



# URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 35 ISSUE 22 / TERM 3 WEEK 4 / 11 AUGUST 2023

## REMINDER

Next Friday,  
18 August, is a  
Pupil Free Day for  
both campuses.

*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](mailto:admin@ufcc.wa.edu.au)  
<https://www.ufcc.wa.edu.au>



*Students from Magical Creations getting ready to deliver coffee and cake orders to staff.*

## From the Principal

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

### THE POWER OF WORDS

At this week's Duncan Street campus assembly, I spoke about the power of words. The text of my address is printed below which I encourage families to read and discuss.

#### ASSEMBLY ADDRESS – TUESDAY 8 AUGUST 2023

Words are powerful. Whether we write or speak them, they do have an impact on ourselves and others. Words are used to share knowledge and express feelings. The right word, spoken at the right time in a pleasant manner can change someone's mood completely and ignite a spark in them. Excellent examples of this include words such as: "Hello", "Please", "Thank you" and "Sorry."

#### HELLO

Saying "hello" to someone helps us connect with people at a more personal level. A friendly "hello" can prompt a casual conversation with individuals and help us learn more about them. A "hello" has the potential to initiate a friendship between strangers, it can bring a smile to someone who is alone and can change how we feel about a person, place and ourselves.

#### PLEASE

Every person that we encounter is created in the image of God and are therefore worthy of dignity and respect – even if they do not claim these for themselves. The simple use of the word "please" recognises that dignity and is the most basic way to be courteous and respectful and to show that we genuinely value others.

## From the Principal cont...

### THANK YOU

Similar to “please”, saying “thank you” recognises that every small thing that someone does for us is a gift. Because we are dependent upon others in so many ways it is important to make “thank you” our standard response to even the smallest acts of service and kindness. As such, “thank you” is an incredibly powerful word and one that needs to be used often.

### SORRY

“Sorry” is also an extremely powerful word because its use recognises our imperfections, sinfulness, and innate weakness. Saying “sorry” is also a mark of courage and humility. It takes a lot of character to admit to having made a mistake, to recognise that we may have hurt someone and to ask for his or her forgiveness.

So, I encourage you to write these words down - “Hello”, “Please”, “Thank you” and “Sorry” - and stick them in a prominent place where you see them every day. Use them frequently as they have the power to change your life and to bless, encourage and heal those around us.

However, while words have the ability to help and to heal, they also have the capacity to hinder, to hurt, to harm, to humiliate, to belittle and make others feel uncomfortable, particularly through the use of **swearing**, **name calling**, or **labelling** ourselves and/or others based on physical characteristics or race.

For many, swearing is considered to be “*lazy or an impulsive language*” used when words fail us or when we get frustrated. The frequent and prolonged use of swear words in conversation might also be the sign of a weak vocabulary.

Swearing when used in a very aggressive manner, as depicted in many films and some forms of rap music, is considered **violent language** as the intent is to bully, demean, frighten, intimidate, or control another person. Such behaviours are also attempts to gain power in order to control and intimidate another into submission. Any form of violence whether verbal or physical has no place in our Frayne family.

The same can be said about **name calling** and the **labelling** of others based on physical features or race. Such practices are completely at odds with the teachings of Jesus. To quote the great American civil rights leader, Martin Luther King: *We should all be judged not by the colour of our skin but by the content of our character.* Dr King’s statement reminds us that all people, regardless of race, should be judged by what they do and who they are rather than how they look.

This aspiration is also reflected in our College values of respect, justice, compassion, hospitality and excellence which are constant reminders of how we are expected to behave and conduct ourselves within the Frayne community.

Unfortunately, I have noted instances which are at odds with our College values due to some making inappropriate use of words such as the ‘N-word’ and ‘bitch’. While trying to justify their actions for reasons related to family culture, they sometimes forbid others who do not share the same heritage while granting a form of ‘permission’ to some. Others have then taken to using these terms because they have overheard students who share the same cultural background using them towards each other and believe that this gives them ‘permission’ to do the same.

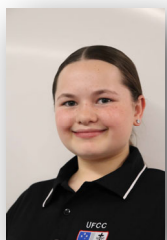
**Let’s be clear, these words and similar are never to be spoken at Frayne irrespective of whether they are used at home or in social settings outside of school or we hear people of a particular race or culture referring to each other using such words.**

*As a learning and faith sharing community, centred in Christ* we reject the premise that one’s race, occupation, gender, family background, natural intelligence, or skills determine one’s dignity and worth. Since each of us gathered here is made in the image of God, the innate worth of every person is fundamentally equal and therefore we are all deserving of dignity and respect. In fact, we are all part of God’s original masterpiece...and that is not just words!

Frayne is a wonderfully diverse and inclusive community in which all are welcome. Today affords us with the opportunity to reflect on our individual and collective responsibilities for ensuring that we remain faithful to our ideals and our values are a lived reality and not just words on a piece of paper! I have every confidence that we can rise to this expectation.

## CONGRATULATIONS

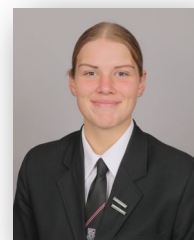
Well done to Celeste Brown (Year 12) who has been selected to represent WA at the National State Water Polo Championships. This is Celeste’s third time selected onto the State team. Congratulations Celeste!



We congratulate Josephine Scott (Year 7) who has been selected onto the WA State Team for squash to compete in the Australian Junior Championships on the Gold Coast in September. Best of luck Josephine!

With regards and best wishes.

**Mr Geoff Mills**  
**Principal**



## Chaplain's Reflection

### THE ASSUMPTION OF THE VIRGIN MARY

The feast of the Assumption of the Virgin Mary (15 August) recalls our faith in the Resurrection of Christ and reminds us that our final destination is Heaven. Blessed Mary, at the end of her life on earth was taken up to Heaven in Body and Soul

Pope Francis reveals to us that Mary's secret is humility: "It is her humility that attracted God's gaze to her. The human eye always looks for grandeur and allows itself to be dazzled by what is flashy. Instead, God does not look at the appearance. God looks at the heart and is enchanted by humility. Humility of heart enchants God. Today, looking at Mary assumed into heaven, we can say that humility is the way that leads to Heaven. The word "humility" comes from the Latin word *humus*, which means "earth". It is paradoxical: to arrive on high, into Heaven, what is needed is to stay low, like the earth! Jesus teaches this: "he who humbles himself will be exalted" (Lk 14:11). God does not exalt us because of our gifts, because of our wealth or because of our skills, but because of humility. God loves humility. God lifts up those who humble themselves; he lifts up those who serve. Mary, in fact, attributes no other "title" except servant to herself: she is, "the handmaid of the Lord" (Lk 1:38). She says nothing else about herself, she seeks nothing else for herself".



It should give us much joy and hope to know that Mary is waiting for us in Heaven. Pope Francis reassures us that these are not just beautiful words but it is the truth. "It is not a well-crafted, beautiful ending, a pious illusion or a false consolation. No, it is pure reality, living and true as Our Lady assumed into Heaven. Let us celebrate her with the love of children, let us celebrate her joyfully but humbly, enlivened by the hope of one day being with her in Heaven! And let us pray to her that she may accompany us on our journey that leads from Earth to Heaven".

*Fr Jesus Bello, College Chaplain, Duncan Street Campus*

## Junior School Awards

Congratulations to the following students on receiving awards on 10 August 2023:

<b>3R</b>	Dante D'Auria-Povia Grace Kargbo Makeila Nyaanga Bodhi Szigligeti	<b>3W</b>	Charlie Birch Kha Nguyen Le Vivienne Leslie Raul Morais Paz	<b>Japanese</b>	Year 3 Year 4 Year 5 Year 6	Florence Bong Joaquin Croft Monardes Rachael Deering Ethan Vergara
<b>4R</b>	Katherine Bunt Zachary Lim Ava Savy	<b>4W</b>	No Awards Given	<b>Italian</b>	Year 3 Year 4 Year 5 Year 6	Alayna Merredew Amelia Iannantuoni Grace Burke Freya Whitehouse
<b>5R</b>	Skye Brodie Madison McGrath Emmett Sammels	<b>5W</b>	Liam Terenciuk Jayden Jia Jun Wong			
<b>6R</b>	Landon Collier Annika King Freya Whitehouse	<b>6W</b>	Joseph D'Addario Aimee Joseph Evelyn Newman			

### AUSSIE OF THE MONTH

Congratulations to Dominic Newman (5R) who was announced as the Aussie of the Month for August.

Dominic is a reliable and dedicated student who wears his uniform with pride and is an excellent role model for his peers. He embraces and displays the College core values daily and treats others with hospitality, respect and compassion. Dominic always tries his best to improve the standards of his work. He takes pride in the presentation and content of his work and always strives for excellence. Dominic is a self-motivated and diligent worker, who asks for assistance when necessary and is always available to help others. He can always be counted on to do tasks independently both in and out of the classroom. Dominic is a conscientious student who works collaboratively with others and makes thoughtful contributions to class discussions. He always has a positive bubbly attitude. Dominic's behaviour is exemplary and sets an example for others to follow. His teacher, Miss Van Woerden says that it is a pleasure to teach such a delightful student.



*Miss Sabrina Del Rosso, Acting Assistant Head of Junior School*



## Catholic Performing Arts Festival Update

Frayne is mid-way through the Catholic Performing Arts Festival, and results have started to roll in. Congratulations to the following acts who have received accolades. The Catholic Performing Arts continues, and we look forward to more fantastic performances and results soon.

<u>ACT</u>	<u>AWARD</u>	<u>SECTION</u>
Flute Ensemble	Outstanding	Instrumental Ensemble (Woodwind)
Saxophone Ensemble	Excellence	Instrumental Ensemble (Woodwind)
Liturgical Chorus	Excellence	Secondary Sacred Choral Music
Youth Chorale	Merit	Secondary Sacred Choral Music
Clarinet Ensemble	Merit	Instrumental Ensemble (Woodwind)
Percussion Ensemble	Merit	Instrumental Ensemble (Percussion)
HONK!	Merit	Secondary Musical

We wish all those still to perform the best of luck.

**Mr Matthew Hall**  
Learning Area Coordinator, The Arts



*Liturgical Chorus performing at St Mary's Cathedral under the direction of Ms Erin Bussanich*

## Write a Book in A Day Competition

Last Friday 67 of our students across Years 7-12 competed in the annual *Write a Book in A Day* competition, a nation-wide initiative that aims to engage students in a creative and collaborative challenge to write and illustrate a 3500-5000 word book in a single 12-hour period, all the while raising money for the Kids Cancer Project, helping to fund critical research into new treatments for childhood cancer.

The library was abuzz with enthusiasm and creativity, and it was great to see so many students embrace the challenge head-on with some outstanding leadership and teamwork emerging within each team.

As of this moment, our students have collectively raised over \$9,000 for this important cause which is an amazing effort on their part!

Special recognition should go to Ella Galbraith, Hannah Toh and William Osnain who raised over \$500 each! The fundraising links are still open until the books are judged in September and winners will be announced. These links can be found in the Frayne News dated 28 July, [click here](#) to go to the newsletter.

If you would like to read the final books, please click on the book titles below to read this year's creations and admire the illustrations by our very talented students:

*The Dawn of Eden* - Al Dente (formerly The Doots)  
*The Treasure of Rottnest* - The Book Baristas  
*The Hidden Garden Down the Alley* - The Illiterati  
*A Gnome's Day Out* - Bazookin  
*The Hunt for Rammie Ruby* - The Rammies  
*Boxes* - The Chronicles  
*Noia* - Eunoia: The Beautiful Thinkers

**Miss Tenille Walsh**  
English Teacher

## Highly Stung & Sung Concert

FRAYNE ARTS PRESENTS

A MMADD PRODUCTION

**LIVE MUSIC**

*Highly Stung & Sung*

**A celebration of String and Choral music**

**Appearances by**

<b>Balmoral groups</b>	<b>Duncan groups</b>
Junior Strings	Chamber Strings
Junior Liturgical Chorus	Liturgical Chorus
Junior Chorale	Youth Chorale
	College Choir

**Duncan Street Campus GYMNASIUM**

**Thursday, 31 August 2023**

**6PM - 7PM**

**Free Entry**

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

Refreshments available from 5.45pm, provided by the Friends of Frayne.

## Friends of Frayne News

### BALMORAL CAMPUS SCHOLASTIC BOOK FAIR...THIS MONTH!

Frayne Community we need you! Book Week is fast approaching and Friends of Frayne is proud to host the Scholastic Book Fair at the Balmoral Campus from Mon 21 August to Wed 23 August (before and after school).



To run the Book Fair successfully we need volunteers for each session, and we'd love your help!

We are using a new, user-friendly system to sign up as a volunteer. To add your name to the roster, simply click on the following link, enter your email (you do NOT need to register for SignUp.com), choose your day and time slot, and it will update automatically and send you a confirmation. Too easy!

<https://signup.com/go/gBfZRTV>

Note: SignUp does not share your email address with anyone.

We look forward to working with our volunteers and helping your children choose some wonderful books and goodies.

### HIGH TEA TIME FOR YEAR 1 MUMS

Thank you to Year 1 Class Coordinators, Leanne Loveless, Emma Brown and Kim Gardiner for arranging a lovely High Tea Event for our Year 1 Mums, it was a wonderful turn out at The Haven in the Westin Hotel for a fun-filled afternoon.



Friends of Frayne

## From the College Psychologist



### Respectful Resolutions

Each fortnight College Psychologist Kim Thuijs shares information about how to effectively manage conflict in relationships.

*Great for parents to read and share with students!*

*Students can access past articles on student portal!*

Click here for Part 2:  
Problem Solving





## Are You Interested?

Canning Districts Historical Society Inc Presents...

# Woodloes Heritage Open Day

**10 September 2023 | 10 am - 3pm**

**ENTRY FEE**  
\$2.00 per person  
**ENJOY A DEVONSHIRE TEA OR SAUSAGE SIZZLE IN THE GARDENS!!**

**DISPLAYS**  
Vintage Fire Engine  
Model Ships  
Restored Vintage Engines  
Vintage/Classic Cars  
Restored Handtools  
Spinning wheels and spindles

**FREE GUIDED HERITAGE TRAIL WALK (BOOKING REQUIRED #)**

**FREE KIDS ACTIVITIES**  
KIDS HERITAGE GAMES AND CRAFTS

**FREE PERFORMANCE**  
The Enchantaed bells  
~Handbell ringing duo~

**FREE TALK & EXHIBITION**  
~Its All in the Groove~  
Learn about the history of sound recording!

**DISPLAYS**  
Plant Stall  
Vintage Gramophones  
Bric-a-Brac Srtall for Perth Childrens Hospital

**View the lovely homestead & gardens and step back in time!**

# For walk bookings please visit our facebook page for details and links  
Woodloes Homestead - Canning Districts Historical Society

**39 Woodloes Street, Cannington**

Made with PosterMyW



## 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.

**BOOKING DETAILS**

☎ 08 9251 5777  
✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)  
📄 <https://www.trybooking.com/CJFMK>



**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

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