



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 30 ISSUE 14 / WEEK FOUR TERM TWO / 24 MAY 2019

Upcoming Events

Friday 24 May

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

Balmoral Campus Open Day

Thursday 30 May

ACC Cross Country

Friday 31 May

Student Free Day—Both Campuses

Monday 3 June

Public Holiday

Tuesday 4 June

Year 8 Retreat

SAS Year 11/12 Sport

Wednesday 5 June

Year 8 Retreat

Balmoral Campus Parent Forum

SAS Jnr Year 7-10 Sport

Thursday 6 June

Year 10 Retreat

Junior School Cross Country

Carnival

Preparatory School Assembly

Friday 7 June

Year 10 Retreat

Inclusive Sports Soccer Carnival



Members of the AFLW team enjoyed a cooked breakfast provided by the Year 12 Kitchen Operations Students.

From the Principal

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

TEAGUE STREET GREEN SPACES – UPDATE

It is with regret that I write to inform that our revised Development Application (28/30 Teague Street) was rejected by the Elected Members of the Town of Victoria Park (TVP) at the Ordinary Council meeting on Tuesday 21 May 2019 – seven votes to one.

I wish to express my appreciation to the Councillors for the manner in which they carefully considered our application. It was pleasing that a number of elected members and Council Officers took time to visit the Duncan Street campus to obtain a broader perspective on the reasons behind the College's application. While having the capacity to approve our heavily amended proposal, seven Councillors, in my view, opted to support a very narrow, sectional interest on the basis of their interpretation of subjective planning principles and an assumed loss of amenity for some local residents which they believed outweighed the potential benefits for current and future students of the College – the majority of whom live in the TVP.

Thank you for your interest in and support of the process to date. The manner in which our community has responded to this challenge has been quite exceptional. I also wish to express my appreciation to past and current Board members and to our legal and planning consultants for their individual and collective wisdom and expertise during this process; and to Veronica Parker (Vice Principal) and Jody Cabalzar (Business Manager) who have been, and continue to be, such positive and astute advocates of this initiative on behalf of our community.

The College Board will reflect on this outcome and discern 'the next step/s' during their next

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

From the Principal cont...

scheduled meeting on Tuesday evening.

REVIEW OF CHILDRENS CROSSING – BERWICK STREET NEAR BALMORAL STREET

The College was recently advised that the above children's crossing is currently being reviewed by the Children's Crossings and Road Safety Committee (CC&RSC).

In order to complete the review two sets of surveys (x2 AM and x2 PM) will be conducted at the location along with a site assessment. Parents and student pedestrians are encouraged to utilise the facility so that a true picture of the school community's needs may be gathered.

On completion of the review a report will be forwarded to the Children's Crossings and Road Safety Committee (CC&RSC) for their consideration and recommendations.

CYBERBULLYING

Cyberbullying is a growing issue, particularly for young people who spend much of their time building and maintaining relationships in the virtual world. The good news is awareness of how to prevent *cyberbullying* is growing even faster with many excellent articles and resources available to young people and their parents/carers. The following is an extract from a recent article by Hannah Kennelly about **Resisting Cyberbullying** which may be helpful to families.

It started as a way to do something creative online.

'I thought it would be fun to create makeup tutorial videos. Nothing too serious, I just wanted to practice my makeup skills and see if I was any good at it. Besides, the only people that were going to see it were my friends.'

'I sat down at my computer and talked about how to execute the perfect winged eyeliner. Feeling proud of my efforts, I sent the video to three of my closest friends.'

'The next day my phone was filled with notifications and messages. One of my friends had posted the video on YouTube under the title "Fat Girl Makeup Fail". The video had over 1500 views and had been "liked" 751 times and had been shared to Instagram and Facebook.'

'Within the comment section hundreds of people remarked on my appearance with one stranger commenting, "No amount of makeup is going to help, honestly if I looked like you I'd probably kill myself".'

The extract above is not adapted from a movie nor is it inspired by a teen novel. It is a true story posted by an anonymous 14-year-old girl on a Facebook group known as *Girls Advice*, where members post stories asking for guidance on issues like body image, relationships and abuse.

Unfortunately, the story above is not unique. It reflects the reality of thousands of Australians who are victims of cyberbullying.

What is cyberbullying?

The Australian Cybercrime Online Reporting Network defines cyberbullying as *'the manipulation of technology to intentionally harass, threaten, exclude or embarrass'*. Similar to physical and verbal bullying, cyberbullying is characterised by aggression and hostility with the intention to cause distress.

In 2018, Kids Helpline received 905 counselling contacts regarding cyberbullying. Additionally, more than 2700 young people contacted the helpline about a cyber or online safety issue. Cyberbullying can include abusive texts or emails; private images or videos posted or shared without consent; humiliating, imitating, threatening or excluding others online; and online gossip.

Technology and digital communication are deeply entangled with our everyday lives. In the past, bullying was restricted by physical barriers and was limited to certain environments. However, in our contemporary society, bullying has morphed into an ugly digital monster that has an unprecedented impact on victims.

How is cyberbullying different to other forms of bullying?

While all forms of bullying are harmful, cyberbullying has a number of unique features that contribute to its dangerous nature. The emergence of social media platforms such as Snapchat and Instagram allow for 24/7 communication, dramatically increasing the access bullies have to their victims.

Unlike physical or verbal abuse, the effects of cyberbullying are much harder to recognise and therefore often remain undetected.

Digital communication across a public platform is permanent and is therefore available to a potentially infinite audience. If offensive or private content is published online without an individual's consent, they can report the material to the company. Unfortunately, online content is difficult to remove as it is typically recorded, archived and duplicated.

According to Facebook's policies, a reported post is reviewed by the company and only removed if it violates Facebook Community Standards

From the Principal cont...

policies and terms. This action can take anywhere between two hours to two weeks.

A consistent characteristic of bullying is the imbalance of power, a factor that is enhanced by anonymity. *'What people don't realise is cyberbullying can be more invasive than face-to-face, school-based bullying because it can be anonymous',* says Amanda Grehan from Kids Helpline. *'It may also be more aggressive as people find it easier to say things online that they wouldn't necessarily say face-to-face.'*

No two people are alike, therefore their experiences of cyber bullying and the subsequent impact on their mental wellbeing can vary greatly. While the effects of cyberbullying are unique to each person, there are many warning signs a victim may display. These include antisocial behaviour, difficulty concentrating, low self-esteem and anxiety.

How can we stop cyberbullying?

Everyone has a right to learn and work in a safe and respectful environment that is free from violence, harassment and bullying. In June last year, Kids Helpline conducted research into the prevention and reduction of cyberbullying and presented several recommendations to the Queensland Cyber Bullying Taskforce. These recommendations include the establishment of nation-wide educational programs and campaigns to help prevent, manage and respond to cyberbullying successfully.

Kids Helpline counsellor Amanda Grehan says that the fate of cyberbullying rests in the hands of the bystander and their ability to speak up. *'If you see cyberbullying happening to someone else, it's very important to act as an upstander, use your voice and report it.'*

How can I get help?

If you or someone you know is experiencing cyberbullying, here are some things you can do:

- **Block the person/people doing the cyberbullying.** This function is located in the privacy setting option of the app.
- **Report it to the game/site or app it occurred on.** For many companies cyberbullying or harassment is against their terms and conditions policy.
- **If you are unsatisfied with the response** you can report the behaviour to the eSafety Commissioner on their website: <https://www.esafety.gov.au/parents/big-issues/cyberbullying>
- **If the situation is serious** and/or involves threats of harm you can report it to the local police.
- **If you need support** you can contact Kids Helpline on 1800 55 1800 or their website: <https://kidshelpline.com.au>.

From *AustralianCatholics.com.au* – 14 May 2019

With regards and best wishes

Mr Geoff Mills
Principal

REMINDER
FRIDAY 31 MAY 2019
STUDENT FREE DAY – BOTH CAMPUSES

Chaplain's Reflection

Stay with us Lord

After the Resurrection, Christ had to work hard to convince the Disciples that he was alive. Some did not believe what they saw, while others thought he was a ghost and another two went away to a place called Emmaus. They were sad and depressed, as nothing of what they had expected, had happened. They had their ideas of what Jesus intended to do; right all the wrongs and bring peace, but instead he was killed on the cross. Jesus appeared to them on the road but they did not recognise him.

Maybe they were too busy talking to one another, too concerned with their own troubles and thinking of themselves, that they did not recognise Jesus was there. The disciples thought they met a stranger on the road but their broken hearts were burning as the scripture was explained to them and they asked "stay with us". Christ went on to stay with them, took the bread, said the blessing, broke the bread and gave it to them. Then their eyes were opened and they recognised the Lord; but Christ had disappeared from their sight. (Lk 24: 13-35). At last they were convinced that Christ had truly risen.

This can happen to us too; when we just think about our problems and focus only on our concerns, we become sad and depressed and prevent ourselves from seeing Jesus. Maybe we think no one can fix our broken hearts, but Christ is there walking with us, Christ breaks his body and cares for us. Let us pray like the disciples to "stay with us Lord", so our eyes will be open and we will see Jesus in our lives.

Fr Jesus Bello
College Chaplain, Duncan Street Campus

Important Notices

Student Free Day

Please be reminded that Friday 31 May is a Student Free Day for all students K – 12. The College offices will be closed on this day.

Absentee Notification

If your child is absent from school, please notify the school by emailing to the correct address:

Balmoral Students - absenteesprimary@ufcc.wa.edu.au

Duncan Students - absenteessecondary@ufcc.wa.edu.au



Duncan Street Campus

The external gates of the College are locked each morning at 8:30am. Please be advised that students arriving late will need to enter through the Duncan Street Administration. The gates of the College will be open 5 minutes before the final bell of the day. All visitors of the College are reminded to sign in via Administration.

Senior School News

Year 11 and 12 Examinations

A reminder that the Year 11 and 12 Examinations are running over the next fortnight. All students and parents have been issued the Rules and Regulations for the Exam Period along with the Exam and VET Timetable.

Any student who has not had their Clearance Form signed off and returned to Miss Agar in Student Services, will be required to meet in Room G24 from 8.30am on Monday, until their course content is completed and signed off by their subject teacher. The College Library will be open for use for students wishing to study for their ATAR Examinations. Library hours will remain 7.45am – 5.00pm. Any student coming onto school grounds to complete set work or study must sign in at the Front Office on the iPad with Mrs Shaw.

Parent Volunteers

I would like to express my thanks to the many parents who have offered to be Examination Invigilators over the Exam Period. This is a very busy and stressful time for staff, and to have such a supportive community of parents willing to give of their time makes Frayne such a special place to come to every day. From the staff at Frayne – thank you!

Year 10—Retreat Days

On Thursday 6 June and Friday 7 June students will be involved in a two-day programme. One of the days will be the Year 10 Retreat Programme, coordinated by Mrs Sarah Quin, Campus Minister. Half of the cohort will attend the Retreat and the other half will be involved in an ASPIRE Day here at the College. With Year 10 Exams approaching, along with subject selection and course counselling, part of this day will afford students the opportunity to hear from our Learning Area Coordinators regarding the courses on offer in Year 11 in their area. On the following day the groups will swap over so that every student has the experience of both activities.

Year 11 2020 Parent and Student Information Evening

On Monday 17 June the College will be holding the Year 11, 2020 Parent and Student Information Evening. This is the most significant evening in the Subject Selection process, and as such it is expected that all students are in attendance with at least one parent or guardian. Secondary Graduation, WACE (Western Australian Certificate of Education) expectations and the course counselling process will all be discussed. The evening will officially run from 7.00pm until 8.00pm in the Duncan Street Campus Gymnasium, with refreshments being served by the Friends of Frayne from 6.30pm.

Mr Adam Waddell

Acting Head of Senior School

Middle School News

NAPLAN

The NAPLAN Online tests have been completed. As reported in the media, nationwide, students experienced connectivity issues with the online Writing test. Students in Years 7 and 9 who choose to, have the option to re-sit a paper Writing test on Tuesday 28 May.

Winter Uniform

All students must now be wearing their full winter uniform which include their blazer to and from school and to Form class. Please note that students are also required to wear their full track suit over their sports uniform to and from School and to Form on their timetabled sport day.

Upcoming Events

The Year 8 Retreats will be held on Tuesday 4 June and Wednesday 5 June. Students will attend according to their Religion class on one of the days. Further information will be sent home by Ms Quin, College Campus Minister.

The Year 7 Social is fast approaching and will be held on Friday 14 June. This is a great event and I would encourage all students to attend.

Mrs Pauline Bourke

Head of Middle School

SSWA Cross Country

On Friday 17 May at UWA Sports Park, three Duncan St Campus students represented the College wonderfully at the SSWA Cross Country. Matthew Cork (Year 9) competed well, finishing with a time of 18.21mins in the Boys U14 (4000m). Xander Bailey (Year 9) finished in 32nd place, with a time of 14.54mins in the Boys U15 (4000m). James Cork (Year 11) finished in 17th place, with a time of 23.44mins in the Boys U17 (6000m). What a fantastic effort by all of them!



National Simultaneous Story Time

Pre-Primary White participated in the National Simultaneous Storytime (NSS) of 'Alpacas with Maracas'. A big thank you to Mr Mills for his enthusiastic reading and he even came prepared with his own maracas! NSS is held annually and is a fun and vibrant event, that aims to promote the value of reading and literacy.

Mrs Cathy Armstrong
Assistant Head of Junior School



Our Lady Help of Christians Feast Day

Balmoral students and staff, joined Our Lady Help of Christians parishioners to celebrate the Feast Day of Our Lady Help of Christians, with a beautiful Mass on Friday morning. Students were gifted with rosary beads, which were blessed by Fr Abi, and invited to say a decade of the rosary over the next week with their class.



Junior School Awards

Congratulations to the following students on receiving awards at the Junior School Assembly on 23 May:

| | | | | | |
|-----------|--|-----------|--|-----------------|--|
| 3R | Skye Fraser Asha Kavanagh Christian Nicholas | 3W | Jordi Faulkner Jaxon Franklin Olive O'Brien | Japanese | |
| 4R | Lucy Barker Lucy Bollen Logan Nagamany | 4W | Brooklyn Hunter Lucy Shim Asher Subah Galley | Year 3 | Jonah Welsh |
| 5G | Miranda Hauptle Isaac Giancola Caitlyn Welburn | 5R | Zoe Ee Tanisha Gajjar Jin Hong | Year 4 | Josh Vergara |
| 6R | Will Arvidson Tabitha McPherson Cara Zappia | 6W | Thanavish (Jamie) Chamunee Oscar Gardner Grace Pearson | Year 5 | Asha Filmer |
| | | | | Year 6 | Joshua Gimmy Kodaliparambil |
| | | | | 5W | Allegra Rea-Borraccino Michael Sun Alexandra Temby |
| | | | | Italian | |
| | | | | Year 3 | Reuban Hegarty |
| | | | | Year 4 | Zedrick Kintanar |
| | | | | Year 5 | Madoc Mulligan |
| | | | | Year 6 | Timothy Green |

Aussie of the Month - May

Robin Hersey (5W)

Robin is considered a role model for his peers and he will always try his best to improve the standard of his work. Robin will ask for assistance when necessary and is always available to help others. He takes pride in the presentation and content of his work and strives for excellence. Robin is a motivated student who embraces the extra-curricular activities offered at Ursula Frayne Catholic College. He is a dedicated IT Angel and at the Faction Swimming Carnival, Robin never stopped supporting his teammates. He is a person who shows dedication and compassion to others and always makes an excellent contribution to discussions in our class. Robin embraces and displays the core values of our college in everything he does.

Robin has a positive attitude and since the start of the school year he has made his teacher, Mr Gallanagh, proud on many occasions. Well done Robin!



Achieve . Skills . Pathways . Innovation . Resilience . Excellence

Last week, I encouraged all Senior School students to attend the major Career Expo at the Convention Centre. Following on this week, I have placed copies of the University Course guides in the Year 12 Common Room. For now, Year 12's it is time to concentrate on your studies but once you receive your Semester 1 report, you can use your scores, as a guideline, to estimate your ATAR at the end of the year.

Process: Add your four highest ATAR results together and click on the link below to see your predicted ATAR. **Note:** Although you must pass English, you do not need to use your English score in your calculation if it is not one of the highest marks. <https://tisc.edu.au/calculator/atar-calculator.tisc?printable=true>. Course finder is also excellent to review and compare the entry requirements for the undergraduate study you are aiming for. <https://www.courseseeker.edu.au/courses>

Note: The minimum entry ATAR listed is subjective and a good guideline is to aim for a stipulated minimum ATAR of 70 for entry to university. For further information on applying via TISC - <http://www.tisc.edu.au/static/guide/admission-req-sleaver.tisc>

For students who are applying for TAFE WA courses, the online application portal will be published in Term Three, when it opens for 2020 applications. Meanwhile, please review your options at <https://www.fulltimecourses.tafe.wa.edu.au/>. Please note, many courses are competitive so remember to add all your Senior School grades, certificates and work experience (paid or unpaid) to your application form to ensure that your application receives the recognition it deserves.

During Seminar class I met with our Year 11's to 'run through' multiple education/training pathways available both as part of their Year 12 timetable and post school. The aim of this meeting was to assist them in making 'informed and timely' choices before Year 12 course selection. To explain alternative direct and non-direct entry into university pathways and to affirm that I will work with all students regardless of their current pathway - ATAR, Certificate IV and ASPIRE pathways to achieve their goals.

Note: Certificate IV external certificate studies can now be commenced in Year 11 Semester 2, if a student is changing their study pathway after evaluation of their Year 11 Semester 1 Report.

Achieve . Skills . Pathways . Innovation . Resilience . Excellence

Year 11 students who are considering studying an external certificate (one day per week – includes School-based traineeships, Pre-apprenticeships etc.) must consult their course counsellor and apply in Term Three to ensure they do not miss the cut-off date, especially for government funded profile certificates.

Following on from our successful Career Day earlier this year at the State Library, I am looking forward to being apart of our ASPIRE day and working with our Year 10 cohort, on 6 or 7 June, prior to our Year 11, 2020 Parent Information evening on 17 June 2019 which sets the scene for Course selection.

Ms Maureen Johnson

Learning Area Co-Ordinator, VET and Careers

Music News

Ever wondered what band kids do in rehearsal? Here is your chance to find out - You are invited to come and investigate, witness and learn for yourself what it is the bands do in rehearsal. You may have asked yourself, are they just having mindless fun? or is there serious learning taking place in these rehearsal sessions?

Who is Concert Band - Connect for?

If you are a parent/ guardian of any student at Frayne or our partner school's then you and your children are welcome to book a place through this trybooking link <https://www.trybooking.com/BCQCS>. This is an opportunity to come see what it is we do on Friday 7 June 3.45pm - 5.15pm on the Duncan St Campus.

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

Year 12 Kitchen Operations & Year 11 Hospitality

A lovely way to start the school day with Year 12 Kitchen Operations students, cooking breakfast for the Frayne AFLW team. The Year 11 hospitality students were busy front of house, taking orders and preparing beverages with Mrs Paula Szymenderski while the year 12s were busy in the kitchen under the mentorship of industry chef, Rohan Wills and Mrs Joanne Searson.

Ms Joanne Searson

Hospitality Teacher



Friends of Frayne

Balmoral Street Campus Disco

Tickets available to purchase at the gate tonight!

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.



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.

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, Duncan Street Campus

Friends of Frayne

Friends of Frayne



Friendship - Support - Community



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

----- ✂ ----- ✂ ----- ✂ ----- ✂ -----
 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: _____



URSULA FRAYNE
CATHOLIC COLLEGE

COMMUNICARE
CREATING FUTURES

Balmoral Street Campus 2019 Parent Forum

TOPIC: KIDS AND ANXIETY

Whilst some feelings of anxiety can be a normal part of children's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life. This course aims to assist parents and caregivers to understand anxiety and provides simple strategies for them to use at home.

The following aspects will be covered:

- What is anxiety?
- What does it look like in a child?
- Where might anxiety come from?
- Strategies to assist your child.



Date: Wednesday 5 June 2019

Time: 6.30pm—8.30pm

Venue: Balmoral Street Campus Hall

Presenter: Communicare

Book your FREE ticket by Tuesday 4 June on Trybooking by clicking here:

<https://www.trybooking.com/BCXAG>

Look forward to you joining us and sharing a 'cuppa' after!



Are You Interested?

Relationships Australia Parenting Program June 2019—West Leederville Branch

Parent Child Connection: Tuesday 4 - 25 June 6.30-9pm \$50pp/\$75 couple

This practical course will help you understand your child's development and behaviour and give you some tools so you can parent with confidence and enjoy your kids.

Partners to Parents: Monday 10 June 6.30-9pm \$30 per person

This one night session will assist couples move from being a couple to becoming parents.

Rock and Water Program Saturday 15 June 8.30am – 12.30pm \$70 per pair

This program leads from simple self-defence, boundary and communication exercises to facilitate a strong notion of self-confidence. We encourage fathers, mothers, daughters and sons to spend a Saturday morning together examining their emotional connections with each other whilst learning new skills to strengthen family ties. (Due to the nature of activities there is room for only one child/adolescent per adult.)

Dads Raising Teenage Girls Monday 17 June 6.30-9pm \$30 per person

For teenage girls, a father's support and love are extremely important. This workshop helps Dads understand the changes occurring in their teenage daughters and shows ways to help them navigate this difficult time and encourage them to make good choices.

MenALIVE Men's BREAKFAST Saturday 8 June

Dads (& Grandads) are invited to the next MenALIVE Victoria Park Men's Breakfast on Saturday 8 June, 7.30–10.30am at St Joachim's, for another memorable morning of fellowship, food and faith reflection. Special guest speaker will be Gerard Neesham OAM, inaugural coach of the Fremantle Dockers and CEO of the Clontarf Foundation. Gerard will share something of his journey as an inspirational sportsman, coach, teacher and mentor, and reflect on the transformative power of sport in the development of young men. RSVP to Tony on 0419 863 755 or tonydean@westnet.com.au

Information about Influenza—Child and Adolescent Health Service

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.

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.

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.

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.

SUNCORP SUPER NETBALL

AN AMAZING OFFER FOR WA SCHOOLS!

Visit Round 7, Fever v Giants at ticketek.com.au and enter your password below.
 PASSWORD: **SCHOOLSNETBALL19**

SPECIAL PRICE*
\$20
 MIDDLE TIER TICKETS

BE PART OF THE EXCITEMENT OF A WEST COAST FEVER GAME AND WITNESS THE WORLD'S BEST NETBALLERS IN ACTION

RD7
SAT 8 JUNE
 RAC ARENA
 6:00PM

GIANTS NETBALL

WEST COAST FEVER

LIVELIGHTER

I'VE GOT IT #GOTGRT

*Terms and Conditions for \$20 ticket offer: Once off Ticketek transaction fee applies of Call Centre \$7.55, Agency \$6.90, ezyTicket/Mobile \$6.90 or Internet \$6.90. This is charged on a per transaction basis, regardless of the amount of tickets purchased. Offer available to the Netball WA Schools network only for West Coast Fever v GIANTS Netball on 8 June 2019, by quoting your Password. Available on Middle Tier category tickets only. Offer is not transferable or available on existing tickets purchased. Limit of 10 tickets per transaction for online purchases. For additional tickets, purchases must be made via the Ticketek Call Centre 132 849 or an Agency.

FITNESS ATTITUDES

PERSONAL TRAINING STUDIO

- Personal Training
- Strength & Conditioning
- Body Composition Change
- Health & Nutrition

FREE INITIAL CONSULT
 WITH ESSA ACCREDITED EXERCISE SCIENTIST

- Students & Parents
- Grandparents & Over 60's
- Vic Park Residents

Book your free consult today!

Find us on Facebook

ESSA
 EXERCISE & SPORTS SCIENCE AUSTRALIA

SPORTS MEDICINE AUSTRALIA

ASCA

49 George St, Kensington
 0488 456 907
 brendan.fitnessattitudes@gmail.com



