



# URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 30 ISSUE 18 / WEEK SEVEN TERM TWO / 21 JUNE 2019

## Upcoming Events

### Friday 21 June

Highly Strung & Sung Strings and Choir

### Sunday 23 June

First Holy Communion—St Joachim's

### Monday 24 June

Year 10 Exams Commence

### Tuesday 25 June

SAS Year 11/12 Sport

Year 7 ACC AFL Carnival

### Wednesday 26 June

SAS Jnr Year 7-10 Sport

### Thursday 27 June

Year 10 Exams Conclude

Junior School NAIDOC Assembly

Preparatory School Liturgy

### Friday 28 June

Siena Cluster Day

### Tuesday 2 July

SAS Year 11/12 Sport

### Thursday 4 July

End of Semester 1

K-12 Reports

Junior School Mass

### Friday 5 July

Student Free Day—Both Campuses

### Saturday 6 July

School Holidays Commence



Duncan Campus Intercluster Athletics Carnival

## From the Principal

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

### KEEP ON KEEPING ON!

Over the years I have engaged in conversations with parents/carers whose children sign up for activities – sports, dance, clubs, choirs, music lessons – and then quit when it gets too hard or they say they are sick of it. Because adults know how they had to persevere in life, they are naturally worried that their child may become a ‘quitter’. Recently, I came across a book by William Stixrud and Ned Johnson entitled: “*The Self-Driven Child: The Science and Sense of Giving Your Kids More Control over their Lives*” that explores these concerns.

The book includes practical and easy to understand depictions to explain what is happening to children when they are put under what the authors refer to as “*chronic toxic stress created by the pressures of social media management, increasingly pervading competitiveness and unreasonable expectations being placed upon them.*” They argue for authoritative parenting, being supportive, but not controlling, acting as a consultant to help their children understand the benefits of positive and neutral stress and providing the tools for young people “*to learn resilience, self-control and personal motivation in the face of toxic stress*” so that they fulfil a commitment despite it losing some of its initial attractiveness. The following is a brief summary of their findings.

#### Don't think of your child's character as fixed.

Most of our worries about our children are about the future. We see the 9-year-old who quits as an aimless 20-year-old. But who they are now is not who they will always be.

[admin@ufcc.wa.edu.au](mailto:admin@ufcc.wa.edu.au)

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

**Justice | Hospitality | Excellence | Compassion | Respect**

## From the Principal cont...

**Explain the difference between “I don’t want to” and “I don’t feel like it”.**

Distinguishing long-term desires from immediate feelings will help children understand the difference between an immediate task and ultimate goal. This is a lesson that doesn’t register right away, but it’s worth planting the seed and emphasising over time.

**Let them know you see the areas in which they do work hard and show motivation.**

Say “I know you’re someone who can stick with things when they are important to you”.

**Get to the root of their concern.**

Why don’t they want to go? Perhaps they feel they aren’t as good as the others. What might make it better? Extra practice with your help? Help them to see we often have to be not good at things for a while as part of the process of learning and getting good at something.

**Children should have control over their own lives but that doesn’t mean they can back out of a commitment or waste the money parents have paid for lessons or equipment.**

If they are adamant, then expect them to write a letter to the coach or organiser explaining why they are quitting. This makes them take ownership of their decision. They cannot ask parents to phone and get them off the hook.

**Keep exploring.**

It may take a while to find what really motivates and enthuses them. There is no rush!

**We can’t make them develop grit.**

We can expose them to things they may like, support them in sticking with things as they get harder and express confidence that they can handle the stress or the boredom.

**The world is so complex that we have no idea where the things that will turn our children on come from.**

If we encourage children to keep seeking what they love, and to work hard at it when they find it, that will help them grow into confident and self-directed young adults.

### THE POWERFUL IMPACT OF MIDDLE LEADERSHIP ON STUDENT LEARNING

Ursula Frayne Catholic College is a complex organisation that aspires to be an authentic *learning and faith sharing community, centred in Christ*. Staff appointed to middle leadership positions within the College (i.e. Learning Area Coordinators, Cluster Leaders and Assistant Heads of School) undertake critical roles that sit at the heart of this drive. It is the only role in the College that requires a blend of classroom teaching, leading, managing and learning. They are close to the day to day action and drive consistent teacher quality in their individual and collective areas of responsibility through curriculum leadership, data analysis to identify pupil underperformance, lesson observations, accountability and the professional mentoring development of their staff.

Often the very important work undertaken by our Middle Leaders within the College is not always obvious to the casual observer. As such, I wish to express our appreciation to those who undertake these important roles and to acknowledge their professionalism and commitment to ensuring the very best outcomes for our students.

At the end of last year, **Marianna Dimasi** concluded her tenure as Learning Area Coordinator: Languages. At that time her colleagues acknowledged her contributions to the Languages team during her time in the role. In the interim, this role will be undertaken by the Vice Principal. This year **Natali Mikulic** was appointed to the position of Learning Area Coordinator: Technology & Enterprise. I take this opportunity to again thank Marianna for the manner in which she undertook her middle leadership role and congratulate Natali on her appointment.

Our College is truly blessed to have such a wonderful blend of talented and experienced middle leaders who are increasingly playing a crucial role in developing and maintaining the nature and quality of pupils learning experiences at Frayne.

### Congratulations

Congratulation to Orla Young (Year 12) who has been selected to represent Western Australia in the 2019 Swimming Championship in Melbourne in July. We wish Orla the best of luck competing!

With regards and best wishes

**Mr Geoff Mills  
Principal**

## Chaplain's Reflection

### Christ our Food

Some students will receive their first Holy Communion this Sunday on the feast of The Body and Blood of Christ. On this feast day, we remember Christ's presence in the Mass as a visible Sacrament. Bread and wine became the Body and Blood of Christ. This is indeed the mystery of our Faith and food for thought.

Food is part of our life, as we eat it every day to survive. To eat is something normal and ordinary, but we have turned into an art. Restaurants, cooking shows, diets and fast foods are constantly making us think about food and the need for eating healthy. Evidently what we eat becomes part of us, so they say 'You are what you eat'.

Christ wanting to be always part of us had also become food. "My flesh is real food and my blood is real drink. He who eats my flesh and drink my blood lives in me and I live in him" (Jn 6: 51-58). As God kept his people alive in the desert by giving them food and drink from heaven, Christ giving Himself to be with us provides life in a very intimate and special union. And if Christ lives in us we can do what Christ does, to give our life for others. To say: 'this is my body for you; this is my life for you'. In this way sharing in One Bread, many as we are, we become One Body in Christ. Let us them eat His Body and drink His Blood, so Christ will be living in us and we will be bread for others and experience the joy of being one with God and with each other.

*Fr Jesus Bello  
College Chaplain, Duncan Campus*

## Middle School News

### Year Nine Bishops' Religious Literacy Assessment

Year Nine students will be sitting the Bishops' Religious Literacy Assessment starting Monday 29 July. Parents have been sent a letter outlining the rationale and details for the test. Students will be completing the assessment online.

### Year 7 Social

The Year 7 Social provided a wonderful opportunity for students to gather and enjoy each other's company. Thank you to Ms Anna King, Joachim Cluster Leader for organising the evening and the Middle School Cluster Leaders and staff who supported the evening. It was great to see so many of the Year 7 students attending.



### Paul Litherland Presentation

#### Year 7 Presentation – Cyber Safety

On Thursday 27 June, the Year 7 students will attend a presentation by Paul Litherland regarding cyber safety. Mr Litherland is a former WA Police Officer of 20+ years (1993 to 2014). In the last five years of his career he worked in the field of Technology Crime, dealing directly with children and adults who were the victims of online crime.

During this time, he realised the limited resources available about Internet Safety. Also, there was limited knowledge as to how social networking works and what can be done to minimise risk to students.

Paul calls upon his experience, knowledge and insight into the dangers of the online world. He has worked full time in that field, at the coal face and has seen the affects the internet is having on students, their parents and schools. Since 2012, he has focussed on all aspects of teenage computer use, social networking design as well as the psychological profiles of teenagers and the offenders that prey on them.

#### Parent Presentation – Cyber Safety

In conjunction with the presentation to students, Mr Litherland will be providing a parent information evening to be held on Thursday 27 June from 6.30pm to 8.30pm at the College. An invitation to parents will be sent next week and an RSVP will be required for rooming purposes.

*Mrs Pauline Bourke  
Head of Middle School*

## Preparatory School Awards

Congratulations to the following students on receiving awards at the Preparatory School Assembly on Thursday 20 June:

<b>PPR</b>	<u>Merit</u> Halle Manning Hannah Raymond Sebastian Spiewak James Walsgolt <u>Environment</u> - Reuben Gallacher	<b>PPW</b>	<u>Merit</u> Jirayu Chamunee Brooklyn Miszczak Hunter Reiger-Ross Noah Saverimutto <u>Environment</u> - Hudson Healy
<b>1R</b>	<u>Merit</u> Kade Chapman Nakaia Holley Leah Stock Emily Warburton <u>Environment</u> - Elma Joseph <u>Uniform</u> - Skye Brodie	<b>1W</b>	<u>Merit</u> Jonathan Desta Seattle Greenlaw Alexia Leslie Amelia McLaren <u>Environment</u> - Austin Eszenyi <u>Uniform</u> - Julius Lin
<b>2R</b>	<u>Merit</u> Joshua Atkinson Zoe Banfield Morgan Milne Shirley Sun <u>Environment</u> - Oisin Ryan <u>Uniform</u> - Evelyn Newman	<b>2W</b>	<u>Merit</u> Isabelle Bong Madison Footman Connor Grosse Alice Kosovich <u>Environment</u> - Lucas Warburton <u>Uniform</u> - Beau Knight

## Kindy Speech Screening

On Monday 17 June the Kindy parents were invited to learn more about the Kindy speech screening program and be informed about their child's results. Our Speech screeners Linda Gargett and Leanne Rowe shared their valuable information and knowledge to assist our parents in understanding the language development process. A huge thank you to the parents for providing a delicious supper.

For those parents needing further assistance with their child's speech report, please speak to your class teacher.

In addition to speech pathologist services within and beyond the local area, from Term 3 Down South Speech Therapy have been granted access to office space on the Balmoral Street campus to provide on-site speech therapy services to interested families within the College. As this is not a College service, all enquires and bookings need to be made directly with Down South Speech Therapy.

**Mrs Karen Rutter**  
Acting Head of Preparatory School

## Friends of Frayne

### Year 7 Social

Thank you to our wonderful parent helpers who supported the Year 7 Social last Friday evening, what a great night!

### School Banking

Following careful consideration, discussion and a formal vote at the Friends of Frayne meeting on Wednesday evening 19 June 2019, it was voted that the current school banking arrangement be in place until the end of the current school year and then discontinued. Thankyou to all families who participated in the conversation and Shared their views.

For families who are currently using the school banking program, we will have more information soon on the process from here and of course, have time for students to make use of their tokens. A very special and heartfelt thankyou must be given to our banking volunteers; Vanessa Ormonde-Barker, Caitlin Broderick and Suzie Mott. You have done an amazing job!

### Want To Know More Or Get In Touch?

All College parents are welcome to attend our Friends of Frayne meetings. If you have any questions, please get in touch.

Email :[friendsoffrayne@ufcc.wa.edu.au](mailto:friendsoffrayne@ufcc.wa.edu.au)

Or find us on Facebook: friendsoffrayne

Or come to our next meeting: Tuesday 23 July at the Balmoral Campus



**FRIENDS**  
of FRAYNE

## Year 6 Winter Lightning Carnival

Our Year 6 students participated in the Winter Lightning Carnival yesterday. The students had a choice of either AFL, Soccer or Netball. The students all had fun and demonstrated great sportsmanship throughout the day.

A big thank you to the parents who assisted, the Duncan Street students who helped umpire, the class teachers who managed the teams and to our Year 5's who helped filled in for some of the teams.

**Mr Son Nguyen**  
Physical Education Teacher



## 120 Year Celebration

Ex-students and staff are invited to join us at the 120 Year Celebration Reunion on Friday 2 August 2019 as we celebrate the foundation of our schools. Tickets can be purchased online at <https://www.trybooking.com/BCBOW> and for more information, please see below. Pass the news around to any past students or staff you may be in contact with and encourage them to join the Alumni via <https://www.ufcc.wa.edu.au/community/alumni>. We hope to see you at the 120 Year Celebration Reunion!

**Miss Jo Creighton**  
Community & Events Officer

Join us as we  
celebrate the  
foundation of our  
schools at the...

# 120 Year Celebration

**Friday 2 August 2019**  
**2.30pm-9.00pm**

Duncan Street Campus (St Joachim's)

\$5.00 per person

Book your ticket online at:  
<https://www.trybooking.com/BCBOW>

Tea/Coffee/Cakes served from 2.30pm  
Alcohol available to purchase from 4.00pm  
Nibbles will be provided

*This event is open to  
any ex-student or staff member.*

For more information, contact 9470 0925

## Duncan Campus Athletics Carnival



## Music News

This year we launched a new initiative to help bridge the divide of knowledge of what it is that is learned in a music ensemble and what it is to be involved with a music ensemble, in this case the Concert Band, at Frayne.

This proved very successful, with 18 parents and students of the Frayne community seeing me put the band through its paces. After a short introduction they enjoyed a rousing rendition of an Olympic Theme 'Summon the Heroes', composed by John Williams.

The audience were then informed about our diverse curriculum, the learning pathway for band studies that we offer and the future direction we hope to take. They also learned about the less obvious skills students acquire when participating in a music ensemble, such as listening skills, posture, deep breathing, how to communicate with others, the development of fine motor skills and just the plain old fun of making music together.

From all reports I received, the audience enjoyed the one hour presentation very much so if you missed our first one be sure you get along to future opportunities.



## Are You Interested?

### Leisurelife Junior Sports (Netball, Basketball, Soccer)

Autumn Year 4/5 and Year 6/7 netball carnivals will be held on Thursday 18 and Friday 19 July. Multisport Kidz Club on Monday 8, Wed 10, Wed 12, Mon 15, Wed 17, Fri 19 July (8:30am – 12pm). Coaching for basketball, netball, and soccer available during the school terms. For more information and enrolments visit <http://vicpk.co/2AgLoGt> or e-mail [tnathan@vicpark.wa.gov.au](mailto:tnathan@vicpark.wa.gov.au).

### Curtin University Scholarships

Scholarships for students looking at enrolling at Curtin University in 2020 open on **21 July 2019** (Curtin Open Day). There are a number of scholarships available to support students from all backgrounds to realise their potential. For further information, please visit [scholarships.curtin.edu.au](http://scholarships.curtin.edu.au)

## Are You Interested?

### City of South Perth NAIDOC Week Celebrations

The City will celebrate NAIDOC Week from **7-14 July 2019**, by partnering with local Noongar community members to host a series of events including a flag raising ceremony and kids crafts. NAIDOC Week is an opportunity for all Australians to celebrate the rich history, culture and achievements of Aboriginal and Torres Strait Islander people.

The theme for this year is *Voice. Treaty. Truth.* Let's work together for a shared future.

#### **NAIDOC Week Flag Raising Ceremony - City Of South Perth Civic Centre Flag Poles Monday 8 July 2019**

The event will honour the Aboriginal community in the City of South Perth and acknowledge the culture of all Aboriginal and Torres Strait Islander peoples.

#### **NAIDOC Week Children's Arts and Crafts - South Perth Library Tuesday 9 July 2019**

This free NAIDOC Week craft workshop celebrates the rich and vibrant culture of Aboriginal and Torres Strait Islander peoples.

#### **NAIDOC Week Children's Arts and Crafts - Manning Library Wednesday 10 July 2019**

This free NAIDOC Week craft workshop celebrates the rich and vibrant culture of Aboriginal and Torres Strait Islander peoples.

#### **NAIDOC Week with Honey Webb - South Perth Library (Mopoke Meeting Room) Wednesday 10 July 2019**

Join Honey Webb, a respected local Aboriginal woman for a yarn, to hear her story and gain a better understanding of the voices, truths, achievements and history of our Aboriginal and Torres Strait Islander peoples.

#### **Nyungar Stories Of Millers Pool With Kerry-Ann Winmar - 12 JULY 2019**

Join Kerry-Ann Winmar as she presents an interactive story of Whadjuk Country on the banks of Derbal Yerrigan (the Swan River). Please note registration is needed for the Nyungar Stories with Kerry-Ann Winmar and guest speaker Honey Webb.

For more information visit the City of South Perth website: <https://southperth.wa.gov.au/discover/whats-on/Events/events-detail/2019/07/07/default-calendar/naidoc-week-2019>

### School holiday events at The University of Notre Dame

#### **1-on-1 Advice Sessions – 8-12 July**

Considering your uni options but unsure of the right degree for you? Our advisors can introduce you to a range of programs that match your strengths and interests to help you find the right degree for you. We'll answer your university questions and you can even submit your application on the day!

#### **A Day in the Life of a Uni Student – Friday 19 July**

Year 10, 11 and 12 students can experience what uni life is like at Notre Dame – where you are trained in critical thinking – so you can separate real news from fake news, truth from lies and information from knowledge. Get a taste of our degrees by taking part in lectures and activities, meet current students and academics, and check out the facilities with a campus tour.

Register now at [www.notredame.edu.au/events](http://www.notredame.edu.au/events). Call 08 9433 0533 or email [future@nd.edu.au](mailto:future@nd.edu.au) for more info

### **Women prompting change in the Church – Wednesday 26 June 6 - 9pm**

Catholic women are warmly invited to a free panel discussion with: Theologian Dr Margaret Scharf OP; Anglican priest Rev Tess Milne; and Religious Studies scholar Scilla Stack discussing the role of women in the Christian Church and their thoughts on the way forward, followed by an open discussion. Venue: Trinity College, 2 Trinity Ave Perth (parking available, Red & Yellow CAT buses travel to Hale St). RSVP by 23 June to Kerry phone 08 93975988 or SMS to 0400 886 835 or email [kerrymac4@hotmail.com](mailto:kerrymac4@hotmail.com).

## SAVE THE DATE

### St John's School, Rangeway,

cordially invite

### Past Students, Families and Staff

to our Golden Jubilee Anniversary,  
celebrating 50 years of St John's School,  
to be held on

**Friday 25 October 2019,  
Saturday 26 October 2019 &  
Sunday 27 October 2019.**



E: [admin@sjr.wa.edu.au](mailto:admin@sjr.wa.edu.au)

P: 99 200 100

## Are You Interested?



The George Burnett Leisure Centre holiday program encourages children to have healthy, active, lifestyles while learning new skills.

The programs offer a variety of sporting and creative activities to encourage physical activity, participation and healthy lifestyles for kids!

PROGRAM	DATE	TIME	COST
Winter Cooking	Monday 8 July 2019	9.30am-12pm (5-12 years olds)	\$40 for 1 session Enrolment closes 12pm, 5 July
Sports Clinic	Tuesday 9 July 2019	9am-12pm (5-10 year olds)	\$30 for 1 session Enrolment closes 12pm, 8 July
Basketball	Friday 12 July 2019	9am-12pm (5-10 year olds)	\$30 for 1 session Enrolment closes 12pm, 10 July
Winter Cooking	Monday 15 July 2019	9.30am-12pm (5-12 year olds)	\$40 for 1 session Enrolment closes 12pm, 5 July
Soccer Clinic	Tuesday 16 July 2019	9am-12pm (5-10 year olds)	\$30 for 1 session Enrolment closes 12pm, 15 July
Winter Arts & Craft	Wednesday 17 July 2019	9.30am-12pm (5-12 year olds)	\$40 for 1 session Enrolment closes 12pm, 16 July

Bookings essential.

George Burnett Leisure Centre @Cnr Manning Rd & Elderfield Rd, Karawara WA 6152  
9474 0855 | leisurecentre@southperth.wa.gov.au  
[www.southperth.wa.gov.au](http://www.southperth.wa.gov.au)



**STARS**

**JUNIOR TOUCH FOOTY**

Monday Nights  
Starts 22nd July

The SDTA juniors program caters for all ages and abilities.  
5.30pm - 6.30pm | 5 yrs- 15 yrs | George Burnett Park, Manning

**PART 1: 10 WEEKS**  
Coaching & Intraclub Competition  
\$70 per Child  
Hat or shirt included

**PART 2: 6 WEEKS**  
Junior State Championships  
Cost TBA

0412 987 461 | [admin@sdtaweb.com](mailto:admin@sdtaweb.com)

Hurry, register now...  
[www.sdtaweb.com](http://www.sdtaweb.com)



### Linocut Printmaking For Children Age 7-10

Come along to this 3 hour workshop and learn the basics of linocut printmaking.

We will look at shapes and patterns occurring in nature and use those as inspiration for your print designs. You will learn to sketch and transfer your designs onto rubber blocks, carve and print one colour prints. Bring yourself and your imagination and return home with your own custom-made stamps and prints.

Available dates are:

Tuesday	9th June 2019	9am - 12pm
Wednesday	10th June 2019	9am - 12pm
Thursday	11th June 2019	1pm - 4pm
Friday	12th June 2019	1pm - 4pm

These workshops will be held at 76 Westminster Street, East Victoria Park

To book for the Linocut Printmaking workshop, please click [here](#).

## Are You Interested?

betterhealthprogram  
healthy active happy kids



### FREE FUN PROGRAM FOR KIDS!

The Better Health Program is a 10 week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.

- Learn simple ways to eat healthier foods everyday
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and have fun!

### REGISTER NOW FOR TERM 3 2019:

Cannington - Bounce, Wednesday 4-6pm  
Mirrabooka - Herb Graham, Tuesday 4-6pm  
Edgewater - Latitude, Thursday 4-6pm  
Port Kennedy - Rebound Arena, Tuesday 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645

Online: [betterhealthprogram.org](http://betterhealthprogram.org)



better health  
company

## Creative Kids Art Club



Holiday art workshops, after school art classes and art parties available for kids from 4 to 14yrs.

**Come and join us for exciting art and craft!**  
Visit the website for more details and to book

[www.creativekidsartclub.com.au](http://www.creativekidsartclub.com.au)

Mercedes College

production of

# WICKED

THE UNTOLD STORY OF THE WITCHES OF OZ

Music and Lyrics by

STEPHEN SCHWARTZ

Book by

WINNIE HOLZMAN

Based on the novel by Gregory Maguire

Orchestrations by  
William David Brohn

Music Arrangements  
Alex Lacamoire & Stephen Oremus

2-4 AUGUST  
REGAL THEATRE

[www.ticketek.com](http://www.ticketek.com)

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