



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 21 / TERM 3 WEEK 3 / 4 AUGUST 2023

CHECK OUT OUR SOCIALS

Have you followed us on Facebook or Instagram yet?

Keep up to date with daily events going on in the College or important notices.

facebook.com/fraynecollege



instagram.com/fraynecollege



Write a Book in a Day - Some of the members of 'The Rammies' team showing off some of their drawings. So far the teams have raised \$8000 but you can still donate. Check out last weeks newsletter for the links.

From the Principal

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

DEALING WITH "THE FLU"

Over the past few years, hardly anyone was exposed to flu due to COVID-19 restrictions, including the shutting of the international border, and so we didn't develop any natural immunity. Now that we are back travelling, socialising, and doing the things that we love, more people of all ages are at risk of getting respiratory illness, particularly children aged under 5.

Flu is a highly contagious respiratory illness and is more serious than a common cold. The flu can cause severe illness and life-threatening complications such as pneumonia and bronchitis, which often requires hospitalisation in the most vulnerable people, including young children and older people. Flu can be more serious for young children than COVID-19.

Western Australia (WA) Health advises that flu is circulating widely for the first time in two years, coinciding with continuing numbers of COVID-19 cases. Flu and COVID-19 are both serious illnesses, but flu generally affects young children more than COVID-19. As we progress through winter, we need to continue to protect ourselves and our loved ones against the flu, especially those who are at higher risk of severe illness, including young children. WA Health recommends the best way to protect yourself and your family against the flu is to get the flu vaccine.



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>

Justice | Hospitality | Excellence | Compassion | Respect

From the Principal cont...

The Chief Health Officer is urging parents not to put off getting their children aged six months and over the flu vaccine as soon as possible. He said, *"flu is easily spread and potentially deadly. We are seeing an increase in hospitalisations of young children and sadly some are very unwell. The flu vaccine will help to protect your child from serious illness due to flu and offer plenty of protection in the remaining weeks of winter ahead. Vaccinating young children helps to reduce the reduction to their school attendance, sport, and other things kids love doing. It will also help to protect the rest of your family, friends, and the whole community too."*

The Centre for Disease Control and Prevention recommends the following preventative practices:

1. Avoid close contact.
2. Stay home when you are sick.
3. Cover your mouth and nose when sneezing or coughing.
4. Clean your hands.
5. Avoid touching your eyes, nose, and mouth.

FRIENDS OF FRAYNE - STAR STRUCK TRIVIA NIGHT

Congratulations and thank you to the Friends of Frayne and especially to those who organised and were able to attend the amazing **Star Struck Trivia Night** on Saturday night. The film icon costumes were extremely creative and nostalgic; the trivia quiz was challenging, but fun and enlightening; and the dancing...well?...indescribable! All these ingredients blended to create an absolutely fabulous night of entertainment and fun.

A special vote of thanks is extended to the lead organisers **Aimee Hamer** and **Nicola Iannantuoni** and to their incredible group of volunteers who worked very hard to pull this event together. Thank you to: **Mick Iannantuoni, Nikki Middleton, Christina Mandanici, Kelly Quinn, Dermot Ryan, Alana Harper, Aruna Nivetha, Jasmine Rellis, Josie D'Aqui, Heather Fraser, Natalie O'Brien, Samantha Swain, Sally Okoye**, the MC for the night, **Billy O'Hare** and to all the staff members involved in the planning, especially **Jody Cabalzar** and **Edwin Lim**.

BEING GOOD NEIGHBOURS

Be mindful of the safety and the amenity of our neighbours and refrain from parking in the *EverAbility* carparks on Sunbury Road. Please be advised that these are not to be used by College students and parents as this results in limited parking for their staff and tenants. Parking without a permit in this property is an offence with infringements to be issued by the Town of Victoria Park.

With regards and best wishes.

Mr Geoff Mills, Principal

Chaplain's Reflection

ST MARY MACKILLOP

Mary Helen MacKillop, now formally known as Saint Mary of the Cross, is the first and only Australian to be recognised as a Saint. She was a Catholic nun, born in Melbourne on 15 January 1842 to Catholic Scottish parents. Together, with Father Julian Woods, they founded the Sisters of St Joseph of the Sacred Heart and a number of schools and welfare institutions throughout Australasia with an emphasis on education for the poor.

Mary trusted in God's will and providence in the face of many challenges until she died on 8 August 1909 at the Josephine convent in North Sydney where she is buried. Mary was beatified on 19 January 1995 by Pope John Paul II. On 17 July 2008, Pope Benedict XVI came to Sydney for the World Youth Day and prayed at her tomb. Later, on 19 December 2009, he approved the recognition of a second miracle attributed to her intercession and on 17 October 2010 she was canonised during a public ceremony in St Peter's Square at the Vatican. On that Day Pope Benedict XVI said these words: *"Despite many challenges, her prayers to St Joseph and her unflinching devotion to the Sacred Heart of Jesus, to whom she dedicated her new congregation, gave this holy woman the graces needed to remain faithful to God and to the Church. Through her intercession, may her followers today continue to serve God and the Church with faith and humility!"*

Through all her trial and tribulations St Mary of the Cross never lost faith and encourages others to follow God. May our MacKillop Cluster and all of us follow her example. Let us pray to her:

Lord God,
You inspired Saint Mary MacKillop to live her life faithful to the Gospel of Jesus Christ
and constant in bringing hope and encouragement to those who were disheartened, lonely or needy.
With confidence in your generous providence and through the intercession of Saint Mary MacKillop
we ask that you grant our request . . .
We ask that our faith and hope be fired afresh by the Holy Spirit and that we too, like St Mary MacKillop,
may live with courage and trust. We ask this through Jesus Christ. Amen.

Fr Jesus Bello, College Chaplain, Duncan Street Campus

WA Training Awards 2023

SCHOOL BASED APPRENTICE OF THE YEAR FINALIST

The training sector's brightest stars have been recognised, with Training Minister Simone McGurk announcing 45 finalists in the WA Training Awards 2023. The annual awards celebrate the outstanding achievements in the Vocational Education and Training (VET) sector, recognising the State's best apprentices, trainees, employers and training organisations. This year, the awards acknowledge the State's elite achievers across 13 categories. There are 31 finalists vying for eight individual awards and 14 finalists up for five organisation categories.

Our own Year 12 student, Robert Nicolosi, has been selected as one of the individual finalists in the "School-based Apprentice of the Year" category and is up against three other finalists.

Robert's love for sport and fitness was the motivation behind him undertaking a traineeship with Leisure Employment Australia. While working at BlueFit – Belmont Leisure Centre, Robert has gained a range of new skills while completing a Certificate III in Sport and Recreation.

Described by his employer as a team player and leader, and the only trainee kids sport coordinator they have ever had, speaks volumes about Robert's willingness to learn and lead.

Robert is well on his way to fulfilling his career aspirations of becoming a physical education teacher.

The following comments are attributed to Training Minister Simone McGurk:

"Our State's skills sector provides incredible opportunities for Western Australians, helping them to develop job ready skills that are highly valued by employers.

"The WA Training Awards celebrate the best-of-the-best in vocational education and training, from young apprentices through to well-established organisations.

"It is wonderful to take a moment to celebrate their achievements and acknowledge the incredible efforts in this field.

"Congratulations to all of this year's finalists, who are already great ambassadors for Western Australia's training system."

Mr Michael Openshaw

VET, Workplace Learning & Careers Coordinator



WA State Cross Country Championships

The WA State Cross Country Championships was held on Thursday 3 August at UWA Sports Park. There were over 60 schools and over 1000 competitors. We took 20 students from Years 3 -6 and all of the students participated with enthusiasm and did their very best.

Our top performers were Isabella O'Hare who finished 3rd out of 230 students and Bodhi Szigligeti came 4th out of 230 students. Both students now are invited to attend another tryout for the Nationals.

Mr Son Nguy

**Physical Education Teacher
Balmoral Street Campus**



Apologies to Rachael Deering, whose name was missed in last week's newsletter under the Junior School Interschool Carnival article. Rachael came first in her race. Well done Rachael!

Preparatory School Awards

Congratulations to the following students on receiving awards on 10 March:

PPR	<u>Merit</u> Phoebe Bruce Jace Kelly Mia Burke Patrick Lum <u>Environment</u> - Aline Lee	PPW	<u>Merit</u> Ella Lai Elena Walsgott <u>Environment</u> - Logan Celenza	
1R	<u>Merit</u> Olivia Bilan Kiaan Vij <u>Environment</u> - Sophia Li <u>Uniform</u> - Alessandra Wieman	1W	<u>Merit</u> Saskia Morgan Maisie Waghorn <u>Environment</u> - Blake Bridge <u>Uniform</u> - Henry Riggs	1G <u>Merit</u> Declan Merredew Charlene Hii <u>Environment</u> - Marcus Crew <u>Uniform</u> - Jasmine D’Arcy
2R	<u>Merit</u> Aurora Rotondella Benedict Soong <u>Environment</u> - Gloria Chang <u>Uniform</u> - Emily Broughton	2W	<u>Merit</u> Paige Pochintesta Maximilian Yoo Ignatius Jones <u>Environment</u> - Messina Nicholas <u>Uniform</u> - Alessia Screech	

AUSSIES OF THE MONTH

Thomas Talarczyk (1G)

Thomas demonstrates active citizenship within our school community by embodying our Ursula Frayne Catholic College Mercy values of excellence, respect and justice. He takes great pride in the presentation and content of his schoolwork. Thomas is a conscientious student who perseveres with every given task and continually strives to achieve to the best of his ability. He actively participates in our class discussions, patiently waiting for his turn to share his knowledge and ideas.

Thomas is a great role model to his peers and ensures that everyone is treated with fairness, both in the classroom and playground. He is sincere and can be relied upon to work independently as well as collaborate with others in group situations. Thomas has excellent manners and is always respectful towards his teachers and others in our school community. He is a worthy recipient of the Aussie of the Month. Congratulations Thomas!



Eden Ng Cheong Tin (2R)

Eden is a great role model in the Preparatory School. She is always respectful, polite and friendly to her teachers and is extremely well behaved. Eden is kind to other students and likes to make sure they are okay if they are injured or upset. She also is encouraging of her peers within the classroom.

Eden's strong work ethic is displayed during all lessons. Even when she finds tasks difficult, she will persevere and show an amazing amount of resilience. Eden stays focused on her work during given tasks and doesn't let others distract her from trying her best.

She takes pride in her appearance and in wearing her school uniform. Every day is a brighter day with Eden in 2 Red. Congratulations Eden you are a deserving winner of this award.



Mrs Julia Horgan
Assistant Head of Preparatory School

Congratulations!

Friends of Frayne News

OH WHAT A NIGHT!

We had so much fun at the trivia night and we hope you did too! Please help us thank all of the wonderful people who played a part in making the event such a success! We are so grateful for you all, it's true what they say, many hands really do make light work.

The Planning Committee:

Aimee Hamer, Nicola Iannantuoni, Nikki Middleton, Kellie Quinn, Alana Harper, Josie D'Aqui, Aruna Nivetha and Jasmine Collier

The Set Up Crew:

Aimee Hamer, Nicola Iannantuoni, Mick Iannantuoni, Kellie Quinn, Dermot Ryan, Alana Harper, Heather Fraser, Natalie O'Brien

Our Banking & Finance Queen:

Sue Deering

The MC and the DJ:

Billy O'Hare and Dermot Ryan

Our Bar Staff and Volunteers:

Sally Okoye, Anna Kelly, Obi Okoye, Caitlin Morgan, Rebecca McAdam, Patricia Gabb and Natalie O'Brien

Our Photographer:

Kelly Chambers

The dad that saved the day with the jammed eftpos printer:

Viktor Eszenyi

Staff Members:

A huge thank you to all of the staff involved but especially Jody Cabalzar, Edwin Lim and the Duncan Street Grounds Staff.

And a very big **thank you** to all of our guests for coming along and supporting this event. We hope you had a fabulous evening.



WE WANT TO SAY A BIG
THANK YOU
FOR ALL YOUR SUPPORT
Friends of Frayne

Delissimo Continental Deli	Schwarzpof
Pancho's Mexican Restaurant	Neha
The Escalante Family	Snap Fitness
Oschea Beauty	GMC Migration
Magic Nails	Dome
Shannagh Bricklaying	The Prophet
Cockburn Pharmacy	Balmoral
Onyx Corporate	Gusto Gelato
Hamer Airport Parking	Como Hotel
Paddington Realty	Core Air
Boxing for Fitness	Bolt Fitness
Loose Produce	Sonder Coffee
Green Peony Events	Greenbunch
Collier Park Mini Golf	Nosh
Crow Books	Venn
Vic Park Larder	Palace Arcade
Tammy's Bakery	Fish Boss
Happy Tummies	Bunnings
Source Bulk Foods	VR Arrival
Pietro Gelateria	Broken Hill
Spa in the Park	Baston & Co
Hawaiian's Claremont Quarter	Woolworths
Connect Psychological Services	The Imp
Dinesh & Samantha Moonemalle	Deluxe Detailing
Insight Dental Studio	Coles
Duncan Street Store	Arnolfo



STAR STRUCK TRIVIA NIGHT SPONSORS

Events like the Parent Trivia Night cannot happen without the support of local businesses. This year we are incredibly grateful for the support of over 50 businesses! Please join us in thanking these businesses and we encourage our community to support them where possible.

Friends of Frayne News cont...

PRINCIPALS' DAY - 4 AUGUST

To celebrate Australian Principals' Day, the Friends of Frayne coordinated some gifts on behalf of our parent community and their families. We take this opportunity to thank our Principal, Geoff Mills and Vice Principal, Jessica Bouwman, for all that they do for our College community. We appreciate your ongoing support, your expertise and the positive difference you both make to our school.



BEHAVIOUR TONICS PARENTING COURSE

The Friends of Frayne were happy to provide tea and coffee for the Behaviour Tonics parenting course. Special thank you to Sabrina D'Cruze for packing it away at the end of the night.



DANCE SHOWCASE

A huge thank you to Gwenda Lister and Natalie O'Brien who helped set up some refreshments for the audience who came to watch the extremely talented dancers at the College's first Dance Showcase. All the dancers, boys and girls, were fantastic!

Friends of Frayne

Are You Interested

Courses & Events

TERM 3 2023

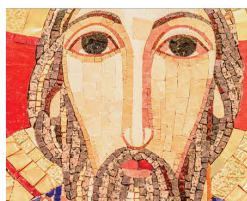
Available during the daytime, evenings and online. Visit our website for all our courses and details.

FOR MORE INFORMATION

<https://cfe.org.au/courses-events/>

FOR ENQUIRIES

cfe@perthcatholic.org.au



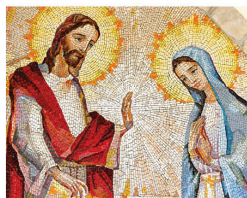
Free, Healed & Whole: Personal Growth in Christ

Tuesdays, 15 Aug – 19 Sept | 10:00am – 11:30am (6 sessions) | \$50



Created in the Image of God: An Introduction to Christian Anthropology

Saturdays, 2 – 23 Sept | 10:30am – 12:00pm (4 sessions) | \$20 (suggested donation)



The New Testament: A Journey Through Mystery, Meaning and Translation

Tuesdays, 22 Aug – 12 Sept | 7:30pm – 8:30pm (4 sessions) | \$20 (suggested donation)



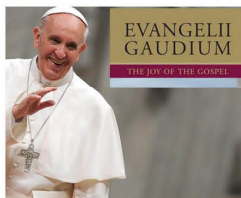
Sacraments of Healing: Entering into Communion with God and the Church

Wednesdays, 23 Aug – 13 Sept | 7:30pm – 8:30pm (4 sessions) | \$20 (suggested donation)



The Mission of the Church in the Modern World in Light of Vatican II

Tuesdays, 5 – 19 Sept | 7:30pm – 8:30pm (3 sessions)



Towards Missionary Discipleship: Pope Francis and Evangelii Gaudium (Online)

Mondays, 21 Aug – 11 Sept | 7:00pm – 8:00pm (4 sessions) | \$20

Free, Healed & Whole: Personal Growth in Christ (Online)

Tuesdays, 15 Aug – 19 Sept | 7:30pm – 8:30pm (6 sessions) | \$30

Nourishing a Missionary Heart for our Common Home

Saturdays, 2 and 9 Sept | 9:30am – 12:30pm (morning tea included) | \$30

Common Ground – Faith Education for Young Adults

Every Wednesday evening | 6:00pm – 8:30pm | FREE

Are You Interested?



Transition to High School

South East Metro Parenting Support Services

For Parents and carers of pre-teens/early teens

1-session program

Workshop Overview

Moving from primary school to high school is a significant event in a child's life. It often involves new classmates, changing friendships, multiple classes with different teachers, self-directed learning and an increased workload including homework.

Children are often also experiencing the changes and challenges related to going through puberty at the same time.

This workshop explores the world of an emerging teen and how parents can support them to build confidence, new skills and resilience in this next stage of their life.

DATES

Wednesday

30 August 2023

TIME

6.30pm - 8.00pm

LOCATION

Victoria Park
Community Centre
248 Gloucester Street
East Victoria Park

COST

Free

CRECHE

Unavailable

BOOKING DETAILS

08 9251 5777

parenting@communicare.org.au

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



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Tee-Ball is a fast moving, non-contact team sport that provides lots of fun and friendship whilst developing teamwork, hand-eye coordination, ball skills, general fitness and confidence.

Come and see
what all the
fun is about
at our open
day 9am
Saturday
26th August,
Centenary
Park, Wilson



an exciting summer sport for
girls and boys aged 5-12!

www.cctbc.com.au

CANNING COUGARS
TEE-BALL CLUB (INC)



Go along and watch some of our students perform in this ballet performance at the State Theatre Centre of WA, Heath Ledger Theatre. Performances at 4pm and 6.30pm.
Click the image to purchase tickets.

ANTI-CONFERENCE

INNOVATION, INSPIRATION,
INTELLIGENCE

CELEBRATE
**national
science
week 2023**

FRIDAY -11 AUGUST
PERTH MESS HALL

SATURDAY -12 AUGUST
WA MUSEUM BOOLA BARDIP

