



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 30 ISSUE 13 / WEEK THREE TERM TWO / 17 MAY 2019

Upcoming Events

Monday 20 May

NAPLAN

Tuesday 21 May

NAPLAN

SAS Year 11/12 Sport

Year 10 Immunisations

Wednesday 22 May

NAPLAN

SAS Jnr Year 7-10 Sport

Thursday 23 May

NAPLAN

Junior School Assembly

Friday 24 May

NAPLAN

Balmoral Campus Disco

Monday 27 May

Year 11/12 Exams Commence

Tuesday 28 May

SAS Year 11/12 Sport

Wednesday 29 May

SAS Jnr Year 7-10 Sport

Thursday 30 May

ACC Cross Country

Friday 31 May

Student Free Day—Both Campuses



Duncan & Balmoral Campus students participating in the Cross Campus Leadership Forum

From the Principal

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

It is wonderful to be back at the College following total knee replacement surgery and subsequent rehabilitation process. I have enjoyed catching up with staff, students and parents upon my return and express my gratitude for the many prayers and messages of encouragement that I received during my absence.

Thank you to Veronica Parker who again stepped into the role of Principal and to the other members of the Executive Leadership team for their support and practical assistance during my absence. I am extremely grateful for the gift of time that allowed me to focus on my rehabilitation to ensure a speedy recovery.

Returning to our College campuses after a lengthy break affords the opportunity to view them with fresh eyes and to appreciate how fortunate we are to have such pleasant environments in which to work, learn and play.

I have noted with interest the 'finishing touches' that have and continue to be made to the new building and its surrounds on the Duncan Street campus. We continue to grow into this wonderful facility as we methodically work through how best to effectively utilise the many new spaces and features such as the roof top garden, aquariums and green house to name but a few. We continue to hasten slowly toward making this unique learning environment fully operational which is always a prudent approach when taking occupancy of new and complex facilities.

On Tuesday evening (21 May) our revised Development Application for the green space goes

admin@ursulafrayne.wa.edu.au

<https://www.ufcc.wa.edu.au>

Justice | Hospitality | Excellence | Compassion | Respect

From the Principal cont...

before the Ordinary Council Meeting for determination. We trust that the work that we have collaboratively undertaken within and beyond our school community will lead to a win-win decision for all stakeholders.

DANGEROUS DRIVER BEHAVIOUR

On a less positive note, I regret to inform our community about a serious incident involving a Middle School student and a car on Teague Street during the afternoon peak period on Monday. The parent of the student was illegally parked on the eastern side of Teague Street which is clearly signed as a 'No Stopping' zone. In response to their beckoning, the unsuspecting child ran through a gap between two cars in the 'Kiss n Drive' lane. At that moment one of these cars pulled out, accidentally glancing the student who then fell to the ground. Fortunately, the student and driver of the car were only badly shaken by the incident, but the outcome could have been far more serious.

The parent, by ignoring the road rules, deliberately put their child at risk of very serious injury or worse! I have written on many occasions and spoken in various forums about the danger posed by parents/carers in our community who deliberately place their personal convenience above the individual and collective safety of our students through careless, disrespectful and selfish parking practices. This incident is a prime example!

I again plead with parents/carers to **not park illegally on Teague Street**. I ask that all members of our College community obey the traffic and parking laws around both campuses, and thus avoid threatening the safety of our pupils. During peak times motorists are asked to treat Teague Street as a one-way thoroughfare (moving in the direction from Duncan to Harper Street).

Thank you to those parents/carers who are placing safety first when driving their children to and from school. I am not trying to lay the blame at the feet of all parents/carers as many conduct themselves in an exemplary manner and their cooperation is greatly appreciated.

Unfortunately, an attitude of: *"Well, I know and understand the rules, but they only apply to others because adherence to them doesn't suit me at the moment"* is reflective of a self-centred and self-serving mindset that places personal convenience above child safety and the common good. **This type of disrespectful attitude is not good modelling for our children and sends a message that road safety rules only apply if and when they suit the individual – surely not a mindset that we want to foster in our impressionable young people.**

NAPLAN SEASON

The Australian Curriculum, Assessment and Reporting Authority (ACARA) confirmed that many schools had experienced "connectivity" issues, with many students from across Australia hampered by difficulty connecting to online NAPLAN tests, particularly on Tuesday. Please be assured that the College has done everything within its power to minimise the impact of these unfortunate circumstances on our students.

What is Frayne's Approach to NAPLAN?

Children learn through a variety of contexts and this requires a range of assessment methods to demonstrate their learning. Quality schools such as Frayne therefore use many types of data to gain an in-depth knowledge of a child and their learning. The College views NAPLAN as an important piece of data that can be used with a range of other school-based data to help provide an indication of how a child is progressing with the curriculum. NAPLAN, along with other school-based data, can also be used to inform and direct curriculum planning within the school. As such, the College views NAPLAN as a useful point in time test. However, a better-informed understanding of how a child is achieving at school can be obtained through communicating with the class teacher.

Why Does the College Perform so Strongly in NAPLAN?

Students at Ursula Frayne Catholic College continue to perform highly in NAPLAN in comparison to other schools and show significant above expected individual growth in literacy and numeracy. Our continued success is driven by a positive school community focused on high levels of learning for all students. The partnership between families, students, teachers and school support staff is one that supports our strong collective effort towards high achievement in all areas of school life.

The College continues to undertake significant positive change with a strong focus on quality learning and teaching. It is through the dedicated work by teachers, support staff, the connectedness of students to a wonderful school and student body, a strong partnership with families, and focused leadership across all areas of the school that sees the College focused on supporting children to engage in a safe and happy school. These opportunities have proven outcomes of achievement for our students.

With regards and best wishes.

Congratulations

Congratulation to Caitlin O'Keefe (Year 6R) who has been selected for the State Team for Trampolining and will travel to Melbourne to compete at the Australian Gymnastics Championships in June. Congratulations and best of luck Caitlin!

Mr Geoff Mills
Principal

Chaplain's Reflection

Mother's Love

Love is one of the most used and misused words in our language; we use it so many times and to signify so many different things that it has almost lost its meaning. It can be a feeling, an emotion, to like something and even pleasure, but Christ used 'love' focusing on the relationship aspect of the word. "As the Father loves me, so I have loved you, remain in my love". (Jn 15:9-17).



God is love because it's about a relationship between people; Father, Son and Holy Spirit. Christ loves us, as he gave his life for us, not a love of feelings or emotions but a real love in action, without limits, without conditions, without counting the cost and without end. Christ wants us to have a personal relationship of love with him and to be his friend. In order to do this and remain in his love, we need to love one another. It is not only by being loved but by loving others that we remain in the love of God.

As we have just celebrated Mother's Day, we witnessed the beautiful example of the love mothers have with their children. This love is not only a feeling but something real; it is nurturing, feeding, caring, protecting and so many times, sacrificing themselves for the need of their children. A mother's love is a reflection of the relationship of love that God has with us.

Let's honour and pray for our mothers that God will continue filling their hearts with love, compassion and strength and that we, their children will always help them and give them the best gift we can give to them: ourselves. Of course we can show our appreciation with other gifts but never forgetting all the other days of the year and every opportunity we have to tell them how important they are for us and how much we love them.

Fr Jesus Bello
College Chaplain, Duncan Street Campus

Important Notices

Balmoral Campus Basketball Court Surface

The College is currently reviewing the best surface to place down on the courts on the Balmoral Campus. If you have some expertise in this area, or would like to have a contribution into the decision making process, please contact Andy Dalton, Head of Junior School at Andrew.dalton@ufcc.wa.edu.au or on 94700401.

Water Bottle Recall Update

Please be advised that the College will provide an update with regard to the recalled water bottles as soon as possible. At this stage we have no update.

Duncan Street Campus - Tracksuit Pants

Students in Years 7-12 who choose to wear the sports uniform on their nominated sports day are required to wear the tracksuit to and from the College. Students who choose not to wear their tracksuit, must wear their winter uniform and change into the sport shorts and shirts at school.

Mrs Veronica Parker
Vice Principal



Music News

The 'Spotlight On Soloists' performance scheduled for Friday 24 May has been postponed.

Concert Band – Connect

Ever wondered what it is the students do when they attend band rehearsals; where they disappear to from 3.30 – 5.30pm on a Friday and at various other times throughout the week?

'Concert Band – Connect' is an opportunity for you to come and investigate, witness and learn for yourself what Concert Band is and what it means to be in this wonderful musical organisation. This is an open rehearsal for parents/guardians, whether from Duncan or Balmoral, to be held on Friday 7 June from 3.45pm – 5.15pm on the Duncan Campus. To register your interest, visit <https://www.trybooking.com/BCQCS>.

Highly Strung and Sung'

Our 'Highly Strung and Sung' event on Friday 21 June will be a performance by both our Duncan and Balmoral string students and choirs, more details to follow.

Please pop these dates in your diary so you can come and show your support for the wonderful Frayne Music Department.

Mr Ashley Baker
Co-ordinator, Instrumental and Choral Program

Kindy Mother's Day Celebrations

On Monday 13 May our Kindy students celebrated Mother's Day with their gorgeous mums. The afternoon started with a lovely liturgy which was followed by a lovely afternoon of pampering, from hand massages and manicures, to the making of afternoon tea. It was a beautiful celebration for our mums and the children. A huge thank you our wonderful Kindy staff.

Mrs Karen Rutter
Acting Head of Preparatory School



Cross Campus Leadership Forum

Yesterday, the Balmoral Street Campus Student Representative Council joined our Senior School Councillors for our leadership forum. The collaboration was both a valuable and enjoyable experience for our student leaders.

Thank you to Mr Waddell and Miss Martin for making this event a fantastic experience for all involved.

Mrs Karen Rutter
Acting Head of Preparatory School



Achieve . Skills . Pathways . Innovation . Resilience . Excellence

Careers Expo

Convention Centre, 16 – 19 May

This event is 'highly recommended for Year 10 – 12 students as preparation for their Subject Selection interviews in Term Three.

The Expo involves nearly 100 exhibitors participating and promoting their diverse range of career and employment pathways to potential students.

Students will have the opportunity to investigate, learn and network with professionals from all local universities and many tertiary educational Colleges, TAFEs, government agencies, registered training organisations (RTOs) and prospective employers under one roof.



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

Ms Maureen Johnson
Learning Area Co-Ordinator, VET and Careers

Junior School Interschool Swimming Carnival

On Friday 10 May, our swimming team competed in the Interschool Swimming Carnival which was held at HBF Stadium. We competed in division 'A' against seven other schools. This year, our boys finished 5th and our girls finished 5th and overall, we finished 4th. Well done overall to the whole team, it was a huge and fantastic effort.

A big thank you to Roger Bruce, our swimming coach, the teachers who assisted with the early morning training and to our parent helpers; Vanessa Ormonde-Barker, Jo Brabin, Karen Martin, Maria Vulin and Alana Hepworth.

Well done to Sienna Hepworth, Lawson Hepworth and Lucy Bollen who were outstanding swimmers on the day.

Mr Son Nguy

Physical Education Teacher, Balmoral Street Campus



Year 12 Drama Theatre Performance

The Year 12 Drama students produced an engaging and thought-provoking ensemble piece of theatre in collaboration with the Year 12 Drama students from Newman College, last Friday 10 May. **Parramatta Girls** by Alana Valentine is a verbatim script developed through the testimonies of many women who survived the physically and psychologically damaging experience of being an inmate of the Parramatta Girls Training School.

The play challenges us as a society to confront the actions of a government and those in positions of authority who failed to protect many of Australia's 'lost' children. These vulnerable girls were deemed to be at 'risk' of 'moral danger' despite being victims of abuse, neglect and/or orphaned. Despite several government enquiries in response to riots, this home remained in operation from 1947 – 1974. In an interview Valentine comments, *'The Senate 5 Committee Report estimated that some 500,000 Australians experienced life in 'care' in the last century. These people deserve to have their story told on the public stage and have the truth of their lives acknowledged.'*

These students have communicated an important story highlighting the courage and strength these women had to find in order to survive the trauma and horrors of their time in this institution. Their commitment and professional approach to this task is to be commended.

We thank the staff and students of Newman College for being so welcoming and generous in the collaboration process of devising this piece of theatre. We also thank the staff and parents of our Ursula Frayne community for their on-going support of these students.



Mrs Karen Cassidy

Drama Teacher, Learning Area Co-ordinator for the Arts

Friends of Frayne

Balmoral Street Campus Disco

Save the Date: Friday 24 May. Tickets are on sale now!.

See attached flyer for Event and TryBooking details.

Please note: Students will need to bring a water bottle (or use the water fountains) to this event as drinks are not being sold on the night.

Friends of Frayne



Friendship - Support - Community



Balmoral Campus Open Day (Wednesday 29th May)

Friends of Frayne will be providing support to the College on the day of this important event. If you would like to participate, please get in touch with us.

Are you a Prep School Parent?

An Auxiliary Coordinator is still needed for Balmoral Campus. We need a volunteer from the **Preparatory School parents please**. Please get in touch with us if you want to know more.

Friends of Frayne Meeting

The Friends of Frayne meeting held on Tuesday included a tour of the fantastic new Science Precinct and Rooftop space at the Duncan Street Campus.



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 19 June, 7.00pm, Balmoral Campus

Friends of Frayne



The new 2019|2020 Entertainment™ Memberships are here, and this year we will be fundraising with them again to raise funds for To fund projects to enhance our College. The memberships sell for \$70 and we keep 20% from every membership we sell.

Choose between the Entertainment Digital Membership or Entertainment Book. Both Memberships contain thousands of up to 50% off and 2-for-1 offers for Perth’s best restaurants, cafés, family dining, attractions, accommodation and travel packages. **The Membership is valid from now until 1 June, 2020.**

If you would like to see what’s in the new edition then there is a display book in the front office for you to flick through. Alternatively you can go online here: www.entertainmentbook.com.au/about/flickbook/perth

To order your Book or your Digital Membership securely online visit:
www.entbook.com.au/8436y0

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 If you can't purchase online, please complete your details below and we will process your order:

Friends of Frayne

Contact: Kelly Chambers **Phone:** 422658319 **Email:** kellyannechambers@gmail.com

Child's Name: _____ Class/Room: _____

Mobile: _____ Email: _____

Perth Edition \$70 including GST:# ____ Book(s) # ____ Digital Membership(s)

Payment type: CASH VISA MASTERCARD (Credit Card payments will incur a 1.25% processing fee)

Credit Card number: _____ / _____ / _____ / _____

Expiry date: ____ / ____ CVV*: _____ *CVV is the 3 digits on the back of your credit card

Cardholder's Name: _____ Signature: _____

Are You Interested?

Town of Victoria Park Art Season

Arts Season 2019 officially kicked off this week! There are events for all ages and interests running throughout the month of May. To find out more about this event, visit: <https://www.victoriapark.wa.gov.au/Around-town/Community-development/Arts/Creative-Arts/Arts-Season-2019/Arts-Season-2019-program>.

Notre Dame Netball Club

The Notre Dame Netball Club is approaching their sixth year and are looking at entering eight teams into the Belmont Netball Association competition with a total of 68 player representing Notre Dame weekly in the winter netball competition. They are currently seeking Year 2 players for their NetSetGo Pups team. If you are interested, please contact Tanya Steele on 0414 907 791 or NDNetball@hotmail.com.

Perth Redbacks Basketball



Winter Domestic Competition
Join us for the **NEW** season

Starting Saturday 4th of May
Ages: Children aged between 5-17 years old
Games played at Belmont, Leederville & Vic Park
Individual & Team Nominations Welcomed

For more details contact:
admin@perthredbacks.asn.au
9472 8110

Information about Influenza—Child and Adolescent Health Service

Influenza

Influenza, or the 'flu' is caused by an influenza virus. It is spread through the air when someone coughs, sneezes or talks. It is also spread by touching something that has the virus on it and then touching your nose, eyes or mouth. Common symptoms include sore throat, cough, fever, headache, chills, tiredness and muscle aches. People with the flu should rest and drink plenty of fluid. Use paracetamol in recommended doses if necessary - but do not give children any medication containing aspirin.

Be sure to keep your child home from school while he or she is sick. The best way to prevent flu from spreading is by washing your hands regularly and after coughing, sneezing or blowing your nose. Flu vaccines are available prior to winter starting. For more information, contact your GP or local Immunisation Clinic.

Why should I consider having my child vaccinated against the flu?

The National Health and Medical Research Council, Australia's peak body for health advice, recommends annual vaccination for anyone six months of age or older who wants to reduce their chances of becoming ill with the flu.

Annual flu vaccination is strongly recommended for anyone six months of age or older with a medical condition that places them at higher risk of severe illness from flu. Children and adults with heart, lung or kidney disease or a weakened immune system, are eligible for free flu vaccine through the National Immunisation Program.

Children without underlying medical conditions who become infected with flu can also develop serious illnesses. Flu can cause high fever and pneumonia, and make existing medical conditions worse. Influenza viruses are always changing. Each year scientists try to match the strains of influenza viruses in the vaccine to those most likely to cause flu illnesses that year. It takes up to two weeks for protection to develop after vaccination against flu and protection lasts about a year.

The seasonal flu vaccine is available on prescription or via GP and immunisation clinics and is provided free for certain groups. Flu vaccines are available prior to winter starting. For more information visit www.healthywa.wa.gov.au/immunisation or contact your GP or Immunisation Clinic.

Hearts Netball Club

Are there any girls who are interested in playing netball at Southern Districts Netball Association in Langford on Saturdays? Our club "Hearts" are seeking players for our under 15 and under 17 teams. Beginners are welcome! For more info please go to our website <https://netballhearts.wixsite.com/hearts> or contact Valerie on 0411 551 963 or netballhearts@gmail.com.

Are You Interested?

Perth Goju Karate

Perth Goju Karate teaches karate classes in your local area. A special offer for the school's students - 4 WEEKS FREE beginners karate lessons!

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. We 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.

To take advantage of this 4 week trial call Sensei Johnny Moran on 0402 830 402.

DSF Literacy & Clinical Services—Additional Support with Reading, Writing and Spelling

Some children need more help learning to read and write than others, even with the best teaching methods at school. The DSF Literacy Clinic in East Vic Park provides expert tuition for those students needing extra assistance to develop strong literacy skills. Experienced teachers at the DSF Literacy Clinics provide students with enjoyable, high-quality tutoring and support. Children of all ages are welcome to attend, regardless of the reason they are struggling. This includes those students who are falling behind in years one and two (as early intervention is important in reducing the impact of literacy difficulties).

Sessions are provided at a reduced rate because they are offered in small groups of up to four students, although one-on-one tuition is also available. Parents interested in further information can inquire in person or contact the DSF Literacy Clinic at The Park Shopping Centre in East Victoria Park on 9470 4140 or park@dsf.net.au. You can also learn more about DSF (The Dyslexia-SPELD Foundation) by visiting www.dsf.net.au.

APRIL - JUNE 2019 

LIVE LIFE WELL

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.

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 8am, 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!

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.



Book online at vicpk.co/healthytovp 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.

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 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 Sniffen 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.

FREE Move your body

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

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/healthytovp or by calling 9373 5450

