

URSULA FRAYNE

CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 7 / TERM 1 WEEK 8 / 24 MARCH 2023

IMPORTANT

2024 KINDY ENROLMENTS

Enrolment Interviews are currently taking place for kindergarten students commencing in 2024. If you are a current family and have siblings who will be commencing in kindergarten 2024 and have not yet put in an enrolment application, you will need to do so as soon as possible.

DUNCAN CAMPUS

Absentees Notification

Please be reminded that the preferred method for whole day absences, late or early departures should be communicated to the College by emailing: absenteessecondary@ufcc.wa.edu.au
In our efforts to achieve a healthier and more sustainable environment, we discourage the use of paper absentee notes.

Lost Property

All unnamed lost property will be discarded at the end of the Term. If your child has lost any items, please collect from Student Services.

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



From the Principal

Balmoral Campus students...and parents...enjoying participating in the National Ride-2-School Day.

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

TALKING ABOUT DEATH AND GRIEF

The experience of the death of a family member, friend or an acquaintance not only evokes a profound sense of loss and grief but can also prompt us to reflect on deeper questions related to this shared aspect of our humanity.

That death is inevitable no one will deny; we have no evidence of anyone who has escaped it. We must die and most of us don't want to. We tend to avoid

talking about death, and when we do, we tend to use euphemisms. We talk of someone "passing away," or being "in God's hands," and so on.



While death is inevitable, is it really something for us to fear? I don't believe that there is a need for any of us to be ashamed of being afraid to die; it is quite natural that, as we frequently do in life, we should recoil from the uncertainty of the unknown. After all, Jesus was afraid to die. On the night before he died, he prayed, "Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine." (Luke 22: 42)

While we cannot deny the reality and finality of death, Christian belief softens that blow by helping us to look beyond death to the promise of total fulfillment in God and continue our existence as persons in a new way. We know very little about the precise nature of this new life except that we shall no longer be subject to the contingencies and limitations of this present life.

From the Principal cont...

From a Christian perspective death is the call "to pass from this world to the Father" (John 13:1). This is not to deny that death of loved ones will be painful for those left behind. But even in this, God's teaching is a reminder that, since all will die, the separation of death is only temporary. Accordingly, while it is natural that those left behind grieve, Christian teaching means that they need not grieve "like other people who have no hope" (1 Thessalonians 4:13).

Discussing death with young adults and children can seem scary and daunting. But it is important to be open to such discussions when they have questions or need to process their emotions. Here are some of the reflections of Sheila Linville from her publication "Guiding Students and Families Through Grief" (2021) to help navigate these conversations:

1. Be prepared.

Reflect on our own questions about death with a trusted friend, partner or relative so that when we speak with young people, we are clear about what we want to say.

2. Be truthful.

Lies, even little ones you may want to say to make the subject of death less frightening (eg, "death is always peaceful"), can cause a feeling of uneasiness, as children want to talk about what happened and why. If we are unsure about how to answer a question or are not prepared to discuss a particular topic, it is better to admit that to young people.

3. Be accurate.

Euphemisms about "eternal rest", "going away", or "passing" may be confusing to children. It is vital to use correct terminology (such as "died") in a clear and concise manner. Euphemisms may confuse children and create gaps in understanding that will resurface if not explained carefully.

4. Be sensitive to the child's developmental stage.

Given how death is often depicted in the media, younger children may have a hard time taking death seriously. They tend to see it as short-lived and reversible as with a video game character that comes back to life. If a young person misperceives death, in extreme cases, a grief counsellor or psychologist can help with a new course of action or with developmentally appropriate advice.

5. Be clear.

When we talk about death, keep it simple, short and scientific. Because the young mind thinks in concrete terms, it is best to talk about death as a change in function. For example, say, "Since that spider died, he can't walk anymore." As such, it is important to avoid ambiguity. Coming across as unknowledgeable about a situation could backfire and create more stress for the child.

6. Be reassuring.

When discussing death, children may ask if their parents, too, will die. When children ask this question, they are usually younger and unable to comprehend that death is permanent. Try to understand *why* the child is asking this question, which is usually because they are seeking reassurance. Parents can offer this by letting the child know that they or the relative won't die for a long time.

7. **Wait.**

After speaking about death, the child may walk away or return to whatever previous activity they were involved in that was interrupted. Let them. Eventually, children or young people will be ready to be open and that will be a good time to check in with them about what they understood about the conversation. This is also an ideal time to see if there are any other questions.

The Takeaway

Don't be afraid to seek advice. These are difficult discussions and, if we feel uncomfortable or are simply not sure, seek advice before addressing the question or situation. It is a sad reality that death eventually touches us all. As much as we would like to shield our students and children from this pain, we cannot do so forever. Talking about it at an appropriate time can help children cope with death in the future.

Source: Sheila Linville: "Guiding Students and Families Through Grief" in ASCD, September 2021 Full Story: https://www.ascd.org/blogs/guiding-students-and-families-through-grief

STAFFING MATTERS

I write to advise our community that **Theresa Fogarty (Podger)** has submitted her resignation due to personal reasons. As such, Theresa concluded her tenure on 17 March 2023.

During her nearly 22 year association with the College, Theresa has provided many generations of students and their families who have entered the College at Kindergarten with a very happy and productive introduction to Frayne.

We will have an opportunity to formally thank Theresa for her contributions and wish her well as she embarks on the next phase of her life journey.

With regards and prayerful best wishes.

Mr Geoff Mills Principal

Chaplain's Reflection

ALMSGIVING

Every year, children and the not so young, eagerly await for Christmas and the arrival of that jolly, white bearded, red clothed man called Santa Claus. What not many people know is that Santa Claus is a real person who lived 200 years after Christ and was originally called Saint Nicholas. This holy man was born in Asia Minor and was chosen by the people to be the Bishop of Myra. Many poor people lived in that city and Saint Nicholas decided to help them, but being too modest to do it in person and to save them from the shame of accepting charity; he went to their houses under the cover of night, going through the window or any opening in their houses and leaving a purse with gold coins in whatever place, even inside the socks hanging to dry! There are many wonderful stories of people being safe from great dangers by the unseen intercession of Saint Nicholas. From the beautiful example of this great Saint we learn the great gift of ourselves to others and the real meaning of almsgiving.

For the Church, any material favour done to assist the needy prompted by charity is almsgiving. So, it is evident that almsgiving implies some kind of transmission of some temporal goods to the poor, but it is much more than that. Because charity is the ability or power which disposes us to love God above all things, and to love ourselves and our neighbours for the sake of God, must be there to be genuine almsgiving. Then, together with prayer and fasting, almsgiving is a witness to fraternal charity and a work of justice pleasing to God. Our Archbishop, Timothy Costelloe, said that: "If we do these things then the words of St Paul - 'I no longer live, for it is Christ who lives in me' (Galatians 2:20) - will be more fully realised in us and the third element of our Lenten journey will fall into place. We will have a more compassionate heart for the poor, for the lonely, for the broken and for the lost and we will feel ourselves impelled to reach out to them with generosity, with compassion and with genuine and life-giving love. Again, like St Paul, we will find ourselves saying, 'the love of Christ urges us on' (2 Corinthians 5:14). All our dreams - for ourselves, for our families, for our society and for our Church - will come to very little if we do not accept the invitation of Jesus to 'make your home in me as I make mine in you' (John 15:5). This is the real aim of the Lenten journey. Let us support one another along the way."

Fr Jesus Bello, College Chaplain, Duncan Campus

Junior School Faction Swimming Carnival

The Junior School Faction Swimming Carnival was held on Friday 17 March at the Aqualife Centre. The results of the day were as follows:

1stCatherine McAuley665 points2ndEdmund Rice639 points3rdJohn Bosco637 points4thClare Buggy635 points

A big thank you to all the groundsmen, teachers, Duncan Campus student volunteers and parents who made the day possible.

Congratulations to this year's Year Level Champions and Runner's-Up:

	<u>Champion</u>	Runner-Up
Year 3 Boy	Archie Beaton	Max Sharkey
Year 3 Girl	Roise McCrann	Gwendolyn Lai
Year 4 Boy	Fionn McCrann	Jirayu Chamunee
Year 4 Girl	Maeve Whitehouse	Elsie-Mae Whitehurst
Year 5 Boy	Julius Lin	James Holzheimer
Year 5 Girl	Julia Teope-Cuccovia	Emmeline Chui
Year 6 Boy Year 6 Girl	Joseph D'Addario Penelope Bollen Evelyn Newman	Joshua Atkinson Alice Kosovich



Mr Son Nguy, Physical Education Teacher, Balmoral Campus

If you are attending the 'Heat Is On' performance tonight on the Duncan Campus, please note that it will now be in the gymnasium and not the courtyard due to the forecast of rain. The students performing look forward to seeing you all there.

Preparatory School Awards

Congratulations to the following students on receiving awards on 23 March:

PPR Merit PPW Meri

Miranda Pham Briella (Anna) Santosa
Ruby (Rosie) O'Neill Maxwell Ma
Sam Broughton Lucy Bishop
Johana Shore Lavanya Suhandi

<u>Environment</u> - Max Fowler <u>Environment</u> - Aidan Sacco

1GMerit
Leah Jang1RMerit
Michael Asgedom1WMerit
Blake BridgeThomas TalarczykSophia LiAbby Allen

Thomas Talarczyk Sophia Li Abby Allen
Avik Meshram Naomi Kwok Neev Sheoran
Daisy Rowlinson Finlay Smith Mitchell Szigligeti

<u>Environment</u> - Charlene Hii <u>Environment</u> - Xin Kui <u>Environment</u> - Charlotte Amson <u>Uniform</u> - Isaac Bridge <u>Uniform</u> - Charlie Ffoulkes <u>Uniform</u> - Olivia Abraham

2R Merit 2W Merit

Anh Le Rhys Cikarela
Matilda Sharkey Megan Phan
Joanna Abhish Carinia Brown
Lola Scott Stella Healy

Environment - Chriswin Tony Environment - Sophia Hung Lien Fat

<u>Uniform</u> - Nathaniel Wieman <u>Uniform</u> -

We also congratulate the following students who received awards on 9 March but were omitted from the newsletter:

2R Merit 2W Merit

Andre Bernabe Lachlan Ishiguchi
Leo Hammer Rohan Iyer
Elin Horvath Matisse Ewert
Angelina Kaye Madeleine Falconer

<u>Environment</u> - Eva Freer <u>Environment</u> - Alessia Screech <u>Uniform</u> - Eliza Reilly <u>Uniform</u> - Lily Sammels

AUSSIES OF THE MONTH

Lucas Wilson (2R)

Lucas is always willing to help others. He readily offers his support to his teachers as well as his classmates. Lucas actively demonstrates the College value of excellence by continually endeavouring to be the best he can be. He never fails to share a kind word and has a warm smile to match. Congratulations Lucas, you are a deserving recipient of this award.

Georgia Mann (PPR)

Georgia is a quiet achiever who has a kind and gentle disposition. She sets to work quickly and tries her hardest to attain the best results in all assigned tasks. In the short time she has been in Pre-Primary, Georgia has displayed a responsible attitude, excellent behaviour and a willingness to help others in the classroom environment. Her leadership qualities are emerging through her ability to see something that needs to be done in the classroom and doing it. Georgia plays cooperatively with her friends, respecting their thoughts and ideas. We commend her on being a wonderful role model to her classmates. You truly deserve being an Aussie of the Month recipient Georgia.





Music News

On Monday 20 March we commenced the celebration of Harmony Week, and what better way to kick off the week than with cultural singing! Myself, along with Ploy Waewoottinun, each performed a song from our cultural background. Ploy sang a Thai song, and I played and sang a Malaysian song.

With the help of the supportive teachers, peers and crowd who gathered, we had so much fun in sharing this part of our identity and in hopefully encouraging others to express their culture in as many ways as they can!



National Young Leaders' Day

On Monday, six of our Year 6 students, Brooklyn, Mikayla, Charley, Jenelia, Elijah and Ethan attended the Halogen Young Leaders' Day Conference at the Perth Convention Centre. Prominent leaders from all walks of life spoke at the conference with the mission to inspire and influence a generation of young people to lead themselves and others well. The speakers included The Hon Simone McGurk MLA (Minister for Youth), Matthew Pavlich (Former AFL Captain), Eliza Green (Pro Surfer and Entrepreneur) and James Foley (Author and Illustrator). Comments from the students about the day are below:

"Eliza Greene was a leader to me because she changed many women's issues, including not getting the right wetsuit size or body shaming. Women only have up to XL while men had up to 4XL. If women didn't have the right size they would have to shop in the men's size. Eliza made wetsuits for women that were different to any of the usual wetsuits. She had a vibrant style, a different diversity and she made more options for sizes. When Eliza Greene talked about how women don't have as many rights as men, it really made a difference to how I see women and men. When I grow up I hope I can make a big difference to women and men just like Eliza did. Matthew Pavlich was also a very inspiring person, he told us about how he faced his challenges to be one of the best players at the Fremantle Dockers."

- Jenelia

"I thought that the whole experience was very inspiring and I loved how James Foley executed his speech really well, to the point were I didn't want to stop listening, (even though I wouldn't stop listening to someone's speech!). I really thought that we all had fun and had a great experience. Young National Leaders' Day really gave me a new perspective in learning. With all the things I learnt I now really want to start a business no matter what challenges come my way. Mathew Pavlich was also inspiring."

- Charley

"I really enjoyed this incredible experience at the National Young Leaders' Day. It was very inspiring to me to see people not giving up and achieving incredible goals. I am so grateful that the school chose me to go and I really feel that it was a day of inspiring children to do the best they can throughout their lives. I really enjoyed Eliza Greene's story of her life and even though people said no, do not do it, she said no this is important and made a website that has now made people more confident in their body and not to body shame. James Foley was very inspiring and in his books shows that if you believe it you can do it! I thought I was so lucky to be chosen and I really do think I can be an amazing leader when I am older and now. It was such a fun day and I loved the part when we did the fun dancing and every one was so inspiring to all the kids and even the teachers were inspired! Overall it as an amazing day."

- Mikayla

"I really liked the whole thing, all the people who spoke were very inspiring. I liked James Foley, he was funny. I was looking forward to Harry from Bondi Rescue. He is very funny and I really wanted a photo with him...my brother would have been very jealous of me! The games were fun and I wished we played more of the games. I think Eliza Greene was very inspiring to women and gives them motivation to swim and more. Overall I liked the National Young Leaders' Day, it was a great time."

- Brooklyn

"All the speakers were inspiring about their journey to becoming successful and all the struggles they had to go through to get to the top. James Foley was one of my favourites because he was inspiring and very funny. The National Young Leaders' Day was a great time to learn to be a great leader and to never give up on your dreams. No matter what happens keep on going and try to fulfil your dreams."

- Elijah

"The place was very big, and exciting with a DJ doing games and dancing. There were also guest speakers telling us about their life and how they achieved their goals. It was a short drive in Mr Dalton's car from our school to the Convention Centre for the Young Leaders' Day. I had a great time and really liked it there. James Foley was very funny and he was one of my favourites. Even though you are losing or down just get up and keep going.

- Ethan





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.

PART1	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



Uniform Shop - Booking Dates for April Holidays

Appointments by Bookings Only

To make a booking, please click on the following link: Uniform Shop Bookings

- Bookings are only for students who need to try on garments. Only ONE student and ONE adult permitted per appointment.
- Please do not make an appointment if you just need to purchase items.
- Please utilise the Online Shop where possible.
- If you cannot make your appointment, please cancel it.

APPOINTMENTS BOOKING DATES - 8.20am-3.00pm (Please note change of date)

- Monday 17 April
- Tuesday 18 April
- Wednesday 19 April
- Thursday 20 April

Normal shop hours resume on Wednesday 26 April

Jann Boere and Deb Lucas Uniform Shop

Friends of Frayne News

FRIENDS OF FRAYNE FAMILY MOVIE NIGHT - GET YOUR FAMILY TICKET!

Only 5 more days to purchase your Balmoral Campus Family Movie Night ticket! Have you got your Family Ticket yet? Jump onto the Trybooking link and get them now so you don't miss out! www.trybooking.com/CGSCH

FRIENDS

SUPPORTING THE JUNIOR SCHOOL SWIMMING CARNIVAL

The Junior School Swimming Carnival was so much fun! Well done to all of the kids on their efforts! Friends of Frayne were delighted to welcome back crowd favourite 'Ruby on Wheels' for coffee and 'That Food Truck' to keep the parents content - the sliders were delicious! Thank you to everyone who supported the vendors.







YEAR 9 CROSS COUNTRY ICY POLES

Year 9 Cross Country Icy Poles done and dusted! Thank you to Sally Okoye for co-ordinating and to Trish Green, Pauline James and Tomoko Miyanabe for volunteering and Jocelyn Ogle and Patrick Lapitan for jumping in to help distribute all the icy poles to the thirsty and tired Year 9s as they crossed

the finish line!

DADS OUT ON THE TOWN!

Twenty Pre-Primary dads hit the Victoria Park Hotel on St Patrick's day. Thank you to the Class Co-ordinators, Clare Vivanco-Thacker and Natalie Walter for organising and for their partners Andres and Kenny for leading the charge on the night. What a fantastic turnout!



DUNCAN CAMPUS ACC SWIMMING CARNIVAL - FOOD BOXES

Thank you to Sally Okoye for organising "fuel replenishment" for all those who swam their hearts out at the ACC Swimming Carnival at HBF Stadium on Thursday 23 March.

NEXT MEETING DATE - OPPORTUNITY TO JOIN ONLINE

Our next meeting is next Wednesday 29 March @ 7pm, in-person at the Duncan 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 March.

ENTERTAINMENT MEMBERSHIPS

Purchase an Entertainment Membership and enjoy a VIP FREE UPGRADE! Hurry offer ends on Monday 27 March. Click the image to go directly to the purchase page.



Friends of Frayne News cont...

FUN FOR THE WHOLE FAMILY - KINDY CLASSES' SUNDOWNER

Kindy families enjoyed a beautiful Kindy Family Sundowner to kick off the Kindy social calendar, at Sir James Mitchell Park and onto South Perth StrEATS. It was a great opportunity for families from all 3 classes to meet and mingle. Thank you Class Co-ordinators, Georgie Nash, Alana Harper and Courtney Ishiguchi for arranging the event.









EVEN MORE FUN FOR THE WHOLE FAMILY - YEAR 1 CLASSES' FAMILY PICNIC

Thank you Class Co-ordinators Leanne Loveless, Emma Brown and Courtney Rigg and Kim Gardiner for co-ordinating a South Perth Foreshore Family Picnic, what a stunning way to spend a sunny Sunday afternoon.





Are You Interested?

POTTERY HOLIDAY WORKSHOPS FOR ALL AGES

Need something engaging and wholesome for the kids to do these school holidays? Look no further than Potteroo, a small, local business that lets your child's creative self come to life while they create a lasting, unique masterpiece.

Book in for a workshop or birthday party now!



FOR WORKSHOPS TIMES AND PRICING VISIT HTTPS://WWW.POTTEROO.COM.AU/CLASSES
OR EMAIL LILY@POTTEROO.COM.AU









Are You Interested?





Holiday Art for Children Wednesday 12th April At

9am - 12pm

12:30 - 3:30pm or both, a whole day of

Victoria Park Centre for the Arts

12 Kent Street, East Victoria Park Each 3 hour class is \$60 per child

Age: 7yrs and up Students BYO Materials, some materials will be supplied.

Please make your booking by calling Michelle Culnane, on **0404 926 381** or email Michellensteve70@bigpond.com Acrylic painting, a Unicorn 9am – 12pm

In this class we will be painting a pastel pink unicorn with a flowing mane, we will be using shimmer paints and some glitter paint, and 3d flowers. A beautiful art work that would look great in a frame or even if you wanted to paint it onto a block mount canvas to hang on your wall.

Acrylic Painting a Beautiful Abstract sunset over the ocean

12:30pm — 3:30pm
In this class we will be painting an abstract sunset over the ocean.
We will be using gold, copper and shimmer paint as well as our acrylic paints. We will be cutting out leaves for the foreground to create a 3d affect. This will be a

beautiful art work to give to someone special or hang on your wall. It will be lots of creative fun.

Both classes are open to working on individual art pieces. I have a selection of pictures to choose from.

The classes are fun and relaxing. The students can bring a healthy snack with them during these sessions, plus a water bottle.

*If you are coming for the whole day please bring your lunch, water bottle and snacks.

*Friends are also welcome to join even if they don't attend during



