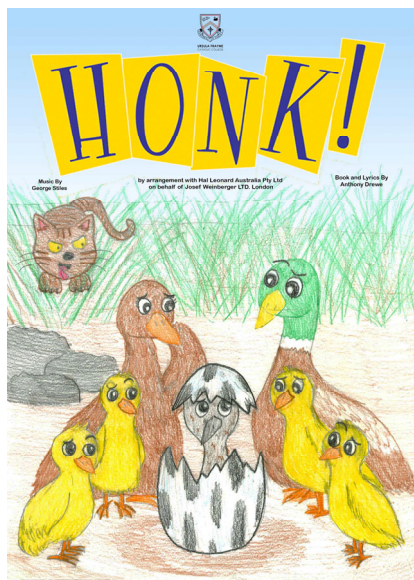




URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 11 / TERM 2 WEEK 2 / 5 MAY 2023



Have you booked your tickets for the College Musical - Honk!

- Wednesday 17 May (Evening)
- Thursday 18 May (Afternoon)
- Friday 19 May (Evening)
- Saturday 20 May (Evening)

Treat the family to an afternoon/evening out. Don't leave it till the last minute to book.

Click the image above to go directly to the booking page.

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>



Kindy students enjoying the 'Imagination Village' incursion provided by Educated by Nature. Making potions, building tee-pees or preparing pretend morning tea, it was lots of fun for them all.

From the Principal

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

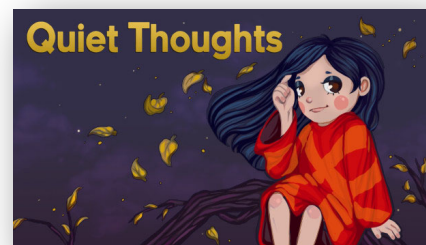
SILENCE

We live in just the noisiest and most distracted time in history. The internet and social media represent momentous change for our lives. Whether we think we are all about to end up with the attention span of a goldfish or that more bandwidths 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 recent research is now making the case that silence, solitude and even boredom can be very important to wellbeing and especially for creativity. Put simply, our brains don't perform at their best when they are endlessly stimulated and over-stimulated. We need to regularly disconnect if we want to bring our best to life.

Silence helps us to discover our true self as our focus shifts from words to inner thoughts that we may never have known existed. Because when we slow down and go into silence, we are challenged to look deep inside and come out with our mind's unique words.

In journalist Chris Rule's biography of Australian billionaire and philanthropist Kerry Stokes, he talks about how Stokes often seeks a lot of time for solitude, silence and thinking. In the midst of an incredibly complex and busy schedule he would deliberately seek downtime.



Justice | Hospitality | Excellence | Compassion | Respect

From the Principal cont...

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 is not just for creative people but for all of us. Our brains need a break – a break from noise, from people, from too much of everything. No matter how much we may dislike boredom we need to make time for solitude and silence.

Silence can also reveal to us a deeper truth than words ever could. The Christian tradition has also been the story of vast numbers of men and women 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 on 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 he heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave." (1 Kings 19: 11-12)

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

Fundamentally, stillness and silence also help children and adults to process thought. Generally, we focus better in quieter environments; our brains are simply better able to restore their finite cognitive resources. Quiet time doesn't have to look one certain way. The age of the children, time of the day, weather and other factors can affect how it is approached.

However we approach quiet time, it is best to start with 15 to 20 minutes and build from there. Praise children for their great work as this will contribute to making times of stillness and quiet a positive part of the day for everyone.

STAFFING MATTERS

I write to advise our community that this week we farewelled **Helen Trew** (Home Economics Assistant) and **Davina Operchal** (Teacher Assistant – Special Needs) who will be leaving the College to pursue other opportunities and adventures.

We extended to Helen and Davina our thanks for their wonderful contributions to the College during their respective tenures and wished them well as they embark on the next phase of their personal and professional journeys.

CONGRATULATIONS

Congratulations to Maycee Donnelly (Year 9) who recently received two art awards at the Victoria Park Youth Arts Awards: The Future is Now exhibition. Maycee received the Most Outstanding Painting Award for her oil painting titled 'Tarsha' and the People's Choice Prize in her age category for her pencil drawing titled 'The Mockingjay'. Well done Maycee!

With regards and best wishes.

Mr Geoff Mills
Principal



Chaplain's Reflection

MAY, THE MONTH OF MARY

May is the month dedicated to Mary, the Mother of God, and it is also when we celebrate Mothers' Day, the second Sunday in May. The Church honours Mary with special love, she is joined by an inseparable bond to the saving work of her Son. "In her, the Church holds up and admires the most excellent effects of the redemption and joyfully contemplates, as in a flawless image, that which the Church itself desires and hopes wholly to be" SC 103.

Pope Francis began the month of May praying the Rosary. He prayed for peace in the world and said to all of us: "I invite you to spiritually join me and to prolong for the whole month of May praying the rosary for peace".

Let us join Pope Francis by praying the Rosary this month because we can pray to Mary with confidence that she will listen and intercede for us. And Jesus would not refuse any request that is in God's will, presented by his own Mother whom He loves so tenderly. We are invited, as Mary did, to say 'yes' to God everyday of our life and become bearers of God to all people; what better help can we have than that of Mary, the Mother of God and our mother. We can start by paying the Hail Holy Queen, especially in this time of Easter:

Hail, holy Queen, Mother of mercy,
our life, our sweetness, and our hope.
To you do we cry, poor banished children of Eve;
to you do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
your eyes of mercy toward us;
and after this, our exile,
show unto us the blessed fruit of your womb, Jesus:
O clement, O loving, O sweet Virgin Mary.
Pray for us, O Holy Mother of God,
that we may be made worthy of the promises of Christ.
Amen.

*Fr Jesus Bello,
College Chaplain, Duncan Campus*



Year 3 Retreat

MAY, THE MONTH OF MARY

On Tuesday 2 May, the Year 3's went on a reflection day in South Perth. We learnt about forgiveness and reconciliation. We enjoyed all the games, the cookies and especially the Science experiment. A special thank you to 24:7 Youth Ministry for making the day so fun and for taking care of us. A big thank you too to all our teachers for organising the day.

*Makeila Nyaanga and Tai Ora Holley
Year 3 Students*



Dress Down for Stress Down Day

Wednesday 17 May - Duncan Street Campus

Students on the Duncan Street Campus are able to wear their Cluster Shirt with the PE Uniform on this day. More details in relation to activities will be released closer to the date.

Friends of Frayne News

THE FINAL DUNCAN STREET CAMPUS CROSS COUNTRY EVENTS

Duncan Street Campus Cross Country events are now complete! Thank you to everyone who has volunteered above and beyond to help out with the icy poles. Special shout out to our volunteers this week, Maria Pureza Kaye, Sally Okoye, Maria Nicolosi, Kristy Lee, Jenny Piva and Danielle Carter. Thank you also to our Duncan Campus Coordinator, Patricia Gabb, for leading the coordination of this much loved special treat at the end of each race.



FRIENDS OF FRAYNE BALMORAL STREET CAMPUS DISCO

Calling all Balmoral Campus kids! Dust off your dancing shoes, it's time to Disco!

Tickets are on sale now so start planning those outfits! The theme this year is 'An Evening Under The Stars' so choose your fanciest clothes or your warmest pyjamas - whatever you like! See the poster on the next page for more details.

Purchase tickets here: <https://www.trybooking.com/CIBXK>

VOLUNTEERS REQUIRED

Are you available to help out at the disco? We will need 'on the day' volunteers to help us decorate the hall and create something amazing for the kids AND we will also need plenty of BBQ aficionados and helpers on the sign in tables. Please email Aimee Hamer at: aimeehamer1@gmail.com

KINDY MUMS NIGHT OUT - AN ARTSY AFFAIR!

"We had the best time" reported mums across the three Kindy classes, enjoying a night of mingling over drinks, nibbles and a bit of painting! What a fun way to make new friends! Thank you to the Kindy Class Coordinators - Alana Harper, Courtney Ishiguchi and Georgie Nash for arranging a fabulous evening.



FRIENDS OF FRAYNE PARENT EVENT - SAVE THE DATE!



SAVE THE DATE - Saturday 29 July, 2023
Our biennial, much anticipated, parent event back! Watch this space for more details!

Are you a DJ or a Game Master and able to rev to rev a crowd participating in a bingo or trivia night session? We want to hear from you, please contact us via email - Friendsoffrayne@ufcc.wa.edu.au

FUEL FOR THE INTERSCHOOL

The Friends of Frayne were happy to provide some nutritious snacks for the Junior School Interschool Swimming Carnival today. We hope everyone swam their best and enjoyed the day!

Friends of Frayne



Friends of Frayne Balmoral Street Campus Disco



Friends of Frayne *proudly* presents

An Evening under the Stars Disco

Dress in your finest or your pyjama's ready to dance the night away!

Friday 26th May 2023 | Balmoral Street Campus Hall

Entry via Camberwell Street Gates (top oval)

Session Times

Kindy	4pm - 4.45pm
Pre-Primary, Years 1 & 2	5pm - 6pm
Years 3, 4, 5 & 6	6.30pm - 7.45pm

Get Your Ticket Here: <https://www.trybooking.com/CIBXK>

Ticket pricing

\$11.50 Disco Package
Ticket, hotdog & juice

\$7.00 Disco ticket only
All tickets include a party bag

Important Notes

BBQ will be operating from 3.30pm - 7pm.
Pre-orders only.

No cash sales on the night.

No food to be consumed in the hall.

Students can bring their own water bottles.

Are You Interested?



PERTH GOJU KARATE

**Beginners programs starting now.
Four weeks free!**

**New beginners classes near you.
For children and adults.**

All classes run after school.
Classes are grouped according to age and experience.

Sensei Johnny Moran has a wealth of knowledge and experience teaching karate to children and adults.

Perth Goju Karate classes build self-confidence, karate skill, respect and self-defense with an emphasis on fun and friendship.

info@perthgojukarate.com 0402 830 402

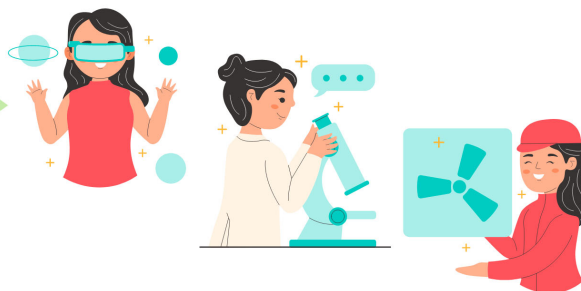



The INNOVATORS' *Tea Party*

STEM Show and Tell!

Year 10-12 students are invited to this **FREE** careers event!

Get inspired by chatting 1-on-1 with Women in STEM experts and leaders. You'll also do fun **hands-on activities** with each mentor!



Royal Park Hall | West Perth | Saturday 20th May

Learn more and register:

<https://innovatorsteaparty.org/stem-show-and-tell/>

This event is proudly supported by:



**WA DATA SCIENCE
INNOVATION HUB**



**Strategic
Mines**



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



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