



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 3 / TERM 1 WEEK 4 / 24 FEBRUARY 2023

COLLEGE TOURS

If you know of anyone looking for a school for their child, pass the word around that Frayne is holding College Tours next week:

Friday 3 March

Balmoral Street Campus
9.00am-10.00am

Duncan Street Campus
12.00pm-1.00pm

To register, visit the [Enrolments](#) page on our website.

REMINDER

**Student Free Day
Both Campuses**

Tuesday 7 March

The Ursula Frayne Catholic College community acknowledges the Whadjuk people of the Noongar nation, the traditional owners who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of reconciliation.

admin@ufcc.wa.edu.au

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



Balmoral Campus students showing their Ash Cross from the Ash Wednesday Liturgy.

From the Principal

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

PRAYER, FASTING AND ALMSGIVING

One Ash Wednesday a priest suggested that kids could clean up their rooms for Lent as penance. When one mother and her son got home, the mother reminded the child about the room. At first there was a little argument, but of course the mother won the battle and soon the son went up to his room and started cleaning. Then suddenly, the boy came rushing to his mother saying, "Mum, I cannot do it!" "Why?" asked the mother. "Well," the little boy continued, "I'm too afraid! The priest said, 'We need to remember that we are dust and to dust we shall return.' I am afraid that there will be lots of people either going or coming from under my bed!"

On Ash Wednesday we celebrated the beginning of Lent - the liturgical season that concludes on Holy Thursday evening. This season begins with honest and solemn reflection about being human, the humbleness of our beginning, and the simplicity of our departure. We are dust and to dust we shall return. Yes, our bodies came from nothing, and they will return to nothing. But as Christians we believe that we are more than flesh and bone. We believe in humble human beginnings, but we also believe in a divine destiny.

Lent is a time to go deeper into our faith, realise and examine the greatness of our destiny as humans. As such, it seems to me that the season stands on three legs: prayer, fasting and almsgiving.

The first leg, that of prayer, has always been open to believers. During Lent we are challenged to take our prayer more seriously. Maybe that means praying a little more if we feel that we do not pray enough. Or perhaps it means changing our prayer style; maybe we are challenged to say a prayer of thanks, as opposed to request. Or we might be challenged to pray for forgiveness or healing.

Justice | Hospitality | Excellence | Compassion | Respect

From the Principal cont...

The second leg is fasting, which does not mean fast eating. It is not fast foods like McDonald's or Hungry Jacks. Nor is it the bad dieting approach of simply skipping our meals. Rather, like all other Lenten sacrifices, fasting ought to bring us into the right relationship with God. The best 'fast' is to give up whatever is blocking God's love in us. Maybe that is food or drink, but it very well might be an attitude! Perhaps it is an attitude of skepticism or cynicism from which we need to fast.

The last leg of Lent is almsgiving. Almsgiving is not simply giving something to the poor, but rather it is an attitude of sharing with other people. This could mean lending a listening ear to someone who needs it, or maybe accepting an apology from someone. Almsgiving is not only giving but also sharing.

These three legs of Lent will produce in us three fruits. Prayer encourages us to deepen our relationship with God. Fasting enhances our self-discipline and self-control. Almsgiving improves our relationship with each other.

So as the season of preparation for Easter begins, we are encouraged to be mindful of the message of the three legs of Lent: prayer, fasting, and almsgiving, all of which lead us to a better relationship with God, with ourselves and with others.

"We are dust and to dust we shall return."

ROAD SAFETY

Since the commencement of the school year, there have been several reminders that all members of our community are responsible for the safety and welfare of others. As such, motorists are asked to **BE PATIENT, BE OBSERVANT** and **BE RESPECTFUL** to model appropriate driver behaviour for our children – the motorists of the future!

I write to commend and express my gratitude to the 98% of drivers who consistently adhere to the spirit of these requirements and comply with the road and parking regulations applicable to both campuses. Unfortunately, the other 2% who exhibit a selfish disregard for safety and wellbeing of our students, neighbours, and other road users by deliberately flouting these recognised conventions, are deliberately placing their own interests ahead of the greater good. As such, the College has been in contact with Town of Victoria Park and local police to identify and penalise dangerous driving and parking practices.

STAFFING MATTERS

I write to advise that two members of staff have concluded their tenure at the College to pursue other opportunities.

- **Robyn McMahon** (Enrolments Officer) will be leaving the College after four years of service in various administrative roles to pursue opportunities outside of education.
- **Sze Somers** (Councillor – Balmoral Street campus) intends to continue with her studies in Social Work.

We sincerely thank Robyn and Sze for their contributions to the Frayne community during their respective tenures and wish them well as they embark on the next stage of their professional journeys.

Recently we have welcomed to the College:

- **Alan Thompson** (IT Team)
- **Michelle McKeown** (Enrolments Officer)

Alan and Michelle will bring much to their respective roles within our *learning and faith sharing community, centred in Christ*. I am sure that you will join with me in congratulating them on their appointments and extend our prayerful best wishes.

CONGRATULATIONS

We congratulate the following on their recent achievements and upcoming challenges:

- Bay Bruce (Year 10), who recently came 1st in the U/15 Male category at the Busselton Jetty 3.6km swim with a time of 49:29. Well done.
- Bay, along with Juliano Scarvaci (Year 10) will also be competing in the Rottnest Channel Swim this weekend as solo swimmers. We wish them both well for their swim.
- Lydia Guerrini (Italian Teacher) has been awarded a BJ Hickey Scholarship which will afford her the opportunity to take on a 15 day study of The Gospel of Mark at the Notre Dame De Sion Centre for Biblical Formation in Jerusalem in June this year. Good luck on your study tour.

With regards and prayerful best wishes.

Mr Geoff Mills, Principal



Note from the College Advisory Council

The first College Advisory Council meeting of 2023 was held on Tuesday, 21 February 2023. The meeting was preceded by a Liturgy of Commissioning and Commitment for Advisory Council and the Friends of Frayne Executive members, prepared and led by Sarah Quin, Head of Ministry. The Liturgy was followed by a light dinner together with the school leadership team, and a joint Formation Session to focus on the roles played by the Advisory Council and the Friends of Frayne in supporting and progressing the mission of Ursula Frayne Catholic College.

The first item of business for the Council was the election of Office Bearers for 2023. Richard Miles, Mary Turonek and Jason Fair were nominated and endorsed as Chair, Deputy Chair and Treasurer, respectively.

UFCC Principal, Mr Geoff Mills, briefed the Council about new staff members, the Year 12 2022 results and enrolment data for the school. Mr Mills also discussed the recent maintenance projects and proposed changes to the Victoria Park Train and Bus services which is likely to impact traffic management around Duncan Street Campus.

The Council intends to discuss and set its 2023 priorities at its next meeting on 21 March 2023.

Dr Mary Turonek, Deputy Chair, College Advisory Council

Chaplain's Reflection

ASH WEDNESDAY

Ash Wednesday marked the beginning of the Season of Lent: a time of penance and internal preparation for the celebration of the Resurrection of Christ at Easter. The 40 days of Lent represents the time Jesus spent in the desert and the 40 years the people of Israel waited to enter into the Promised Land. It also symbolises the journey of our life since we are going towards the promise of eternal life in Heaven where we will be with God forever. In this important journey the Church invites us to open our hearts towards the healing and purifying power of God.

When we are planning a trip there are many things to check: the car is in good order, there is petrol in the car and we have packed all the suitcases. The journey of Lent asks us to look at ourselves. For this, we started with the ashes on Wednesday to remind us of our humanity, fragility and mortality. "Remember you are dust and to the dust you shall return" Gn3:19. By accepting who we are and where we are; we can start moving in our journey of change and repentance. The first thing we discover on our journey is that we are not alone. There are many people journeying with us and that God is always at our side. We need to speak to God in Prayer. Prayer is like a GPS that helps us to find the right direction that brings us to God. We need to help the other people travelling with us, especially the most in need. For this Almsgiving becomes like roadside assistance that we do for others who have more difficulties than us. Finally, we need to keep checking on ourselves. Fasting is a stop on the road to be sure that we are not loaded on material things but we put in spiritual petrol to keep us going towards God.

The Ashes used in the ceremony are made from the burnt palms that were blessed on Palm Sunday last year and are sprinkled with holy water. We use Ashes also as a sign of being sorry for the wrong we have done and using them as a mark on our forehead means that we commit ourselves to start again, turning from worldly desires and living more for Christ. We are encouraged to celebrate Ash Wednesday seriously and as Pope Francis said: "Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our poverty".

Fr Jesus Bello, College Chaplain, Duncan Campus



Project Compassion



The season of Lent began this week with Ash Wednesday, which also marks the beginning of the annual Caritas Australia Project Compassion Appeal. Donations to Project Compassion allow Caritas Australia, the Catholic Agency for International Aid and Development, to work with local communities around the world to end poverty, promote justice and uphold dignity.



The theme of Project Compassion 2023 is, 'For All Future Generations', and reminds us that the good we do today extends to impact the lives of generations to come. It invites us to make the world a better place by working together now and finding long-term solutions to global issues. We encourage you to put your compassion into action this Lent through prayer, fasting and almsgiving in support of Project Compassion. Each Homeroom on Duncan and classroom on Balmoral, will receive a Project Compassion container for their donations or you can donate online via the Caritas Australia website at: www.caritas.org.au/project-compassion

Ms Sarah Quin, Head of Ministry

Neurodiversity Parents' Evening (Students Welcome to Attend with their Parents)

YOU ARE INVITED

NEURODIVERSITY PARENTS' EVENING

FRIDAY 10 MARCH 6PM

Duncan Street Campus
Library



A variety of FREE interactive workshops
will be available including:

FOR PARENTS



CHLOE DUCKWORTH

Stimmy Things
As a teacher and Neurodiversity Advocate
Chloe will share valuable information with
parents regarding supporting children with
neurodivergence.



NETWORKING AND SUPPORT

Opportunity to meet and connect with
other parents of children with
neurodivergent presentations.



INFORMATION AND RESOURCES

Thriving in Motion
ACE Program
Clever Kids Program
and others!

FOR STUDENTS



CHARLOTTE KEMP

Author of "Mummy will be ok"
Book reading and discussion about
being a neurodivergent author.



NICOLE FILEV

Occupational Therapist
Ask me anything session!
No question too big or small!



SHANE CALEGARI

TV's Aussie Gold Hunters
Have a go at panning for gold!

Silent disco and other activities on offer!

**LIGHT REFRESHMENTS AVAILABLE
THANKS TO FRIENDS OF FRAYNE**

REGISTER NOW >



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



Student Representative Council - Balmoral Street Campus

Congratulations to the following students who were recently elected by their peers to be their Class Representative on the Student Representative Council (SRC):

- 1R - Olivia Bilan
- 1G - Arlo Campos
- 1W - Aria Vivanco Thacker
- 2R - Emily Fraser
- 2W - Norah Fowler
- 3R - Makeila Nyaanga
- 3W - Tai Ora Holley
- 4R - Reuben Gallacher
- 4W - Sophia Bilan
- 5R - Isabella Nagamany
- 5W - Jayden Wong
- 6R - Alim Sesay
- 6W - Evelyn Newman

They were recognised at Thursday's assembly and will serve on this very rewarding student leadership group for a term of one semester.



Our new SRC members were presented with their 'Councillor' badges by Mr Mills and Ms D'Cruze, and each made the pledge to our school community to give of their best, set a good example and use this opportunity to grow and develop as leaders.

We look forward to their ideas and input over the next few months when making decisions that reflect upon and represent our campus student body.

During this special assembly we were also lucky enough to hear messages from the 2023 Year 12 Student Executives, Head Girl - Lucy Crowley, Head Boy - Max Lim, Deputy Head Girl - Zara Pearson and Deputy Head Boy - Robert Nicolosi. I am very proud to share that these four Year 12 students began their journey in our Frayne community way back in Kindergarten. It is wonderful to see them leading our student body for their final year at UFCC.

Mrs Cathy Armstrong
Assistant Head of Junior School

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 or calling 6380 5200.

Discounted tuition fee for 2023 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 Thursday 6 April 2023.

Mrs Teresa Jaksic
Accounts Officer

From the Psychologist



Managing Anxiety Series

Each week College Psychologist Kim Thuijs shares brief yet practical tips and tricks to understanding and managing anxiety for students of all ages.

- PART 1** What is anxiety?
- PART 2** *Strategies to calm the body*
- PART 3** Introduction to Thinking Traps
- PART 4** Thinking Traps - Catastrophising
- PART 5** Speech and Presentation Anxiety
- PART 6** Test Anxiety
- PART 7** Thinking Traps -Personalisation and Blame



Friends of Frayne News

FAMILY MOVIE NIGHT - SAVE THE DATE!

The Friends of Frayne Family Movie Night on the Balmoral Campus is next month - Friday 31 March. Pop the date in your diaries and on your calendars now! More details, including how to purchase your family movie ticket, will be communicated soon.

COMBINED COMMISSIONING AND PLANNING MEETING

The Friends of Frayne Executive Council members enjoyed attending our first Combined Commissioning and Planning Meeting on Tuesday 21 February on Duncan Campus. It was a great opportunity to join with the Executive Leadership Team and the College Advisory Council to identify the best ways in which we can work collaboratively throughout the year ahead.

MIDDLE SCHOOL MOTHERS' AND GRANDMOTHERS' DAY LITURGY AND CELEBRATION SURVEY

Middle School families - don't forget to fill out the **Mothers' and Grandmothers' Day Liturgy and Celebration survey** sent this week by email. Do we have breakfast or morning tea? Have your say! Survey closes on Monday 27 February 3.30pm.

[Click here](#) to go directly to the survey.

NEXT MEETING DATE - Opportunity to Join Online

Our next meeting is next Wednesday, 1 March @ 7pm, in-person at the Balmoral Street Campus. We'll be offering a hybrid meeting, so for parents interested in joining in but unable to attend in person, we are aiming to have you join online ☺

To register your online attendance please email Friendsoffrayne@ufcc.wa.edu.au by COB Tuesday 28 February.

Friends of Frayne



Are You Interested?

South Perth Junior Football Club (Stingrays)

SPJFC is offering registrations for all Female teams for the upcoming 2023 Season. Competitions available from Year 3 to Year 12

Games will be played under lights on Friday nights with a weekly after school training session on Mondays.

If you are interested in joining one of our female teams in 2023, please register by **31 March 2023** via the South Perth Junior Football website www.spjfc.org.au OR join us at our Clubrooms at **Ernest Johnson Oval on Friday 24 February at 5pm for a Kick of the Footy and a Sausage Sizzle.** Please email brad@padwa.com.au to Book!

If you would like more info contact Brad Francis on 0405 345 312



Perth Irish Rugby JUNIORS 2023

Ages: 6 to 10

Season:
April thru to August

Learn New Skills
Increase your fitness
Make New Friends
Work as a Team
Be part of a Community
Boys & Girls Welcome

Location:
Centenary Park 105 Daly Street Belmont

For more information contact:
Dayle 0406 791 699

PERTH IRISH RFC
EST 2016

RUGBY XPLOER

KIDSPORT APPROVED CLUB

Made with PosterMyWall.com

CALLING ALL ASPIRING NETBALLERS FOR THE:

2023 WINTER NETBALL SEASON

Does your son or daughter want to play Netball this season?
We are looking for new players to join existing teams already at your school. All ages and abilities encouraged and welcome.

SIGN UP TODAY

Games are at played Saturday mornings at the brand new Wilson Park courts in Rivervale.
Season starts in April 29th.

For more info and how to register,
Contact Belmont Netball Association
belmontnetball@hotmail.com
fun fitness friendship

BELMONT NETBALL ASSOCIATION



CHRISTIAN SERVICE LEARNING OPPORTUNITY

TO ASSIST WITH PARISH BASED YOUTH GROUPS

FOR MORE INFORMATION CONTACT MARIO BORG
0411 641 245 // LEADERSHIP247@OUTLOOK.COM



Are You Interested?



Transition into High School Chat & Check In

Are you in Year 7? Come down to our **FREE** "Chat & Check In".

It will be a **safe space** to talk about how you're going with the transition into high school.

Afternoon tea and snacks provided.



Monday 20 March
4:00 pm - 5:00 pm
headspace Cannington
(Units 1 & 2, 1468 Albany Hwy)



SCAN ME TO REGISTER

Please contact headspace Cannington on 9358 9800 or email reception@headspacecannington.com.au if you have any issues registering or have any questions.



REDCLIFFE EAGLES 2023 SEASON

REGISTER NOW!



Pre-Primary to Year 2

Mixed and All Girls Teams

All players will receive an Auskick pack.



All Female Competition

Auskick - All Girls Pre-Primary to Year 2 Yr. 3/4, 5/6, 7/8 and Yr. 9/10 Teams

Female Friendly Club Infrastructure.

Modified Teams
Year 3 - Year 6

Youth Teams
Year 7 - Year 12

FREE Socks
when you register and pay before Feb 28th





Contact us:

Registrar@redcliffejfc.com.au
Debbie: 0497 794 951
Jared: 0402 383 189






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

1 Find your team and training time
Go to our website and click on [Start Here](#)

2 Come to our Open Training Sessions
No need to email/call.
Just turn up and introduce yourself



Join now!

Proudly supported by




South Perth Metropolitan areas including Victoria Park - Bentley - Como - St James - Carlisle - Karawara - Burswood - Kewdale - Shelley - Riverton - Ferndale - Cannington - Beckenham - Willetton



VIC PARK RAIDERS JFC OPEN DAY 2023

SUNDAY FEB 26TH @ 10AM - 2PM

NEW AND EXISTING PLAYERS OF AUSSIE RULES FOOTY WELCOME!
BOYS AND GIRLS - PP TO YEAR 12

CANTEEN WILL BE OPEN!

SPECIAL GUESTS FROM THE PERTH DEMONS FOOTY CLUB!
BOUNCY CASTLE - DUNK TANK - BOOT SWAP
INDIGENOUS JUMPER ORDERS!
UNIFORM SHOP OPEN - HUGE SALE ON OLD STOCK!
(2023 MERCH WILL BE AVAILABLE APRIL)

WWW.VICPARKRAIDERSJFC.COM.AU
HIGGINS PARK, PLAYFIELD ST, EAST VIC PARK

JOIN US ON FACEBOOK - SEARCH "VIC PARK RAIDERS JUNIOR FOOTBALL CLUB"