



# URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 8 / TERM 1 WEEK 9 / 31 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](mailto: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.

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*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.*

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

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



## From the Principal

*Mr Waddell and Mr Bumbak with Siena Cluster students after celebrating their Patron Cluster Mass*

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

### THE SOUND OF SILENCE

We live in just about the noisiest and most distracted time in history. The internet and social media represent momentous change for our lives. Whether you think we are all about to end up with the attention spans of goldfish or that more bandwidth will create heaven on earth, we can all agree that we have a lot coming at us these days.

For most of human history this was not the case. Our brains once had a lot of downtime. A considerable amount of research is now making the case that silence, solitude and even boredom can be very important for wellbeing and especially for creativity. Put simply, our brains don't perform at their best when they are endlessly stimulated and overstimulated. We need to regularly disconnect if we want to bring our best to life.

In his biography of Australian billionaire and philanthropist Kerry Stokes, journalist Chris Rule talks about how Stokes often seeks a lot of time for solitude, silence and thinking. During an incredibly complex and busy schedule he would deliberately seek downtime. Rule also quotes the famous art critic Robert Hughes who stated: "Solitude is beyond question one of the world's great gifts and an indispensable aid to creativity.." And also, essayist Thomas De Quincey: "No one will ever unfold the capacities of their own intellect if they don't checker their life with solitude."

Solitude and silence are crucial skills to develop. It's not just for creative people but for all of us. Our brains need a break – from noise, from people, from too much of everything. No matter how much we may like the company of others or how much we may dislike boredom we need to make time for solitude and silence.

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

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## From the Principal cont...

The Christian tradition has also been the story of vast numbers of people who stepped away from the busyness and business of the world to encounter the presence of God. It seems that moments of silence, stillness and solitude are a doorway into encountering the divine. There is a great story in the Old Testament about how the prophet Elijah ended up encountering God not in the noise and chaos but rather in the stillness:

*"The Lord said, 'Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.'"*

*Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave."*

The story of Elijah amplifies the point that God waits for us when we can find the time for stillness and silence.

### Silence on the Road Ahead

During the Easter holiday break, we are encouraged to give ourselves the gift of solitude and silence. It has been a very busy term. It may seem counterintuitive, but the experts are telling us that if we want to be more creative and ready to take on the challenges that await this year then taking regular time out for silence, stillness, solitude and under-stimulation may be one of the smartest things we can do.

Some tips for becoming a 'Silence and Solitude Guru':

- **Go camping with family and friends.**
- **Leave your phone at home when you don't absolutely have to have it with you.**
- **Go walking. Some of the best minds in the world have their best ideas on long walks.**
- **Visit the College chapel or parish church and just sit in silence once a day for a few moments.**
- **If you are near a beach, just take some time to sit and stare at the ocean.**
- **Learning to say NO when you are tired and just give yourself some downtime.**
- **Walk your dog, parrot, turtle or Llama – seriously...take a pet for a walk without your phone.**
- **Develop the habit of occasionally doing nothing. It can actually be really difficult, especially if you are an 'achiever' – but it is possible.**

With regards and prayerful best wishes.

*Mr Geoff Mills, Principal*

## Religion and Life General

During this week, the Year 11 and 12 Religion and Life General students have been learning about the purpose of pilgrimage as a Catholic practice both in the past and the present.

The focus was on Marian pilgrimages and to consolidate understanding, some of the students made a mini-pilgrimage to the Grotto of Our Lady of Grace in the grounds of St Joachim's Church. In preparing and undertaking the journey, three aspects of any pilgrimage; destination, intention and transformation, were included. Stops along the way included St Joachim's 1934 school, the white house at 18 Teague Street, the shrine to St Joachim and the dedication plaque from 1955 for St Joachim's Church.

*Miss Theresa Davis*  
**RE Teacher**



## Chaplain's Reflection

### HOLY WEEK

Our Lenten journey is arriving to its destination: the death and resurrection of Jesus. During Holy Week, we celebrate the final days in the life of Jesus: the last supper, the arrest, the unjust condemnation, the betrayal of Judas with a kiss, the denials of Peter, the crown of thorns, the sufferings, the pains, and the death on the cross. The Passion of Christ seems a huge defeat but it is a great triumph; the victory of love. It is not the pains and suffering of Christ that we celebrate, rather his love for us that saves us. This love gives meaning to the sufferings, endures all the pains and conquers even death for us. This time will make us reflect about death and our own mortality, but also about the love of Christ that is always with us and can help us to carry our own crosses.



Death is and always will be the greatest mystery of our existence. Everyone has experienced the grief of losing a loved one and the sorrow of many hopeless situations: betrayer, loss of a loved one, broken marriage, crisis, depression, addictions and sins, that can make you feel dead and in a tomb. It seems nothing can be done; you experience death in your heart. However, the Resurrection of Christ puts everything into perspective. Christ is alive and comes to help us to pass from death to life; from sadness to happiness. The love of Christ is stronger and most powerful than anything that may be against us and can make us completely happy.

As for Mary Magdalene, it may be difficult to believe that this is really possible. She thought that someone had stolen the body and she was slow to believe. There is a journey from the darkness of unbelief to the light of faith for those who can read the signs of the Risen Christ in their lives. What signs? The tomb is empty, the stone had been moved and the linen cloths rolled up. Certainly, there are signs in our lives of the Resurrection of Christ: How many stones have been removed in your life? How much love has been given to you? How many times have you found new life where you thought that was the end? How many opportunities to start again? We can go on and on, since each one of us has these signs in their life. We need to read them well, see and believe.

Let Christ know about your pain and situation, confess your sins and the stone of the tomb will roll away. Listen to the words of Christ, obey Him, do the first steps and Christ will unbind your heart, forgive your sins and make you pass from death to life.

*Fr Jesus Bello, College Chaplain, Duncan Campus*

## Junior School Awards

Congratulations to the following students on receiving awards on 30 March:

<b>3R</b>	Harrison Barker Ruby Swain	<b>3W</b>	Hayley Hoang Roise McCrann	<b>Japanese</b>	Year 3 Year 4 Year 5 Year 6	Dhruvi Soneji Jirayu Chamunee Sage Parnell Landon Collier
<b>4R</b>	Ezra Escalante Fionn McCrann Nicole Rizkalla	<b>4W</b>	Hannah Raymond Aaish Rawal Maya Yoo			
<b>5R</b>	Lachlan Fearn-Corfield Seattle Greenlaw Julia Teope-Cuccovia	<b>5W</b>	Matilda Hoang Elma Joseph Georgia Kintanar Joseph Sims			
<b>6R</b>	Oisin Ryan Kydon Gordon Lucinda Warrick	<b>6W</b>	Marcus Chambers Joel Crowley Cleo Nugent Shirley Sun			

### AUSSIE OF THE MONTH

Congratulations to Connor Grosse (6W) who was announced as the Aussie of the Month for March.

Connor is described as a considerate student who is always polite to his peers and teachers. He will use his initiative when given a task and will assist others when it is required. Connor will seek feedback when working on an activity in order to improve his learning outcomes. He demonstrates the College value of excellence and he will strive to do the ordinary in extraordinary ways, showcasing what a wonderful role-model he can be for his peers. Connor readily contributes valuable ideas to class discussions and will demonstrate leadership skills when working collaboratively with others. Mrs Edmonds says with his warm and caring nature along with his other strengths, Connor assists many of his peers to achieve more. Well done Connor!



## 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



If you've read any of the articles in the **Managing Anxiety Series** we would love to know what you thought to help plan future resources!



## 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 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*

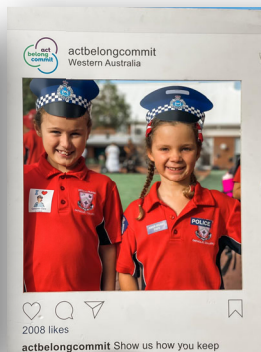
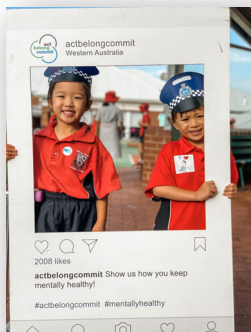
## Friends of Frayne News

### RIDE2SCHOOL DAY

Wow, how much fun was Ride2School Day! Congratulations to the school for organising such a wonderful event. Friends of Frayne were proud to be involved with Ride2School Day again this year and were happy to co-ordinate the fruit, stickers, hats and prizes. We would like to extend a special thank you to our parent helpers Jenny Piva, Ashleigh O'Brien and Dani Ausserhofer for your time and efforts!

Thank you also to staff from Kensington Police Station for joining us on the day and to Coles East Victoria Park for their very generous donation of LOTS of fresh fruit!

Congratulations to our lucky winning participants from Ride2School, Fiadh McCradd from Pre-Primary and Madison McGrath from Year 5. The Friends of Frayne hope you enjoy your prizes.



### DUNCAN CAMPUS - THE HEAT IS ON!

From sports to The Arts, Friends of Frayne is always there to support our kids! Last Friday evening we provided refreshments for The Heat Is On! event on the Duncan Campus. Special thank you to Maria Nicolosi, Natalie O'Brien, Sally Okoye, Michelle Campbell and Mie Mie Aung.



### YEAR 2 MUMS NIGHT OUT!

It was wonderful to see the Year 2 mums letting their hair down at the Vic Park Hotel last Friday. Thank you very much to the Class Co-ordinators Rebecca Broughton and Kristi Rose for organising a great night out.

### YEAR 7 MUMS NIGHT OUT!

The Vic Park Hotel was the place to be last Friday with Year 7 Mums gathering there as well! A fabulous turn out for some casual Friday night drinks. Thank you to the parents who arranged this via the Year 7 Facebook group - what a great opportunity to meet new parents.

For any Duncan Campus parents who would like to be connected to your child's year level Facebook group for social purposes and would like to know how – let us help you! You can contact the Friends of Frayne Facebook page to enquire or email us via [friendsoffrayne@ufcc.wa.edu.au](mailto:friendsoffrayne@ufcc.wa.edu.au)

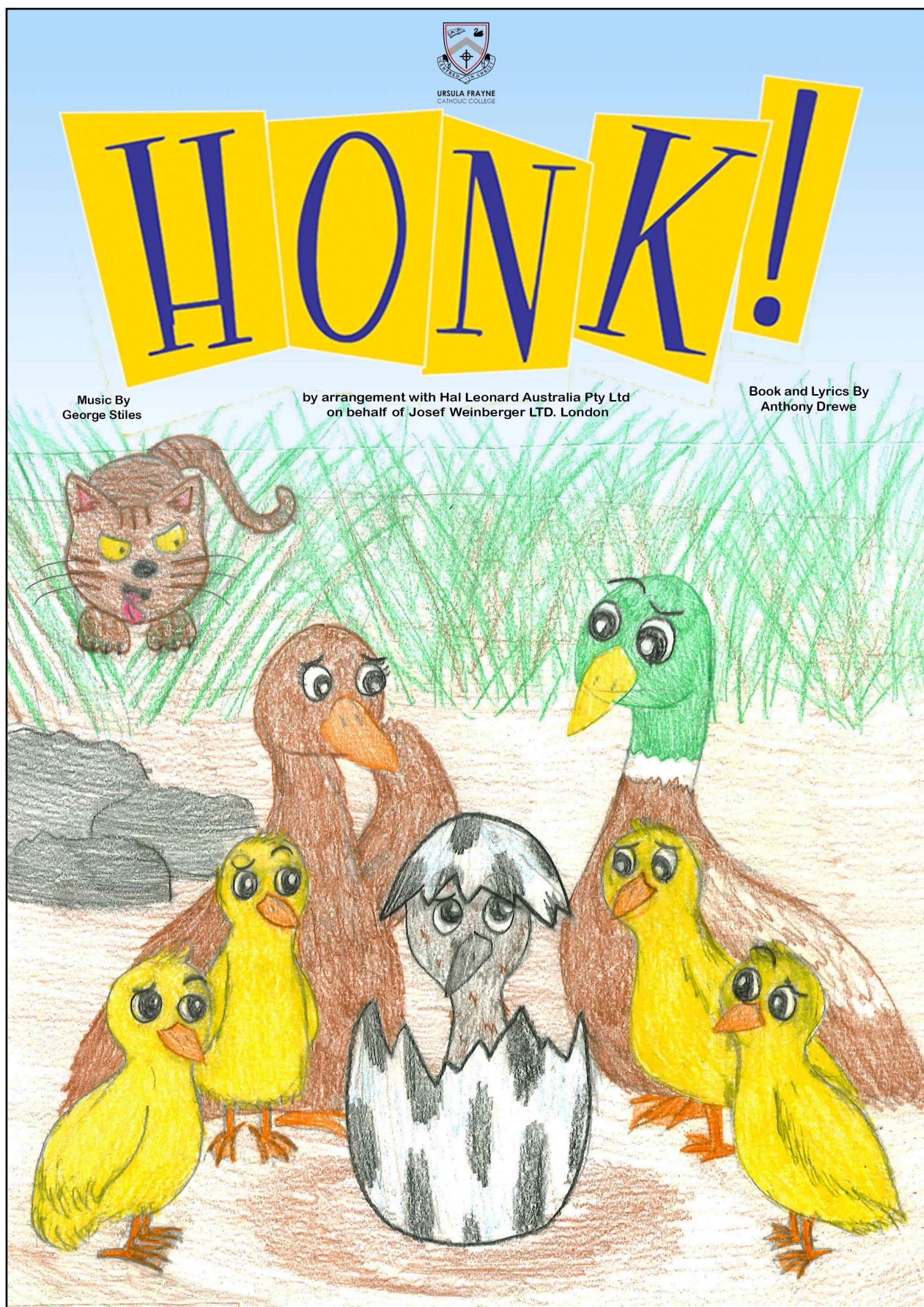


### DID SOMEBODY SAY CUPCAKES? - Expressions of Interest

We are looking for someone who is able to bake 200 cupcakes for the Middle School Mother's Day celebration on 12 May at Duncan Street. Ideally this would be someone who has a small business and is able to bake and supply individually wrapped or boxed cupcakes. If you are keen, please contact Friends of Frayne for more information at [friendsoffrayne@ufcc.wa.edu.au](mailto:friendsoffrayne@ufcc.wa.edu.au).

## College Musical Coming Soon...Booking Details early Term 2

Wednesday 17 May / Thursday 18 May (4pm Matinee) / Friday 19 May / Saturday 20 May



Poster by Jaimie Girgenti, Year 7

## Are You Interested?

### Volleyball WA

As the close of Term 1 approaches, Volleyball WA is happy to announce the continuation and expansion of our programs into next Term.

#### Kids & Junior Volley Indoor School Holiday Camp

Wednesday 12 and Thursday 13 April

<https://volleyballwa.com.au/events/junior-volley-indoor-camp-2-2-3/>

#### Kids Volley Term 2 Programs

Commencing Saturday 15 April

<https://volleyballwa.com.au/kids-volley/>

#### Junior Volley Term 2 Programs

Commencing Saturday 15 April

<https://volleyballwa.com.au/junior-volley/>

We are also happy to advise the extension of our Kids & Junior Volley Free Trial campaign to include Term 2 programs.



School of Engineering  
ECU  
EDITH COWAN UNIVERSITY

## YEAR 11 & 12'S ENGINEERING SHOWCASE

**Discover your future with an ECU Engineering degree**

Come to one of the School of Engineering's course and career information sessions so you can discover why engineering is a rewarding profession.

**FEATURES**

- Hear from current students and alumni speakers about their experiences at ECU and the transition into exciting industry roles.
- Chat with academics about the wide range of engineering course offerings, entry requirements, scholarships, and student support services at ECU.
- Tour our industry-grade engineering laboratories.

**DATES**

Wednesday 26 April 2023  
Thursday 8 June 2023  
Friday 8 September 2023

**TIME**

4:30 PM – 6:30 PM  
Light refreshments provided

**LOCATION**

ECU Joondalup Campus  
Building 32.101

**ENQUIRIES**

E [seadmin@ecu.edu.au](mailto:seadmin@ecu.edu.au)  
P (08) 6304 2924

Register now at [www.trybooking.com/CGMME](http://www.trybooking.com/CGMME) or scan the QR code!

**THE World University Rankings 2023**  
ECU ranked 151-175 for Engineering (Times Higher Education 2023)

**QILT**  
Quality Indicators for Learning and Teaching  
The top public university in Australia for undergraduate teaching quality seven years in a row.

**#1 WA UNIVERSITY ENGINEERING**  
Undergraduate Overall Educational Experience, Good Universities Guide 2023

CRICOS Provider No. 002796 | CS2301193 MAR23

The Vic Park Raiders are seeking new footy players for 2023

All ages, boys and girls from Pre Primary to Year 12.

Come and join the *Raiders* community and enjoy the benefits of our great club

Visit: [www.vicparkraidersjfc.com.au](http://www.vicparkraidersjfc.com.au)



Victoria Park Raiders Junior Football Club  
Higgins Park – Playfield St East Victoria Park



Register here

## 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](https://www.potteroo.com.au/classes)  
OR EMAIL [LILY@POTTEROO.COM.AU](mailto:lily@potteroo.com.au)

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**Neon YOUTH FESTIVAL**  
YOUTH WEEK 2023

**FRIDAY 14 APRIL**  
4:30-10PM

George Burnett Park  
Ages 16-25  
(ID must be shown)

**FREE**  
Ticket required

Dulcie | Dear Sunday  
Mali Jo\$e | Sash Seabourne  
Project Bexx | Bad Weather

Silent disco | UV body painting  
Food trucks | Fusion Australia chill out space

Smoke, vape, drug and alcohol free event.

PRESENTED BY  
City of South Perth

SUPPORTED BY  
VICTORIA PARK

Freedom

For more information and to book  
[southperth.wa.gov.au/youthweek](https://southperth.wa.gov.au/youthweek)  
9474 0777 | [youth@southperth.wa.gov.au](mailto:youth@southperth.wa.gov.au)  
#discoversouthperth

**VICTORIA PARK XAVIER HOCKEY CLUB**

**FAMILY FRIENDLY  
JUNIOR  
HOCKEY!**

**ALL AGES, KINDY & ABOVE  
FLETCHER PARK, CARLISLE**

**REGISTRATIONS OPEN!**

- ✓ Friendship
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- ✓ Age appropriate skills
- ✓ Most of all...FUN!

**\$55\* for Minkey (Age 3 - Yr 2)**  
**\$90\* for Grads (Yr 3 - Yr 4)**

\*Plus \$20 Hockey Australia insurance levy

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for more information

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Pre-Primary to Year 2  
Year 3  
Year 4  
Year 5  
Year 7 & 8  
GIRLS Year 5 & 6  
Year 11 & 12

**REGISTER NOW!!!! SEASON STARTS SOON**  
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Call Jared 0402 383 189  
[redcliffejfc.com.au](https://redcliffejfc.com.au)