commencing at **9.30am** and you are asked to sit with your child/children during the celebration. Following the conclusion of the Liturgy, you are cordially invited to be our College's guest at a special morning tea in the Central Courtyard. The celebration will conclude at approximately **10.45am**. Parking will be available on the Basketball Courts from 9.00am.

We look forward to seeing you on the day for what promises to be a wonderful start to the Mothers' Day weekend.

Mrs Pauline Bourke, Head of Middle School

Junior School Awards

Congratulations to the following students on receiving awards at the Junior School Assembly on 4 April:

3R Jake Bergl
Isabelle Han
Sophia Radica
Mateo van Heerwaarden

3W Alessandra Hauptle
Amy Lowry
Leo Nam

Italian Year 3 Orla Kellett
Year 4 Rishi Bharadwaj
Year 5 Zoe Kavanagh
Year 6 Tabitha McPherson

4R James Galvin
Naveena Kumarapeli
Alice Lukasik
Patrick Newman

4W Hudson McLoughlin
Erin O'Callaghan
Danica Searle
Josh Vergara

Japanese Year 3 Conor Fraser
Year 4 Erin O'Callaghan
Year 5 Leo Newman
Year 6 Milla Boros

5G Jordan Escalante
Elena Morabito
Brien Ormerod O'Dowd

5R Tyson Franklin
Jordan Mengersen
Joel Zuiderduyn

5W Asha Filmer
Parker O'Brien
Riya Soneji

6R Maya Knowlden
Euan Macapagal
Dylan Noble

6W Morgan Galvin
Timothy Green
Joshua Gimmy Kodaliparambil

Australians of the Year Excursion

Last Friday the Year 6 students were fortunate enough to listen to the two 2019 Australians of the Year, Dr Richard Harris and Dr Craig Challen speak. Below are two accounts from the day:

On the 29th of March, the Year 6 classes went on an excursion to hear the Australians of the Year speak. This year there were actually 2 Australians of the Year, Dr Richard Harris and Dr Craig Challen. They were both involved in the Thai cave rescue, because they are both cave divers and Richard is an anaesthetist. This means that he administers anaesthetics. This way he can keep the kids healthy and even sedate them, which he believed was not an option at the time. Both Richard and Craig really deserve this award.

Inside the auditorium, the award winners talked to us about the rescue and answered any questions we had. This was a really good experience because we could understand and get more information from someone who was there, rather than the news. They both flew out to help as volunteers, and willingly put their lives at risk. The rescue was basically down to them and some other cave divers because all military volunteers were called back after a navy seal drowned. A big challenge was that they were surrounded by pitch black the whole time, including when they were underwater. They said the water was the colour of coffee.

After they explained a few things about the rescue they opened up to some questions. Even a few people from Frayne got their questions answered. They caught the interest of everyone in the auditorium. The show left people with questions on the tip of their tongues. The people whose questions got answered got a picture with the award winners.

After we exited the auditorium we got free pens, which was a kind gesture. This show really kept people on the edge of their seats.

Connie Higgs

Today was very fun, we got to go to Wesley College and listen to their story of the Thailand cave rescue and many more interesting details. Firstly, we went into the auditorium after getting off the bus and it was very big. Then when we had sat down on the comfort-able seats we chatted for a bit until the MC from Wesley started talking. After we sang the National Anthem we acknowledged the tradition custodians of the land and someone from Wesley played the didgeridoo.

Next the two Australians of the Year started talking about the cave rescue. They both explained it really well and in lots of detail. After they explained everything to us they got questions from people in different schools, each school wrote down questions and the teachers gave them to the people organising the event and they chose a few people to stand up and then the speakers answered them. This was a very fun experience and also very educational.

Lucas Stanley



Year 10 Science & Engineering

On Tuesday 2 April, 32 Year 10 students attended the Year 10 Science and Engineering Challenge at Claremont Showgrounds. We competed against 7 other schools. The 8 teams from Frayne participated in a variety of challenges, such as Flat Pack, The Bridge, Return to Mars and Helter Skelter Shelter. These STEM activities challenged us to use problem-solving and communication skills to work together and achieve a common goal.

Our group started the day with String-ways and did very well and won. In the next challenge, Return to Mars, we had to engineer a Rover to travel through a Martian landscape. This was a challenging task to build a rover and get it across a very bumpy landscape!

The day concluded with testing the bridges that had been constructed during the day. This involved loading a trolley with ingots to see if the bridge could withstand its weight as it travelled across.

Overall the day was fun. It pushed us out of our comfort zones and allowed us to apply different skills in order to achieve the best we can be.

Abira Zhou and Latetia Stiller
Year 10 Students



Music News

Catholic Schools' Performing Arts Festival

Entry forms and cover letter are now available for those who wish to enter as a soloist or as part of a duet in this year's Catholic Performing Arts festival. The festival is open to all students attending Frayne whether they're having instrumental lessons through the College or privately and we encourage all students who are performance ready to enter.

Students should discuss entry into this year's performing arts festival with their instrumental/vocal tutor and fill in the entry form with their tutor's guidance.

Duncan Campus

Entry forms are available from Student Services or from the display in G19 (Music Room).

Balmoral Campus

Entry forms are available from the front office.

All entries will need to be handed in to either Mr Baker (Duncan Campus students) or Mr Tang (Balmoral Campus students) by close of the school day, Friday 3 May 2019.

Any queries can be forward to ashley.baker@cewa.edu.au.

Mr Ashley Baker
Co-ordinator, Instrumental and Choral Program

**THE HEAT IS ON
TONIGHT**

Come and see the Rock Band, Guitar Ensemble and Jazz Band at a showcase evening of rock music.

Where: Duncan Campus Gymnasium
When: Friday 5 April 2019
Doors Open: 6.10pm
Performance: 6.30 - 7.30pm

Entry is by Gold Coin donation. All proceeds go to Project Compassion.
Parking is available along Teague St and in St Joachim's Parish carpark.

Please Note:
Parking is now available on the basketball courts and **NOT** in the parish carpark

St Joachim's - Confirmation

This year the Sacrament of Confirmation will be celebrated at St Joachim's Church in Victoria Park on Sunday, 4 August 2019. Parents who wish to enrol their child for this Sacrament need to note and attend the following:-

1. Registration Meeting for Parents.....Thursday, 6 June at 3pm in the Church. Parents must bring a copy of their child's Baptism Certificate to this meeting.
2. Ceremony Preparation Meeting for children and parents....Thursday, 1 August at 3pm in the Church.
3. Confirmation MassSunday, 4 August (time of the Mass will depend on numbers)

Please note that to be eligible for the Sacrament of Confirmation, children must be Catholic and in Year 6 or above.

Monsignor McDonald
Parish Priest, St Joachim's Parish

School Photos

Advance notice that the school photos will be taken early in Term 2:

Balmoral Campus Individual and Class - Week 1, Wednesday 1 May

Students in Years 1-6 will need to be dressed in the College summer uniform (not Sports). Pre-Primary students are required to wear the College Sports uniform with the black shorts and Kindy students are to wear the College green Kindergarten polo shirt and black bottoms.

Middle School Individual and Form and Year 12 Group - Week 3, Monday 13 May

Students to be wearing their winter uniform (not summer or sports).

Senior School Individual and Form - Week 3, Tuesday 14 May

Students to be wearing their winter uniform (not summer or sports). Year 11 and 12 students will need to attend school in their winter uniform and change into sports uniform at lunch time.

The photo schedules will be sent out closer to the photo days.

Ms Mary McGonigle
Community & Events Officer

Friends of Frayne

Thank You

Thank you to our parent helpers who helped to make the Make Your Move day event such a great success today. The Parent Help Roster was filled in record speed which is a great testament to our College spirit.



Friends of Frayne



Friendship - Support - Community



Balmoral Street Campus Auxiliary

An Auxiliary Co-ordinator is still needed for the Balmoral Campus. We need your help! Please get in touch with us if you want to know more.

Want to Know More or Get in Touch?

Email : friendsoffrayne@ufcc.wa.edu.au

Or find us on Facebook : [friendsoffrayne](https://www.facebook.com/friendsoffrayne)

Or come to our next meeting : Wednesday 10 April, 7.00pm, Duncan Street Campus

Friends of Frayne

Are You Interested?

UWA Individual Advisory Sessions for Year 10 and 11 Students

During the upcoming school holidays, we will be holding Individual Advisory Sessions for Year 10-11 students. These sessions are available from the **15-17 April**. This is your opportunity to ask questions and learn more about:

- * UWA courses
- * Entry requirements
- * Subject selection advice
- * The ATAR process
- * The UWA student experience

Bookings are essential due to a limited number of sessions.

Parents/guardians are welcome to attend.

To register and know more about this event, see: <https://study.uwa.edu.au/events/year-10-11-individual-advisory-sessions---15-17-april-2019>

East Victoria Park Running Clinic

Let our coaches – winners from HBF Run & City to Surf teach your children correct running technique and posture for cross country. Suitable for Year 1-6.

Payment by bank transfer to Let's Run Perth.

Tue, 16 and Wed, 17 April 2019 / 9-10 am

Kent St SHS school oval / Corner of Kent St & Devenish, East Victoria Park

Fee: \$30/child

Registration link: <https://forms.gle/85Yn9VP9BqDf84Er5>

E: info@letsrunperth.com or call: 0402784225*

Facebook: <https://www.facebook.com/letsrunperth>

*Mobile phone is not contactable from 12-28 April 2019 due to overseas travel. Please use email only.



Where:

Kensington PCYC

51 Anketell Street, Kensington

Free Come and Try Session

Monday April 29th 2019

6–8 year olds 4 pm–4:30pm

9–12 year olds 4:30pm–5pm

**Usual cost \$12 per class plus PCYC insurance
\$100 term fee (save \$20)**

**Junior Training : Thursday night
04 April // 5:30–6:30pm
Registration help available.
Uniform & Merchandise for sale.**

IT'S TIME TO
SHINE
IN A
**DIFFERENT
LEAGUE**



Safe Play

Register online today

South Perth Junior Rugby League

George Burnett Park, Manning Road, Manning.

Fostering the development of rugby league by providing pathways and coaching for both on and off the field.

Teams for 4-17 year old boys and girls
Girls League Tag for 12-16 year olds.

Email: sprijuniors@gmail.com



playrugbyleague.com

FREE, FUN KIDS PROGRAM



BOUNCE
FREE-JUMPING REVOLUTION

Join your next FREE local program at
BOUNCE Cannington!

DO YOU HAVE KIDS 7-15 YEARS OLD? ARE YOU WORRIED ABOUT THEIR WEIGHT?
The Better Health Program is a fun, interactive 10 week healthy lifestyle program for families.
In a supportive and friendly environment, children become fitter, healthier and happier.

PLACES ARE LIMITED! FIND OUT MORE OR REGISTER NOW FOR TERM 2 2019:

Starts: May 2nd 2019
Day: Thursday
Time: 4.00pm – 6.00pm

Call us: 1300 822 953
Text us: 0409 745 645
Online: www.betterhealthprogram.org

betterhealthprogram
HEALTHY. ACTIVE. EVERY. DAY.



PARTNER

Get out and meet some new friends.



careers EXPO 2019
Including VET Expo

16–19 May | Perth Convention and Exhibition Centre

<https://www.careers-expo.com.au/visitors>

If you have any queries or comments about the 'Frayne News' publication, please contact Mary McGonigle, Community and Events Officer, on 9470 0925 or email: mary.mcgonigle@ufcc.wa.edu.au.



Ursula Frayne **Catholic College**

4 April 2019

Dear Families

K-6 Parent-Teacher Meetings – 11 April 2019

Parent-Teacher Meetings will be held for Kindergarten to Year 6 students from **1:00pm to 7:00pm on Thursday 11 April 2019**. These meetings which are 10 minutes in duration will take place in the Balmoral Street Campus Hall.

To book an appointment time, you will need to use the internet-based booking system called "Parent Teacher On-Line" (PTO) from any internet-connected computer. Please come to Reception during school hours if you do not have internet access at home or elsewhere.

Please access the system as follows:

Go to the school's home page: www.ufcc.wa.edu.au

- Click on Portals
- Click on the PTO link
- Click "Obtain PIN/Password" and enter your email address. Your PIN will be emailed to you. The email you receive will include a link that can be clicked on to log straight into PTO.

Full instructions are provided to you after log in. Please note the following points:

- When you log on, the system displays only your own child/children. Bookings are made for *individual* parents/guardians, not for couples. If two parents/guardians wish to attend a single interview time slot, one parent/guardian should make the booking then both can attend.
- You will only see time slots that are available at the time you are using the system. PTO prevents double-booking of teachers or parents/guardians.
- When you have made all the bookings you require, you can download or email a *report* of your bookings in time order for printing. **You can log in and change bookings up to 10:30am on the 10 April 2019.**
- If you see this symbol (!) displayed alongside the class name, it means this teacher recommends that you book an interview with them.

If you encounter any problems using PTO please contact the College office on 9470 0900, or by email to admin@ufcc.wa.edu.au

Please be reminded that Thursday 11 April is also a Student Free Day for the Balmoral Street Campus.

Yours sincerely

Veronica Parker

Vice Principal

Parents with students on the Duncan Campus, please note that PTO will be available from 4pm on Friday 12 April, to make appointments for the Parent-Teacher meetings on 29 April. Please follow the same procedures as stated in this letter.

APRIL - JUNE 2019



Healthy Community Term program

Postnatal fitness program

Monday or Friday > 29 April - 5 July
10-10.40am (10wk-9mo bubs)
Leisurelife Centre, East Victoria Park and John MacMillan Park (when weather permits)
Mondays (9 week term)
\$72 per term (local residents)
\$88 per term (non-residents) or
Fridays (10 week term)
\$81 per term (local residents)
\$99 per term (non-residents)

Sessions are designed for optimal postnatal fitness and include low-impact pram cardio, pelvic floor exercises and practical resistance training. Individual's needs and fitness levels are catered for. Come and exercise with your bub and be excited at the improvements each week.
Book in early, limited spots available.

Family fitness program

Monday or Friday > 29 April - 5 July
9-9.50am (10mo bub-3 year old)
Leisurelife Centre, East Victoria Park
Mondays (9 week term)
\$72 per term (local residents)
\$88 per term (non-residents) or
Fridays (10 week term)
\$81 per term (local residents)
\$99 per term (non-residents)

Specifically designed program for toddlers between 15 months and three years to exercise along with mum or dad. Sessions include pram cardio, practical resistance training obstacle courses, and a whole lot of fun. The program is catered to individual needs and fitness levels. Ask about our sessions specifically for mums with a toddler and bub.
Book in early, limited spots available.

FREE Weekly walking groups

Bushland walkers
Tuesdays 8.30am, Kensington Bushland (meet by the club room at Harold Rossiter Park)
Mothers' walking group
Wednesdays 9.30am (start at Kettle Café, 17 Lathlain Place, Lathlain)
Enjoy a coffee and play at Rayment Reserve playground after the walk. Dads, prams and children welcome!

Senior walking groups
Wednesdays 9am, Bentley Park Village (meet at SwanCare Administration Centre, cnr of Plantation Drive and Stirling Close, Bentley)
Wednesdays 9am, The Homestead (5 Mackie Street, Vic Park)
Thursdays 7.30am, Bentley Park Village (meet outside Bentley Park Hairdresser, 33 Graham Crescent, Bentley)
Fridays 7.30am, Juniper Rowethorpe Village (meet at the Terrace Café on The Boulevard, Bentley)
No need to book, just come along!



Book online at vicpk.co/healthytopv or by calling 9373 5450

Living Longer Living Stronger

Weekly group sessions at Leisurelife
Thursdays 9.30-10.30am
Individual sessions at Leisurelife
Tuesdays, Thursdays and Fridays 10am-12noon
Initial assessment \$55
Individual session \$8
10 pass (plus one free) \$80

Living Longer Living Stronger is an evidence based strength training and exercise program designed specifically for the over 50s. It aims to achieve a reduction in falls, improved health, quality of life and fitness.

FREE Let's go fly a kite!

Sunday 28 April
8-11.30am
John MacMillan Park (alongside the Vic Park Farmers' Markets)
Join in the fun to make and fly a kite.

Terrific Thai

Wednesday 15 May
6-8pm
Leisurelife Centre, East Victoria Park
\$16

Chef Dale Sniffan will teach you how to prepare fast, fresh and simple Thai dishes that your tastebuds will love. Discover the perfect balance of sweet, spicy and tangy flavours that make Thai cuisine so delicious.
Bookings are essential.

Easy freezy meals

Wednesday 12 June
6-8pm
Leisurelife Centre, East Victoria Park
\$8

You might have heard of batch cooking or weekly meal prepping and wondered what all the fuss is about. You can save time, money and stress planning your meals and cooking in bulk. Now, who doesn't want that? Participants will learn how to make some delicious freezable recipes and come away with some helpful tips to get you started.
Bookings are essential.

Active photography program

Sunday 5, 12, 19 and 26 May
9-11am
Various locations within the Town
\$36 (all four sessions)

Put on your walking shoes and bring your camera along to this four-week active photography program. Each week you will walk through local areas taking snaps of the Town's beautiful scenery and attractions. Learn how to explore light, composition and content to produce beautiful photographs. Professional photographer Adele Miles will give participants the skills and confidence to operate their cameras more competently.

Participants are required to bring their own camera. Digital SLR, point and shoot, phone cameras or film cameras, it's your choice.
Bookings are essential.

FREE Move your body

Monday 27 May
11am-12.15pm
Town of Victoria Park Library
East Victoria Park

STAY ON YOUR FEET
More... Inspire... Perform

Moving your body will improve your balance and posture, strengthen your muscles and bones and improve your overall fitness and general wellbeing. It's also the best way to prevent slips, trips and falls. Come along to this fun and interactive session on healthy ageing and learn about local activities to get you moving. Delivered by Stay On Your Feet® and the Healthy Community team.
Bookings are essential.

Self-care mental health workshop

Monday 24 June
6-7.30pm
Subud Hall, 222 Shepperton Rd East Vic Park
\$8

Life's challenges can leave us feeling drained and stressed. Our to-do list is too long and there aren't enough hours in the day. This resilience-building workshop will teach you to understand your own choices better and use this awareness to ensure your future choices are more aligned with the life you desire. Delivered by Lifeskills Australia.
Bookings are essential.
A light dinner will be provided.



Book online at vicpk.co/healthytopv or by calling 9373 5450

13-20 APRIL 2019

YOUTH WEEK

FREE ACTIVITIES



ZINE WORKSHOP
2-4pm, Sat 13 April
Manning Library
Free, bookings essential
Learn how to make your own mini-magazine with pizza provided to help inspire your creativity.



LAZY SUNDAY
5.30-8.30pm, Sun 14 April
South Perth Community Hall
5.30-8.30pm
Free entry
A lazy Sunday evening with local bands, DJs plus entertainment and more.



BEACH VOLLEYBALL & BBQ
2-5pm, Mon 15 April
Coode St (near flagpole)
South Perth Foreshore
Free event
An afternoon of beach volleyball, bocce, beats and a free bbq.



3 ON 3 BASKETBALL & SKILLS COMP
1-3pm (10-13 yr olds)
3.30-5.30pm (14 & over)
Tue 16 April
George Burnett Leisure Centre
Free, bookings essential
Basketball and skills competitions with prizes and giveaways.



SKATEBOARDING WORKSHOP
9-11am, Wed 17 April
Manning Skate Park
Free, registration required
An all ages and all skill level skateboarding clinic. Skateboards and safety gear provided.



DUMPLING WORKSHOP
3-4.30pm, Thurs 18 April
Manning Community Hall
Free, bookings essential
Join former MasterChef contestant Brendan Pang to learn how to make his famous dumplings.

For more information and to book visit the Discover section on the City's website.



P 9474 0777 E youth@southperth.wa.gov.au

[facebook](https://www.facebook.com/discoveringsouthperth) [instagram](https://www.instagram.com/discoveringsouthperth) [youtube](https://www.youtube.com/discoveringsouthperth)
southperth.wa.gov.au

Supported by the Department of Communities



Hawaiian's Park Centre What's On?

APRIL

School Holidays | 13-18 April

We will celebrate the school holidays with an Easter themed egg hunt targeted at children and parents. Children will be given a branded bag and picture of the Easter bunny to travel to retailers to fill out different parts of the bunny until the picture has been completed. They can then enter a competition to win a family Easter pack worth \$250.

Shop. Eat. Meet. Relax

