



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 24 / TERM 3 WEEK 6 / 25 AUGUST 2023

Duncan Street Campus Parents

A reminder that parents are to meet their child at the Front Office if they need to be collected during the school day. Students will complete their sign-out process at Student Services and meet their parents in the Front Administration area. Parents are not able to go directly to Student Services or other parts of the campus during school hours.

Mrs Jessica Bouwman, Vice Principal

Senior School Father's Day Liturgy and Breakfast

If you are a father, grandfather or significant male of a Year 10, 11 or 12 student and wish to attend the Liturgy and Breakfast next Friday 1 September, please make sure you have booked your tickets by 8.30am next Monday, 28 August. For catering purposes, we need to provide numbers on Monday. Book at:
<https://www.trybooking.com/CKNVQ>

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>



As part of Book Week on the Balmoral Street Campus the students got together with their 'Buddy' class to read a story. From these smiles it was a big success!

From the Principal

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

THE FISHERMAN AND THE BUSINESSMAN

I recently came across the following Brazilian story entitled *The Fisherman and the Businessman* that I would like to share with our community.

Once upon a time, there was a businessman who decided to take a break from his busy schedule and relax on a beach in a small Italian village. As he sat there, he noticed a fisherman rowing a small boat back to the harbour. The boat was filled with a few large fish.

Curious, the businessman approached the fisherman and asked, "How long does it take you to catch so many fish?" The fisherman casually replied, "Oh, not so long."

Perplexed the businessman wondered aloud, "Why don't you spend more time fishing to catch even more?" The fisherman smiled and said, "This amount of fish is enough to feed my entire family and share with my neighbours."

Curiosity getting the best of him, the businessman asked, "Well, what do you do for the rest of your day?" The fisherman happily answered, "After I catch my fish by late morning, I go home to spend time with my family, kiss my wife, and play with my kids. In the afternoon, I take a nap and enjoy reading. In the evening, I go to the village to have a drink with my friends, play the guitar, sing and dance into the night!"



Justice | Hospitality | Excellence | Compassion | Respect

From the Vice Principal cont...

Now wearing his entrepreneurial hat, the businessman saw the opportunity to offer some advice. I have a PhD in business, and I can help you become even more successful. You should spend more time at sea and catch as many fish as possible. Once you have saved enough money, buy a bigger boat to catch even more fish. Eventually, you can expand and establish your own company. Build a production plant to can the fish, control distribution, and move to the city to oversee your other branches."

Curious the fisherman asked, "And after that?" The businessman chuckled, "After that, you can live like a king! Take your company public, sell the shares, and become rich!"

Still curious, the fisherman asked once more, "And after that?" The businessman laughed, "Well, after that you can retire comfortably. Move to a house by the sea, wake up early in the morning to go fishing, spend time playing with your kids, kiss your wife, take a nap in the afternoon, and join your friends in the village for a drink, play guitar, and dance into the night!"

Baffled, the fisherman replied, "But isn't that what I'm already doing?"

The moral of this story is to be content with what we have. Do we really need to constantly strive for more? Remember, stress is often a choice. There is joy and peace to be found in simplicity.

With regards and best wishes.

Mr Geoff Mills, Principal

Chaplain's Reflection

MARY QUEEN OF HEAVEN

The feast of Mary Queen of Heaven falls on 22 August, one week after the Solemn Feast of Mary's Assumption. This feast was instituted by Pope Pius XII in 1954 because: "From the earliest ages of the catholic church a Christian people, whether in time of triumph or more especially in time of crisis, has addressed prayers of petition and hymns of praise and veneration to the Queen of Heaven. And never has that hope wavered which they placed in the Mother of the Divine King, Jesus Christ; nor has that faith ever failed by which we are taught that Mary, the Virgin Mother of God, reigns with a mother's solicitude over the entire world, just as she is crowned in heavenly blessedness with the glory of a Queen".



Mary's Queenship is a consequence of being in union with her son in heaven and in communion with God. This title sheds light on her important intercessory role in the Christian life. From heaven, she participates in God's love for the world. She watches over us, her children; who turn to her in prayer to thank her or to ask for her maternal protection and her heavenly assistance. Honouring Mary as Queen does not take anything away from Christ's glory but rather we praise him even more by recognising the great work God has done in her and through her. Pope Emeritus Benedict XVI held that devotion to Mary as an important element of our Christian spiritual life, and he encourages us to pray to her: "Gazing upon her, let us imitate her faith, her full openness to God's plan of love, her generous welcoming of Jesus. Let us learn to live from Mary".

Hail, holy Queen, Mother of Mercy. Pray for us.

Fr Jesus Bello, College Chaplain, Duncan Street Campus

Fr Rob Galea Visit

This week our Senior School students had a visit from Fr Rob Galea, a Catholic Priest and contemporary singer/songwriter. He spoke to them about not being afraid to embrace life. We often want to do something BUT we are too embarrassed, scared about what others will think or just think we can't do it. If we get rid of the BUTs and excuses and have a relationship with God, we are more willing to give things a go and reach our full potential. Fr Rob spoke about his turbulent youth growing up and how he has turned his life around with his faith and love of Jesus. His lasting message was "Do It Scared" ...things might be scary to do, but do it anyway.

*Ms Mary McGonigle
Community & Events Officer*



*Fr Rob with Ms Sarah Quin (Head of Ministry),
Mr Josh Stock (Learning Area Coordinator, RE)
and Year 12 Ministry Prefects*

Year 10 Dance

Last week night the College Gymnasium was turned into a grand ballroom for the Year 10 Dance. Students had participated in Ballroom Dancing lessons throughout Term Three in Physical Education. The night was the culmination of these lessons, and the students looked fantastic and danced the night away.

Congratulations to the following winners and Runner Ups:

Hucklebuck	Winners: Charlotte Holbrook and Deaven Kadarusman Runners Up: Hannah MacDonald and Marco Trajcevski
Disco Groove	Winners: Ava Carbery and Bay Bruce Runners Up: Malika Senseri and Ethan Geerlings
Cha Cha Cha	Winners: Hannah Thomas and Luca Di Bartolomeo Runners Up: Chloe Peek and Oscar Gardner
Square Rumba	Winners: Suraiya Steele and Christian Oee Runners Up: Grace Pearson and Ruairi Harvey
Progressive Jive	Winners: Penny Gater and Daniel Kim Runners Up: Nazret Beyene and Max Hellmuth
Jive	Winners: Cara Zappia and Harrison Cassidy Runners Up: Kate Polinelli and Tim Green
Tango	Winners: Charlotte Glynn and Samuel Osnain Runners Up: Jasmin Legge and Dylan Noble



Over the course of the five weeks, the Dance instructor, Brenda, also selected students with the best improvement, involvement and positive attitude to dance. Congratulations to:

Bronze Medallists	Madeleine Soo and Juliano Scarvaci
Silver Medallists	Mia Gonzalez and Li Sheng Ooi
Gold Medallists	Philippa Mansaray and Euan Macapagal

Thanks to the many staff who supported the evening. Particular thanks to Mrs Paula Szymenderski and Mrs Tatum Feilder, along with the Year 11 Certificate II in Hospitality class, and the Year 11 Cluster Prefects for their support in the food and beverages on the night. Also to Ms Mary McGonigle for organising many of the logistics in terms of payments and decorations.



Also to Mrs Danielle Griffiths (Xavier Cluster Leader) and Miss Chloe McGinnity (McAuley Cluster Leader) for their support.

Mr Adam Waddell, Siena Cluster Leader

Australian Defence Force Career Advisor Tour

I was fortunate to be selected as one of seven WA career advisors to attend the Australian Defence force tour last week. I flew to Canberra on Thursday 17 August and returned to Perth on Sunday 20 August. During the tour we visited Royal Military College, Duntroon to learn about army officer training before attending the Australian Defence Force Academy Open Day learning about all of the requirements for study there. It was amazing to listen to the lived experiences of current students and also graduates who had gone on to work in a variety of positions across the services, including in specialised commands such as cyber warfare and space command. If you are interested in finding out more about opportunities in the Australian Defence Force please let me know or go to ADF Careers online: <https://www.adfcareers.gov.au/>

Mr Michael Openshaw
VET, Workplace Learning and Careers Coordinator



*Mr Openshaw with Drill Wing
Sergeant Major Warrant Officer
Class 2, Charles Allan, at Royal
Military College, Duntroon*



Attending the ADFA Open Day

Languages Expo

Open to ALL families in our College community.

Come along for what is a a wonderful family event.



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.

The Mercy Works Car Wash is Back!

Organisers: Siena Cluster Student Leaders
Date & Time: Saturday 16 September from 8:00am to 12:00pm
Location: Duncan Street Campus Car Park (Front of the College)
Details: Students will wash cars for a donation. All proceeds will go to Mercy Works

On Saturday 16th September, Siena students and staff will be hosting a drive-in car wash. This student led initiative aims to raise donations for Mercy Works; a community development organisation that aims to work with and support vulnerable people in Australia and neighbouring countries.

Members of the community are invited to drive and park their cars in the Front Staff Car Park (Duncan Street) where Siena volunteer students will wash your car for a donation. While they are washing your car, you can have a coffee or tea at a refreshments table set up on the day or do your Saturday grocery shopping across the road.

The Car Wash is conveniently held the morning after the Vinnies Tough Night Out!

We are looking forward to seeing you and your vehicles from 8.00am – 12.00pm on Saturday 16 September.

Thanks again for supporting us with this!

Mr Josh Bumbak, Homeroom Team Leader, Siena Cluster



Images from the 2021 Car Wash



UFCC Vinnies 'Tough Night Out' 2023

Our College is involved in Vinnies WA's 'Tough Night Out' fundraiser and sleepout this year on Friday 15 September.

The event will raise funds and awareness for youth homelessness in Perth and funds go to support Passages Youth Engagement Hubs.

More information can be found here:

<https://www.vinniestoughnightout.org.au/about>

Our involvement will see a group of students and staff completing the sleepover at school and smaller groups of students completing the challenge from home. There will be challenges, Christian reflection activities, guest speakers, food, games and much, MUCH more!

We have launched our fundraising efforts and we need your help!



Here is a link to our fundraising page: <https://www.vinniestoughnightout.org.au/fundraisers/UrsulaFrayneCatholicCollege>

You can donate to the College or to an individual student or staff member to support their efforts in supporting the most vulnerable youth in Perth.

Please give generously and share our fundraising link on your social media account to create greater exposure and ultimately raise more money to support homeless youth.

Mr Isaac Ramshaw-Attard

Teacher / UFCC Vinnies Group Coordinator



Friends of Frayne News

BALMORAL STREET CAMPUS SCHOLASTIC BOOK FAIR AND PRIZEWINNERS

It's been a busy week for all involved in the 2023 Scholastic Book Fair on the Balmoral Street Campus and it was a wonderful success. Just over \$1000 in benefits to our school will be enjoyed as a result of the Book Fair and we hope all the students are loving their new book purchases.

We extend a huge THANK YOU to Samantha Swain, our Scholastics Book Club Coordinator, for leading the way with this year's Book Fair, along with Aimee Hamer, Balmoral Street Campus Coordinator.

Thank you also to our parent volunteers for your time at each session - April Sacco, Georgie Nash, Natasha Spiewak, Emma O'Kane, Karen Rogers, Dayna Gallacher, Gemma White, Amy Poon, Tracy Velle, Cynthia Croft and Nicola Iannantuoni.

We were given 10 books to give as lucky draw prizes for students who attended the Book Fair, congratulations to both our Junior and Preparatory School winners -

Junior School: Jasper, Annika, Thomas, Bodhi and Pippa

Prep School: Elijah, Mia, Leah, Aiden and George



ENTERTAINMENT APP

Have you got your Entertainment Membership yet? We'd love your support!

The entertainment book has moved into the 21st century and is now a super handy app. On average the discount is 25% and that includes restaurants, JB HiFi, Hoyts, Apple, BCF, Woolworths and many, many more.

You can purchase your entertainment book, which is valid for 12 months, here:

<https://subscribe.entertainment.com.au/fundraiser/8436y0>

Friends of Frayne



Are You Interested?



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?



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



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



THE UNIVERSITY OF WESTERN AUSTRALIA



INTERNATIONAL SPACE CENTRE

SEP 27-29
Three Immersive Days
EZONE @ UWA
2023 Years 9-10
\$330pp (GST inc)
Catering Included

WORKSHOPS AT UWA INCLUDE

- Zero Gravity and Access to Space
- Make Your Own Rocket with UWA Aerospace
- Plants for Space Workshop
- Who Owns the Moon - Space Law and Conundrums

INDUSTRY VISITS TO

- Woodside's Robotics Lab to visit NASA's Valkyrie Humanoid Robot
- European Space Agency's West Australian Deep Space Network, New Norcia (optional)
- UWA's Zadko Observatory and Space Situational Awareness Node, Gingin (optional)

PANEL DISCUSSION
Industry experts from NASA, Woodside, and Fugro SpAARC

 **APPLY HERE**

Admissions limited. An application is not a confirmation of placement. Successful candidates will be contacted by 8 September. Program subject to change. Not an overnight camp.

International Space Centre
isc@uwa.edu.au
6488 7748

ADMISSIONS NOW OPEN
for September **2023**

SPACE BOOT CAMP

HURRY! APPLICATIONS CLOSE MONDAY 4 SEPTEMBER
SPACES ARE LIMITED



Launch your career in space!

 Australian Space Agency
 Fogarty Foundation



Tee-Ball

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)



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.





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) | CASE0103733



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