

# Frayne News

URSULA FRAYNE CATHOLIC COLLEGE

22 February 2019; Volume 30, Issue 3



*Year 7 students enjoying some water time on the kayaks at camp.*

## From the Principal

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

### Real Heroes

There is a saying that supposedly came down to us from the ancient Greeks that goes something like this: "Tell me whom you admire and I'll tell you who you are". The ancient Greeks ensured that their people had suitable models to admire by focusing on the deeds of people such as Hercules, Ulysses, Achilles, Perseus, Theseus, Jason and turning them into heroes. We might understand heroes to be symbols for us, of all the qualities we would like to possess and all the ambitions we would like to satisfy. Because the ideals to which we aspire do much to determine the ways in which we behave, our choice of heroes is of great importance.

Our children's choice of heroes usually follows a fairly predictable pattern. Young children often choose their parents as heroes because parents are their immediate providers and caretakers. As children grow and begin to question their parents' influence, they choose peers as heroes, often someone close to their own age who had "made it big" as a rock star or sports person. Older teens usually admire people who can think for themselves and act individually.

Nowadays, the media have made it all too easy for us and our children to confuse celebrity with excellence. In a celebrity age, we need to caution our young people about worshipping fame and beauty. Celebrities can become heroes to our children mainly because they are attractive, rich and famous and not for any redeeming qualities they may have.

Today's popular culture worships the "antihero", as some of today's entertainers, athletes and other popular "icons" exemplify everything that is unheroic. These antiheroes encourage unheroic values such as selfishness, dishonesty, disrespect, irresponsibility, greed, cruelty, violence and promiscuity – hardly the types of values we want to see expressed by our children; we need to impress upon our children how unheroic such behaviours are.

So, what do we tell our children? We can start out by telling our children what a difference people of courage, noble qualities and genius have made to our world. We can tell them that these heroes are people like us, that heroes too are human and so what was possible for them is possible for us. They stumbled, wavered, even made fools of themselves, but they rose and accomplished something of great importance. Heroes instruct us by rising above the negative aspects of their lives and triumphing over their weaknesses. Heroes inspire us and push us towards our better self.

...cont Page 2

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Victoria Park WA 6100  
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East Victoria Park WA 6101  
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Childhood and adolescence are the times when the influence of positive role models can be most decisive. Young people should see in heroes what they yearn to see in themselves: the ability to overcome weakness, fear or insecurity and to be brave, courageous and kind. Being a hero is the sum of life, not just an event that happens; mistakes we make are just as important as the successes, if we learn from them.

Helen Keller, who was blind for most of her life, has these encouraging words for us: *"I long to accomplish great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest person."*



*Ursula Frayne as a Superhero!*

### Congratulations

- \* Congratulations to Colton Palmer (Year 12) who has been selected in the WA Under 18s Hockey Team and will now travel to Hobart during April to take part in the National Championships.
- \* Well done to both Matilda Wyatt and Alexandra Temby (both Year 5) on their recent selection to take part in the development program for Perth Redbacks in the Western Australian Basketball League. Matilda and Alex's achievement is even more extraordinary because they have only been playing club basketball with The Hurricanes, since Term 4, last year.
- \* Jordan Preece (Year 11) recently won 3 medals at the WA State Age Swimming Championships and has now qualified for the Australian Age Swimming Championships to be held in Adelaide in April.

Best of luck to all students in their upcoming endeavours.

With regards and best wishes.

**Mr Geoff Mills**  
**Principal**

## Board Briefing

The College Board held their first meeting for 2019 on Tuesday 5 February. The evening commenced with a Liturgy of Commissioning and Commitment for all Board members.

During the Formation, Board members had the opportunity to tour the new Stage 12 building, this was followed by a presentation from Mr Geoff Mills on the history of the College and how it came to be Ursula Frayne Catholic College. The relevance of our mission was discussed and work will continue on this throughout 2019.

The Board meeting concluded the evening.

Mr Don Parnell has resigned his position of Board member for 2019 and as a result the Board has seconded Mrs Bronwen Frangs for the duration of 2019.

Nominations were accepted from Board members for sub committees as follows:

- \* **Finance** - Simon Hepworth (Treasurer), Tania Baharom, Stuart West
- \* **Fee Review Committee** - Janie Brown
- \* **Capital Planning Committee** - Tania Baharom, Anna Hill, Stuart West

The next Board meeting will be held on Tuesday, 26 February, 2019.

**Mrs Tania Baharom**  
**Board Chair**



*College Board Members on the new Roof Garden*

# Chaplain's Reflection

## The Chair of St Peter

The feast of the Chair of St Peter is on 22 February. The first thing we need to know is that the Chair of St Peter is a physical object; but this feast is much more than that, it represents the spiritual authority of the Pope in Rome.

The physical Chair or Throne of St Peter is a relic conserved in St Peter's Basilica in Vatican City. It is a wooden throne that is enclosed in a gigantic casing of bronze sculpted and designed by Gian Lorenzo Bernini between 1647 and 1653, located above the apsidal altar of St Peter's, supported by four Doctors of the Church (Ambrose, Augustine, Athanasius and Chrysostom). It is believed that St Peter used it when he first was in Rome and this is the origin of the feast as the New Catholic Dictionary said: "The feast of the Chair of Saint Peter at Rome has been celebrated from the early days of the Christian era on 18 January, in commemoration of the day when St Peter held his first service in Rome. The feast of the Chair of St Peter at Antioch, commemorating his foundation of the See of Antioch, has also been long celebrated in Rome, on 22 February. At each place a chair (cathedra) was venerated which the Apostle had used while presiding at Mass".

This feast has a greater spiritual significance as well. This feast reminds us the mission of teacher and pastor conferred by Jesus on Peter, and continued in an unbroken line down to the present Pope Francis. We celebrate the unity of the Church, founded upon the Apostle, and renew our assent to the Magisterium of the Roman Pontiff. Pope Benedict XVI said that: "Celebrating the 'Chair' of Peter, therefore, means attributing a strong spiritual significance to it and recognising it as a privileged sign of the love of God, the eternal Good Shepherd, who wanted to gather his whole Church and lead her on the path of salvation."

**Fr Jesus Bello, College Chaplain**  
**Duncan Street Campus**



## Science Help

Want to improve your Science grades? Have a problem with some of the content being taught in Science, but never get around to asking your teacher for help? Need help writing Science study notes? If you answered yes to any of these questions, then SCIENCE HELP is for you!

Science Help will run on Monday afternoons from 3.30pm to 4.30pm in SCI 5. Science teachers will be available to help students with any problems they may have with their Science work. All students from year 7- 12 are welcome to attend. On arrival, students will be asked to sign in and when they leave, they will be asked to sign out.

**Ms Paula Weston**  
**Learning Area Co-ordinator, Science**

## 120 Year Celebration Story cont...



*Silver Teapot presented to the Sisters from St Peter's, Derry with the date 24 September 1898 on the back.*

The sisters - ignorant, one hopes, of most of this correspondence expressing uncertainty about their future - had left Derry on the Feast of Our Lady of Mercy, 24 September and had embarked at London on 26 September on the German liner *Friedrich der Grosse*. After a pleasant enough voyage they arrived at Fremantle on Sunday 30 October 1898. They brought with them, among other things, a reminder of their Derry home in the form of silver teapots. As there was no decision, as yet, made about their place of ministry, they were guest of the West Perth sisters at St Brigid's. There were to find the hospitality of West Perth sisters necessary for the next three months.

On 29 January 1899, the first church at Victoria Park, St Joachim's, was opened by Bishop Gibney. It was to have been called St Anne's, but it is reported that Bishop Gibney, when visiting Rome, was requested by Pope Leo XIII to give it Leo's Christian name, Joachim. At the blessing and opening of the church, Reverend Mother Clare and the other sisters were present. According to the *Record*, they occupied "appropriate seats". In his sermon, Bishop Gibney said he could reassure the Derry sisters about their decision.

On the following day, Monday, 30 January 1899, the first school opened in the new weather-board church building with an enrolment of 35 pupils, many of whom were non-Catholics. One report claims that that first day's admissions were of two pupils only, both Church of England! In March of that first year the enrolment was up to over 60, most of the elder children being Protestants. By mid-1900 average attendance was said to be about 50 children but this was corrected in a subsequent issue, where the correspondent wrote that the Lady Superioress had stated that "the average attendance is about 80 children per day". By 1902 the total official enrolment was 89.

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

**Ms Mary McGonigle**  
**Community & Events Officer**



# Middle School News

## Year 7 Camps

The Year 7 Camp, held at the Forest Edge Camp in Waroona provided students with an experience from which they will derive many happy memories and stories of great feats of daring. Staff who attended the Camp commended the students for their outstanding behaviour and willingness to be involved. This Camp ensured that students were able to get to know their fellow students and teachers better and were also challenged to step outside their comfort zone and test their capabilities and capacities. Students were involved in a variety of physical pursuits and it was gratifying to witness their encouragement of each other and the developing relationships with their teachers and their fellow Form members. The Camp was a continuous buzz of activity and I am sure the weekend will provide a welcome rest for all. I wish to thank Miss Pia Presutto, Rice Cluster Leader, Miss Rebecca Andrews, MacKillop Cluster Leader and Miss Anna King, Joachim Cluster Leader, and the staff members who attended for all their efforts in ensuring the success of the Camp.

## Year 7 and 8 Immunisations

Thank you to the Years 7 and 8 parents for returning the Immunisation forms. The first round of Year 7 inoculations will occur on Tuesday 12 March with the Year 8 inoculations scheduled for Wednesday 20 March.

## NAPLAN

The Year 7 and 9 students have been given the Parent NAPLAN Online Information flyer to take home. Please read these carefully and if there are any questions, please contact me at the College. The NAPLAN tests will be administered from 14 May to 22 May. All students will be required to sit the NAPLAN unless the Exemption or Withdrawal Forms are submitted before Friday 12 April.

## Study Skills - Some Points

As Term 1 is moving into the fourth week, parents should be aware that homework is regularly given. Year 7 students should expect up to 70 minutes of work a school day, Year 8 students, 80 minutes and Year 9 students approximately 90 minutes. Students are not expected to spend longer than this, unless they have not planned well and are trying to complete assignments or other outstanding work. If your child does not seem to have any set homework, then some time should be devoted to revision and practice as this is an important skill for test preparation.

One of the key study skills for students is *time management*. Students live busy lives and it is essential that they plan their time to ensure that school and out of school commitments do not conflict. A week planner allows students to write down their commitments and then work around these to construct effective homework times. It is best that students work in 20-30 minute blocks with a rest time in between to recharge. Television is not a good break as it becomes far too easy to just continue sitting. Sport is an excellent way to recharge and should be encouraged. The basic rule is to ensure there is balance between school and home commitments.

Computers are a necessary tool and students should be supervised as using a computer in their bedroom does not mean that any learning or work is being accomplished and parents will be unaware of external conversations which may be occurring. A general standard to ensure students can unwind before bed and achieve a good night's sleep – which is essential – is that all electronic devices be turned off an hour before bedtime to allow minds to settle. A tired student will easily and quickly become overwhelmed.

A simple, but effective idea is to have a large calendar upon which students can write down the dates when tests and assignments are due.

*Mrs Pauline Bourke, Head of Middle School*

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# Health Care Card Tuition & Building Levy Discount Scheme

Eligible cards for the Health Care Card (HCC) Tuition Fee Discount Scheme provide an automatic discount on the Tuition Fees and Building Levy to holders of a means tested family Health Care Card or Pensioner Concession Card. Further information can be obtained from the Catholic Education website: [www.cewa.edu.au](http://www.cewa.edu.au) or calling 6380 5200. Discounted tuition fee for 2019 is:

- \* \$300 pa for Primary students (Kindy-Year 6)
- \* \$1500 pa for Secondary students (Years 7-12)

The State Government Educational Program Allowance (EPA, currently \$235), which is part of the Secondary Assistance Scheme, is paid to schools. In effect the fee for eligible Secondary students (Years 7-12) will be \$1,735, less the \$235 EPA, leaving eligible parents to pay \$1,500. The discounted tuition fee does not cover additional charges such as camps, Resources levies and subject levies. For holders of other types of Pensioner Concession Cards, including students, the College's 15% discount on tuition fees still applies as per previous years.

To access the Health Care Card Tuition Fee Discount Scheme, Secondary Assistance Scheme or the College's 15% discount for other Pensioner Concession Card holders, parents/guardians will need to show a valid Health Care Card or Pensioner Concession Card and complete forms at either campus. Secondary Assistance Scheme forms are available at the Duncan Street Campus only.

**Concession Card discounts are not on going and need to be applied for each year. Cards that expire mid-year also need to be updated or the discount will only apply until the expiry date on the card. The cut off date to apply is Friday 12 April 2019.**

*Mrs Teresa Jaksic, Accounts Officer*

# Meet the Music Team

## Learning Area Co-ordinator, The Arts - Mrs Karen Cassidy



It all began with the dress-up chest tucked away in a back room at my Gran's. Floral fabrics and plastic jewels would be the inspiration behind many a performance my siblings would willingly (?) craft with me. Our appreciative audience of Gran and mum would applaud, overwhelmed by the theatrical talents before them (*some may say memories can distort the truth*). I was captivated by stories such as 'Alice in Wonderland', 'Through the Looking Glass' and 'The Lion, The Witch and The Wardrobe' – the idea of a portal to an imaginative dimension was captivating.

This portal for me was opened through music, drama, dance, film and the stories of many a writer – a sensory journey beyond my immediate reality. The Arts offers a creative commentary of our world allowing us to walk in the shoes of others, experience fears, joys and sorrows beyond our personal experiences and connects us to the essence of what it is to be human. The ARTS provide perspectives we may have never considered, gives 'voice' to the marginalised and provides a platform for our dreams.

The privilege I now have, as a teacher and leader in the Arts, is to share this passion with my students. The dynamic processes of crafting and creating are energising and inspiring. The experiences students have in the Arts may stay with them for their lifetime; it is immersive learning at its best.

I am honoured to be a member of the dynamic Arts team at Ursula Frayne. All students engaged in the Arts will explore their imagination, creativity and connections with their world. They will value themselves as artists, storytellers, performers and producers of original art works. We all have stories, dreams and thoughts to share. The Arts provides the instrument for expression.

I look forward to engaging in all creative endeavours the Arts will have on offer in 2019.



## Co-ordinator, Instrumental and Choral Program - Mr Ashley Baker

At only age 15, Ashley launched his career in the world of music venturing far and wide playing clarinet in the various Australian Army Bands around the country. Through this medium he has had many highlights and opportunities to perform with greats such as James Morrison, Kate Cebrano, John Farnham, Marina Prior and many more Australian and International artists.

As a member of the Australian Army Band Corps, Ashley has toured extensively worldwide and has even performed for Royalty. During Ashley's service in the AABC he was fortunate enough to develop his teaching skills at the Defence Force School of Music where he was appointed principle clarinet instructor for three years. It was also during this time that Ashley studied conducting. The combination of his teaching and conducting skills has opened many doors for Ashley including his current position as Co-ordinator, Instrumental and Choral program at the College.



## Primary Music Specialist - Mr Christian Tang

Christian was born and raised in Borneo, East Malaysia. He graduated from the University of Adelaide with a Bachelor of Design Studies (Architecture) in 1999 and then moved to Sydney to complete his Masters of Urban Design at University of Sydney.

After receiving his education, Christian interned with a local Malaysian urban planning firm for a short period of time. He later worked as an English

tutor which eventually brought him to teach in Lodge International School where he found his passion in teaching.

In December 2006, Christian decided to further his studies for a year in teaching. He gained Post Graduate Certificate in Education in University of Cape Town, South Africa at the end of 2007 and returned to Malaysia to teach in Tunku Putra International School for two and a half years before moving to Australia permanently.

Christian has been with Frayne since July 2010. He teaches classroom music from K-6, runs the College Choirs namely Junior Chorale, the College Choir and the Youth Chorale. Christian embraces both the Kodály and Orff approach in his music teaching.

### INSTRUMENTAL AND CHORAL LESSON PROGRAM



**TAKE YOUR FIRST  
MUSICAL BREATH**

LEARN ONE OF THE FOLLOWING INSTRUMENTS:

FLUTE	FRENCH HORN	VIOLIN	ACOUSTIC GUITAR	OBOE
TRUMPET	VIOLA	CELLO	ELECTRIC GUITAR	BASSOON
TROMBONE	ELECTRIC BASS	VOICE	CLARINET	EUPHONIUM
DOUBLE BASS	ALTO SAX	TUBA	PIANO	TENOR SAX

CONCERT PERCUSSION

We offer teaching that is suited to everyone, from beginners to the advanced student, as well as performance opportunities and various performing ensembles for all levels. Students are taught the skills required to advance and enjoy playing their chosen instrument.

Please visit [ufcc.wa.edu.au](http://ufcc.wa.edu.au) to obtain an Application Form

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### MUSIC ENSEMBLES HAVE COMMENCED

If you would like to participate in one or more of the ensembles please feel free to turn up to a rehearsal and join in the fun, all instrumentalists and those who like to sing are welcome.  
Conditions apply for some ensembles.

ENSEMBLE	ROOM	DAY	TIME	DIRECTOR
Senior Strings	G 20	Fridays	7.20 - 8.20am	Ms Leah Van der Meulen
Frayne Jive	G 20	Mondays	3.30 - 4.30pm	Mr Ashley Baker
Sax Ensemble	G 20	Tuesdays	11.05 - 11.30am	Mr Marc Osborne
Concert Band II (please also check for combined rehearsals with CB I)	G 19	Tuesdays	3.30 - 4.15pm	Mr Ashley Baker
Rock Band (to commence Week 4)	G 20	Tuesdays	3.30 - 4.30pm	Mr Christopher Sealey
Flute Ensemble	G 20	Wednesdays	11.05 - 11.30am	Mrs Kirsten Osborne
Brass Ensemble	G 19	Wednesdays	1.15 - 1.40pm	Mr Sam Harris
Guitar Ensemble	G 19	Wednesdays	3.30 - 4.30pm	Mr Matthew Bartel
College Choir (all choir students to attend this first rehearsal)	Drama Rm	Wednesdays	3.40 - 4.45pm	Mr Christian Tang
Senior Chorale (Please turn up on the Wednesday rehearsals for this week as well as Thursdays)	Drama Rm	Thursdays	2.35 - 3.35pm	Mr Christian Tang
Concert Band I	G 20	Thursdays	7.20 - 8.20am	Mr Ashley Baker
Concert Band I & II Combined	G 20	Fridays	3.30 - 5.30pm	Mr Ashley Baker
Clarinet Ensemble	G 20	Thursdays	1.15 - 1.40pm	Mr Ashley Baker
Percussion Ensemble	G 19	Tuesdays	7.20 - 8.20am	Mr Joel Bass
Junior Strings	Balmoral Music Rm	Tuesdays	7.30 - 8.30am	Ms Leah Van der Meulen
Junior Band	Balmoral Music Rm	Mondays	7.30 - 8.30am	Mr Ashley Baker
Sound Beginnings Course (SBC) - previously known as Training Band	Balmoral Music Rm	Wednesdays	7.30 - 8.30am	Mr Ashley Baker
Junior Chorale (auditioned Yrs 4-6)	Balmoral Music Rm	Thursdays	10.10 - 10.40am	Mr Christian Tang
Sectionals	Balmoral Music Rm	Tuesday/ Wednesday	8.00 - 8.30am	Mr Christian Tang

#### Duncan Campus

ARTS activity for each week can be viewed on the TV hanging in the window of the ARTS office.

# Frayne Sport

## SAS and SASJ Sport

It has been a great start to the year in sport. This week saw the opening fixtures for our SAS and SASJ competitions with some excellent performances and exciting results. Basketball has started strongly with both 12A, 12B and the Year 10 boys comfortably winning their matches. Mr Stewart is grinning from ear to ear after his girls' Softball team convincingly swept aside John Wollaston School 7-1. Both boys and girls Tennis teams couldn't get over the line but played well and showed some great improvement during the game. The mixed frisbee teams enjoyed 2 high quality games with the A team just missing out 5-4 and the B team winning a remarkable 8-1. Lastly, Mr Tomasevich is confident of a positive result with the senior boys' Cricket in a good position after finishing their innings having accumulated 106 runs.

In SASJ, Mr Bubalo's Year 8/9 Cricket team won in emphatic fashion 69-12. Both Touch Rugby teams had enjoyable games but missed out on the win and the girls' Basketball lost narrowly in a close encounter.

I would like to take this opportunity to thank all involved, particularly the coaches who have given up their time at this very busy period of the year to hold trials, pick teams and coach them so well. Good luck to all for the rest of the summer season!

## Cluster Swimming Carnival

The swimming carnival is on Monday 25 February at HBF stadium and we would love to see as many parents as possible at the venue supporting their superstars. Please note there will be a small spectator fee for parents coming to watch as per the venues policy. If you intend coming, please access the pool through the main entry. It promises to be a great day full of excitement and fun and I hope that all enjoy themselves and get involved in the Frayne spirit. See you there!

*Mr Mark Aldworth  
Director of Sport*

# Friends of Frayne

Friends of Frayne



Friendship - Support - Community



## Movie Night

*The Movie Night is on Friday 15 March at the Balmoral Street Campus.*

Tickets will be available on TryBooking soon. Your Class Co-ordinators will be in touch about the parent help roster so keep an eye out if you're interested in helping out at this fun family event.

## Thank You

All of our Class Co-ordinator roles are now filled and we have a fantastic team of parents this year. Your Class Co-ordinators are collating the Parent Contact Details forms and getting their class contact lists together. Please give them your support throughout the year.

Balmoral Campus Auxiliary role is still vacant, along with the Middle School Sub Co-ordinator. Please get in touch with us if you are interested in finding out more about these roles!

## Welcome

The first Friends of Frayne meeting for 2019 was held on Thursday evening at the Duncan Street Campus. Our new Class Co-ordinators and Council members were officially welcomed and we look forward to a great year.

## Want to Know More or Get in Touch?

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

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

Or come to our next meeting : Monday 18 March, 7.00pm, Balmoral Street Campus

*Friends of Frayne*



*First Friends of Frayne Meeting for 2019*

# Are You Interested?

## Kiddy Groove

Dance with Kiddy Groove - Ballet and Jazz

Not sure if your child would enjoy the rigours of a full ballet school, then come and enjoy this Introduction to Dance.

30 minutes RAD Ballet, 30 minutes Jazz

4-10 year olds : Tuesdays 4-5pm

All classes \$10, casual rate

Leisurelife Recreation Centre, East Victoria Park

Classes run alongside school term dates.

For enquiries, please call Charmaine on 0431 827 814.



## Play hockey at a great club!

Victoria Park Panthers is a family-friendly hockey club based at Fletcher Park, Carlisle that caters for new and experienced players from Pre-Primary to Seniors of all ages.

Registration day 10 February 2019

Season starts 4 May 2019

For more information

[secretary@vicparkpanthers.com.au](mailto:secretary@vicparkpanthers.com.au)

[vicparkpanthers.com.au](http://vicparkpanthers.com.au)

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## JUNIORS



EVERY FRIDAY

FROM 4PM THROUGH TILL 6PM

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SOME COACHING TIPS

ALL AGES WELCOME

COST IS ONLY \$8

THIS INCLUDES HIRE OF RACQUET AND  
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**144 ROBINSON AVE BELMONT**

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](mailto:mary.mcgonigle@ufcc.wa.edu.au).

**Curtin University Football Club**

# Register now

- Open to **Boys and Girls**
- Ages 4 and up, all abilities catered for
- Qualified AFC C-License coaches
- Home games Raphael Park, Victoria Park
- Have fun and make friends

Register online now at  
[www.curtinfootball.com](http://www.curtinfootball.com)

- 1 Find your team and training time  
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Government of Western Australia  
Child and Adolescent Health Service

**Triple P Positive Parenting Program®**

A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.

**Who is this program for?**  
 Parents, carers and/or grandparents of a child aged between 3 and 8 years.

**What is involved?**

- **Seminar Series** – 90-minute talks on:
  - children's behaviour
  - the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



**Program details:**

Type: Seminar Series

Place: corner of Wharf & Sevenoaks St - Cannington Leisureplex

Date/s: Wednesdays 13 March, 20 March, 27 March 2019

Time: 9:30am - 11:30am Cost: FREE

**How do I book?**  
 Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups).  
 If unable to book online, contact the Child Health Booking System on 1300 749 869.

**Childcare:** Please do not bring babies and children over the age of 6 months to the group. You will need to make your own childcare arrangements for them. Crèche may be available at some venues. (Please check and organise through the venue). You can bring babies into groups for feeding.

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups) for more information.

This document can be made available in alternative formats on request for a person with a disability. December 2018 CAH-001009\_TripleP

**ALCOHOL AND DRUG COMMUNITY FORUM**

**LETS YARN ABOUT SETTING UP OUR OWN REHAB AND DETOX CENTRE**

**MONDAY 25TH FEBRUARY 10AM**

**MANNING COMMUNITY CENTRE  
 MOORDITJ KEILA  
 BRADSHAW CRESCENT  
 MANNING**

Contact:  
 Dena Gower 0423200116

