



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 23 / TERM 3 WEEK 5 / 18 AUGUST 2023

College Tours

Monday
11 September

Duncan Campus
9.00am

Balmoral Campus
11.30am

See our College
website to book a
tour.

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>



The Gold, Silver and Bronze medallists from the Year 10 Dance, judged the best over the 5 weeks of lessons.

From the Vice Principal

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

YEAR OF EXCELLENCE

In the words of Catherine McAuley, foundress of the Sisters of Mercy, excellence involves us *striving to do ordinary things extraordinarily well*. This quote is not just relevant in our Year of Excellence but as an ongoing challenge to us personally and as a community. We have many opportunities to be grateful at Frayne and should endeavour to recognise these each day. An appreciation for the 'ordinary things' that support and nurture our students throughout their learning journey, both in and out of the classroom should be celebrated.

The holy day of obligation within our Catholic Tradition on Tuesday to recognise the Assumption of the Blessed Virgin Mary aligns to the challenge to do the ordinary things extraordinarily well. Mary's life is an example of someone sincerely living her faith on a daily basis, 'doing the ordinary things' that has an extraordinary impact on future generations. It is not about needing to be the first or the best, rather Catherine McAuley challenges us to use our gifts and talents to the best of our ability to achieve our potential. This will enable us to reflect God in our daily interactions and hence be of service to self and others.

There are many other ways that each of us can demonstrate *ordinary things in an extraordinary way*. It can be simple gestures such as our consideration of others at drop off and pick up times, our disposal of litter on and off College grounds, using our manners to acknowledge the service of others and completing tasks to the best of our ability.

May our community continue to embrace the opportunities to *do ordinary things extraordinarily well*.

From the Vice Principal cont...

NATIONAL SCHOOL IMPROVEMENT (NSI) CLIMATE SURVEY

Earlier this week you would have received an email about the National School Improvement (NSI) Climate Survey. This is an important instrument to assist the College to receive feedback from all members of our community. As part of our professional learning day today, staff will complete the survey with students in each of the sub-schools having the opportunity to complete it next week. The summary of feedback from all sectors of our community will enable the College to acknowledge and celebrate the wonderful aspects of Ursula Frayne Catholic College. It will also provide valuable information for our growth to ensure we continue to best meet the needs of our students and wider community.

I would strongly encourage all of our parents to complete the survey prior to Friday 25 August.

CONGRATULATIONS

We congratulate the following students on their recent achievements:

Michelle Lee (Year 10) received a Highly Commended in the Years 7, 8, 9 and 10 General Art category at the Angelico Art Exhibition for her piece 'Flowers In Vase'. You can see Michelle's and other students artwork on display at the Forrest Centre, 221 St George's Terrace until 25 August between 9am-5pm. This Saturday, 19 August, they also have an opportunity to view between 1.30-3pm



Wesley West (Year 11) represented Frayne last weekend in the final of the Speaking for Faith competition and gave an impressive performance. The talent and skill displayed by all the finalists was exceptional.

With regards and best wishes.

Mrs Jessica Bouwman
Vice Principal

Chaplain's Reflection

WORLD YOUTH DAY IN LISBON

Pope Francis was in Lisbon, Portugal, for World Youth Day (WYD) with more than 1.5 million young people from all the parts of the world. WYD is a worldwide encounter with the Pope celebrated about every three years in a different country. Saint Pope John Paul II started it in 1985 when he called the young people from the whole world to gather in Rome to celebrate their faith and to be strengthened to witness Jesus in the world.

At 86 years old, Pope Francis showed no sign of slowing down in his very busy visit to Portugal which he jokingly said "WYD makes me young again". He visited the Shrine of Our Lady of Fatima, where he left his officially prepared homily (a thing he did often during this visit) and spoke straight from the heart, focusing on Mary's trust in God. The Pope also said that the Church is for everyone: "Please, let us not convert the church into a customs office where only the "just," "good," and "properly married" can enter while leaving everyone else outside. No. The church is not that, rather it is a place for righteous and sinners, good and bad, everyone, everyone, everyone."

In the final Mass of WYD, Pope Francis said to the young people: "You have great dreams, but often fear that they may not come true; sometimes you think that you are not up to the challenge, which is a kind of pessimism that can overcome us at times. As young people, you may be tempted at this time to lose heart, to think you fall short, or to disguise your pain with a smile. As young people, you want to change the world – and it is very good that you want to change the world – you want to work for justice and peace. You devote all your life's energy and creativity to this, but it still seems insufficient. Yet, the Church and the world need you, the young, as much as the earth needs rain. To all of you, dear young people, who are the present and the future, yes to all of you, Jesus now says: "Have no fear", "Do not be afraid!". He knows each of your hearts, each of your lives; he knows your joys, your sorrows, your successes and failures. He knows your heart. Today, he says to you, here in Lisbon, at this World Youth Day: "Have no fear, take heart, do not be afraid!"



Fr Jesus Bello
College Chaplain, Duncan Street Campus

Preparatory School Awards

Congratulations to the following students on receiving awards on 17 August:

PPR	<u>Merit</u> Olivia Volgger Georgia Mann Georgia Cleland <u>Environment</u> - Aryn Ju	PPW	<u>Merit</u> Aston Scurria Ula Day <u>Environment</u> - Lucy Falconer		
1R	<u>Merit</u> Tamsin Workman Bastian Bernhardt <u>Environment</u> - Hayden Loveless <u>Uniform</u> - Stella D’Alonzo	1W	<u>Merit</u> Teo Lim Charles Holbrey <u>Environment</u> - Mitchell Szigligeti <u>Uniform</u> - Sriyan Manfire	1G	<u>Merit</u> Luke Casey Abigail Barker <u>Environment</u> - Carter Vanpraag <u>Uniform</u> - Harper Pilgrim-Younger
2R	<u>Merit</u> Amelia Desta Nathaniel Wieman <u>Environment</u> - Darcy Maxfield <u>Uniform</u> - Matilda Sharkey	2W	<u>Merit</u> Isla Kelly Ryan Kelly Rohan Iyer <u>Environment</u> - Lily Sammels <u>Uniform</u> - Ashton Sciortino		

AUSSIES OF THE MONTH

Avery Tan (PPW)

Avery is a kind, caring and hardworking student who is a joy to have in Pre-Primary White. Her beautiful smile and thoughtful nature make her a well-loved member of our classroom family. Avery is always polite and respectful to other students as well as her teachers. She is a quiet achiever who tries her best at all times. Avery shows resilience and perseverance when tackling new concepts and can be relied upon to focus on given tasks and work independently. Your performance in our assembly was superb. Avery you are a superstar and we love seeing your friendly face walk into Pre-Primary White every day. You are truly deserving of this Aussie of the Month Award.



Skyler Workman (1R)

Skyler is a fantastic role model in the Preparatory School. She is an asset in 1R due to her caring and gentle nature. Skyler is a considerate student who continuously remembers to use her manners. We love how she greets her teachers politely in the morning and takes the time to look after her friends in the playground. In class, Skyler tries her hardest and asks for assistance where necessary. She shows great sportsmanship and is always proud and supportive of her classmates. Skyler takes pride in her appearance and wears her uniform with a big smile. Congratulations Skyler you are a deserving recipient of this award.



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 3:
Assertive Communication



Highly Strung and Sung Concert - NEW VENUE



FRAYNE ARTS PRESENTS

A MMADD
PRODUCTION

LIVE MUSIC

Highly Strung & Sung

A celebration of
String and Choral music

Appearances by

Balmoral groups
Junior Strings
Junior Liturgical Chorus
Junior Chorale

Duncan groups
Chamber Strings
Liturgical Chorus
Youth Chorale
College Choir

Please note
change of
venue

**Balmoral Street Campus
Balmoral Hall**

**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

SENIOR SCHOOL FATHERS' DAY EVENT

Are you an early riser? If you are, we would love it if you could help us out with our Senior School Fathers' Day event on Friday, 1 September on the Duncan Street Campus. We are looking for 3-4 parent volunteers to help plate up and set up for the Fathers' Day event at 7.00am. If you can give us a hand for an hour or two, please send us an email at friendsoffrayne@ufcc.wa.edu.au



PRE-PRIMARY DAD'S NIGHT OUT

Thank you to the Pre-Primary Class Coordinators and their husbands for organising a great night out for the PP lads. It looks like it was a lot of fun!

KINDY MUMS 'GUESS THE COCKTAIL' NIGHT OUT

Wow this looked like a fun night out. Thank you to the three Class Coordinators, Alana Harper, Georgie Nash and Courtney Ishiguchi for organising this event at Lot 20 in Northbridge!



PRE-PRIMARY COFFEE CATCH-UP

Coffee catch-ups are always a great way to catch-up outside of the school campus. Thank you to the Pre-Primary Coordinators Natalie Lum and Clare Vivanca Thacker for organising a morning at Green Bunch for the Pre-Primary parents.



THE BOOK FAIR

Who is excited to visit the book fair next week? We can't wait to see all the children that come through. Here are the details that you need to know:

- The book fair is open Monday 21 - Wednesday 23 August.
- The opening times are 8:00-8:30am and 3:15-3:45pm.
- The book fair is a cashless event. Sales will be via Eftpos only.



Thank you very much in advance to all of our wonderful volunteers - we appreciate you!

Friends of Frayne

Are You Interested?



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)

EAST FREMANTLE YACHT CLUB

DISCOVER SAILING DAY



Scan here to register



SUNDAY 10 SEPTEMBER 9AM - 12PM

Bring a friend down & try:

- keelboat sailing
- stand up paddling
- dinghy sailing
- meet our coaches
- explore the club
- stay for lunch

...and more

Open to Public!

All boats and safety equipment are provided by the Club. All you need to bring is clothes and shoes you don't mind getting wet, sunscreen and a hat.

Are You Interested?



Protective Behaviours

South East Metro Parenting Support Services

For Parents and carers of Children 3-12 years
1-session Online program

Workshop Overview
 Equip your child with the language and principles of protective behaviours.

These can help children identify unsafe situations and arm them with the tools to either seek appropriate assistance or protect themselves, as you can't be with your children 24 hours a day.

BOOKINGS DETAILS
<https://ProtectiveBehavioursArmadale.eventbrite.com.au>

DATES
 Monday
 28 August 2023

TIME
 10.00am - 12.00pm

LOCATION
 Armadale Library
 Armadale Central
 Shopping Centre
 Shop 64 / 10 Orchard
 Avenue, Armadale

COST
 Free

CRECHE
 Not available

Supported by
 **COMMUNICARE**
 CREATING FUTURES

 **54 reasons**
 Part of the Save the Children Australia Group

 **Library**
 CITY OF Armadale

Are you an Olympian in the making?

Discover your potential at the **WAIS Talent Search**
on Saturday 09 September 2023

As we gear up for the home Olympic Games in 2032, we are looking for the next generation of Western Australian athletes. If you are aged between 13 and 18, you can test your potential to be successful in rowing, sprint kayak and cycling.
Location: WAIS High Performance Service Centre, Mt Claremont | **Contact:** tgatti@wais.org.au

ROWING

Do you enjoy the challenge of training and racing hard?

- Long levers
- High overall strength and endurance capacity
- General toughness and appetite to challenge yourself with hard training

SPRINT KAYAK

Love the water with a desire to become strong and powerful?

- High overall strength and explosive power
- Good middle distance speed and endurance (<5 min)
- Coordination, balance and ability to learn new skills

CYCLING

Want to go fast and discover your power?

- Lower body strength
- Lower body explosive power
- Very good endurance capacity

Sign up using the QR code



wais

23-30 August 2023

Open Nights

Explore your future with an undergraduate degree from Murdoch.

MU Murdoch University



Nursing
 4.30 – 8.00 PM
 23 August 2023



Sciences, Information Technology, Engineering & Mathematics
 5.30 – 8.00 PM
 24 August 2023



Business, Law, Education and Humanities, Art & Social Sciences
 5.30 – 8.00 PM
 29 August 2023



Health and Education
 5.30 – 8.00 PM
 30 August 2023

For more information and to register:
murdoch.edu.au/events

CRICOS Provider Code 00125 | TEQSA Provider ID: PRV12163 (Australian University) | CASE010373



EXPLORE ETWELL ST

We're bringing Etwell St to life with a series of fun pop-up events. Explore at your doorstep, have fun with your community and support local business!

For full details visit viepark.info/Etwell



 **VICTORIA PARK**