



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 25 / TERM 3 WEEK 7 / 1 SEPTEMBER 2023

Languages Expo

Friday 8 September

6.00-8.30pm

Duncan Campus College Gym

Open to ALL families in our College.

Come along for what is a wonderful family event.



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>



Celebrating Family Day on the Balmoral Street Campus

From the Principal

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

ALL IN THE FAMILY

This week we celebrated **Family Day** on the Balmoral Street Campus and Senior School **Fathers' Day Liturgy and Breakfast** on the Duncan Street Campus. These two very special events, together with our annual Middle School **Mothers' Day Liturgy and Morning Tea**, remind us of the importance of family in our lives.

The family is the foundation of society. It is the foundation of society and is central to social life. It is the place where different generations live together and experience affection, solidarity, appreciation, unselfish commitment, help and justice. Indeed, the Universal Declaration on Human Rights, Article 16 states that 'the family is the natural and fundamental group unit of society and is entitled to protection by society and the state.'

God created us as social beings so that no person would have to live alone. Human beings are by our very nature designed for family. And Jesus himself was born into a specific family, with parents who showed him affection and love and raised him. With this act God gave the family a unique value.



From the Principal cont...

Children flourish in the culture of family life based on high ideals and good relationships. It is in the family that individuals can show and learn that mutual respect, justice, dialogue, and love are more important than anything else for a successful coexistence.

It is in the family that mutual giving of self on the part of parents creates an environment of life in which children 'develop their personalities, become aware of their dignity and prepare to face their unique and individual destiny' (Pope John Paul II in *Centesimus Annus*). He continues: 'The first and fundamental structure for *human ecology* is the family, in which people receive their first formative ideas about truth and goodness and learn what it means to love and be loved, and what it actually means to be a person.'

We should all love our families, even if they annoy us at times! Through the good and the bad, we can always count on our family to be there to welcome us because they love us for who we are and will support us through everything.

STAFFING MATTERS

Jess Goodhill, husband Sam, and son Jack welcomed Liam Samuel (3.7kg) into their family on Friday 25 August. We extend our congratulations and best wishes to the Goodhill family.

We wish **Olivia Vallis** and her fiancé Dylan all the very best for their wedding which takes place tomorrow. May it be a beautiful day for them and the start of a wonderful future.

With the unexpected departure of **David Smoult** from the College for personal reasons, **Amy Cunningham** has accepted the invitation to co-ordinate the SWD Program on the Balmoral campus until the end of the year. In addition to this role, Amy will continue providing literacy support (0.6) in tandem with **Angela Puglia** who will assist during Term 4.

Amy and Angela both bring a great deal of professional expertise and experience to their respective roles, and we thank them for generously taking on these new responsibilities to ensure that our most vulnerable students continue to be well supported.

I am sure that you will join with me in congratulating Amy and Angela on their respective appointments and extend to them our prayerful best wishes as they prepare to embark on this next phase of their professional journeys.

CONDOLENCES

It is with sadness that I advise of the sudden and tragic death in a car accident of **Christopher Gibson**, much-loved son of our pre-primary teacher **Christine Gibson**.

As you can appreciate, this is a deeply distressing time for Chris, Allen and their family. In times of grief the prayers, love and support of our very strong Frayne family will be of great comfort to them.

As a father of four, Christopher's passing will no doubt leave a void in his family and we extend our heartfelt condolences to the Gibson family at this difficult time. As such, I ask that we take a moment to pray for Christopher, Chris & Allen and their families.

*Eternal rest, grant to him O Lord and let perpetual light shine upon him.
May he rest in peace. Amen.*

With regards and best wishes.

Mr Geoff Mills
Principal



Chaplain's Reflection

FATHER'S DAY

This coming Sunday is Father's Day. Let us thank God for the gift of our fathers and let us be graceful to them for all the things they do for us. Let's also pray for all fathers that God will give them wisdom and strength to guide their children in love towards our heavenly Father.

Christ called God 'Father', especially in the most important or challenging moments of his life. He teaches us to do the same because we have been given a spirit of adoption which allows us to consider ourselves his children. Then, we too can call God 'Father' and pray the 'Our Father' prayer that is the cornerstone of our prayer life. Pope Francis stresses how important it is to feel like that to pray: "It's through this Father that we receive our identity as children. And when I say 'Father' this goes right to the roots of my identity: my Christian identity is to be his child and this is a grace of the Holy Spirit".

Fathers have a great responsibility to love and to correct their children. It is not easy, but God comes to help them showing them how a father loves, forgives and corrects always with mercy. Many fathers came for our liturgy and breakfast this morning and all received our thanks and respect for what they do. We reflected on their hard work and we prayed that God will give them the grace to love their children as God does with us.

*God our Father, bless all the fathers in the world.
Guide them to be good role models and loving to all their children.
Help them to be a father like you are.
Give them grace and patience to handle situations in a loving way.
Grant this through Christ our Lord. Amen.*

Fr Jesus Bello, College Chaplain, Duncan Street Campus



Preparatory School News

MINI FACTION CAPTAINS

The Year Two class teachers, Mr Nguy and I were delighted that so many students self-nominated for the role of Mini Faction-Captain last week. It was wonderful to see the eagerness they showed in putting themselves forward and having a go. We certainly heard some very well thought out speeches/presentations. Well done everyone!

Congratulations to the following students who were elected by their peers to be our Mini Faction Captains for 2023.

Blue (Edmund Rice):	Stella Healy and Lily Sammels
Gold (Clare Buggy):	Messina Nicholas and Hugo Bell
Green (John Bosco):	Chriswin Tony and Ashton Sciortino
Red (Catherine McAuley):	Nathaniel Wieman and Oscar O'Neill

As 'Mini Captains' they will enjoy some of the responsibilities associated with their role next week leading up to our Sports Carnival on **Thursday 7 September**. This includes helping Mr Nguy set up the necessary sport equipment for the Year Two games during Physical Education lessons as well as initiating further practice at lunch times amongst students.

During the Carnival they will be encouraged to be active in the Faction Bays by leading the cheering, assisting the teachers and setting an example of expected behaviour for other students to follow.

Ms Sabrina D'Cruze, Head of Preparatory School

COMING SOON FOOD ORDERS FOR FRAYNE DAY

Keep an eye on your SEQTA notices early next week for all the details about the food options for Frayne Day.

2 Weeks Until the 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

Frayne has officially surpassed the amount fundraised last year!

Last year, the team total came to \$13,360.
Today, two weeks out from the event, the team is sitting at \$13,799.



Vinnies
**Tough
Night
OUT**

Annette Geikie

Congratulations Grace. Such a worthy cause and you should be proud. Love Nanny and Poppy
xxx



Vinnies
**Tough
Night
OUT**

Anne McGonigle

Well done to all participants, what a wonderful way to raise awareness of youth homelessness.



Vinnies
**Tough
Night
OUT**

Popo And Koung Koung

Hi Indi, A very worthy cause. Some people have very tough lives; thanks for helping out.



Vinnies
**Tough
Night
OUT**

Chantell McGaffin

Have fun Abbey, Have fun, You're a beautiful person We love you xx



Vinnies
**Tough
Night
OUT**

Judi Johnston

Well done Hope. We're proud of you for participating in this worthy cause.



Vinnies
**Tough
Night
OUT**

Trish Pearson

Always proud of the way you think of others and want to help those less fortunate than yourself.

From the College Psychologist

HELPING A FRIEND - MENTAL HEALTH FIRST AID FOR ADOLESCENTS

Adolescence is a turbulent time. It can be like a rollercoaster of emotions and tricky situations. It's a time where students may start to pull away from parents and family and start to lean more on their friends.

Whilst we want to encourage our students to have supportive relationships with each other sometimes they may find themselves where they feel the need to be a counsellor or therapist to their friends.

We have developed the following resource Helping a Friend which will be available on the Student Portal, to assist students understand the steps that they can take if worried or concerned for a friend.

I encourage you to read this resource and to discuss with your son/daughter the steps that they would take if they found themselves feeling the need to support a friend through a tough time.

Miss Kim Thuijs
College Psychologist



Helping a friend in need

It can be hard to know what to do when a friend is going through a tough time. Use this guide to help you navigate through tricky times.

Things to do

- Encourage them to talk about what's going on (how they feel, what they're thinking, what they're doing differently). You can use the 'Check In' App to learn how to have this conversation
- Let them know that you're there to listen without being judgmental.
- Be the friend you've always been. Hang out together. Just being there can really help.
- Tell your friend that there may be times that you don't know how to, or are unable to help and that in those times they may need to call a support line or talk to an adult.
- Look after yourself. If you're giving up sleep, enjoyable activities or study time to help your friend this is only going to stress you out more.
- Talk to your family and/or supportive adult to get support in helping your friend. Your Homeroom Teacher or Cluster Leader is a good place to start.
- Call your friend's parents or ambulance if you have concerns for their immediate safety and wellbeing.



"Mental Health First Aid is about providing support until the appropriate support can arrive"

If a friend broke their arm you wouldn't be the one to do the surgery. You would help them get to a medical professional to access appropriate treatment.

It's the same when a friend is experiencing emotional and mental difficulties. Your role as a friend is to listen and be there and help them speak to a trusted adult to access appropriate support.



"Put your oxygen mask on first before helping others"

There's a reason this is said in every emergency briefing on an aeroplane. It's important to look after yourself to make sure that you are safe enough to look after others.

"Safety is more important than confidentiality"



If you are concerned for a friend's safety, but they have told you not to tell anyone, it's important to tell an adult straight away so that they can access the right support. Some support lines are provided below.

Important Numbers

Kids Helpline 1800 55 1800

Headspace 1300 737 616

Lifeline 13 11 14

Mental Health Line 1800 011 51

Friends of Frayne News

2024 YEAR 7 PARENT INFORMATION NIGHT / HIGHLY STRUNG AND SUNG EVENING / SENIOR SCHOOL FATHERS' DAY BREAKFAST

And Breathe! It has been a busy week with events across both campuses and for Friends of Frayne providing support to these wonderful events.

Thank you to Duncan Campus Coordinator Patricia Gabb, and Middle Sub-School Coordinator Natalie O'Brien for supporting the Year 7 Information evening held on Wednesday night.

The much anticipated Highly Strung and Sung was held on Thursday evening at the Balmoral Campus, and today the Senior School Fathers' Day Breakfast at the Duncan Street Campus.

Thank you to everyone who has worked tirelessly through one of the busiest weeks on the Frayne calendar. Special shout out to Maria Nicolosi, Rebecca McAdam, Chiemi Vyner, Melissa West, Aimee Hamer, Nicola Iannantuoni and Christina Mandanici for your time helping at these events.



PRE-PRIMARY MUMS' HIGH TEA

Doesn't the high tea at Decanter look like a fun way to spend the afternoon? Thank you to the wonderful Class Coordinators Natalie Lum and Clare Vivanco Thacker for organising a most enjoyable Mums event.

NEXT MEETING

Our next meeting is next Wednesday 6 September @ 7.00pm, in-person at the Duncan Street Campus.

If you are interested in joining in but unable to attend in person, we are aiming to have you join online.

To register your online attendance please email Friendsoffrayne@ufcc.wa.edu.au by COB Tuesday 5 September.

Friends of Frayne

Are You Interested?

VacSwim

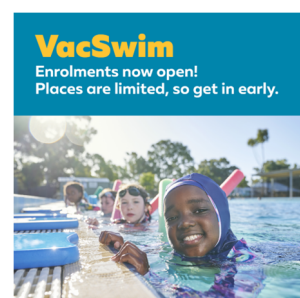
Primary school

Enrolments are now open for VacSwim swimming lessons during the summer school holidays. VacSwim offers fun lessons at beach or pool locations. They are a great school holiday activity and they teach valuable safety skills to help keep your child safe in the water. Enrol at education.wa.edu.au/vacswim

Secondary school

If your child has turned 14 years old, or will be turning 14 years in the same calendar year of the course, you can enrol them in VacSwim so they can get their Bronze Medallion during the summer school holidays. They'll learn advanced survival, rescue and resuscitation skills to help keep them and others safe in the water.

Enrol now at education.wa.edu.au/vacswim



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.

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- 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**



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Launch your career in space!


PATHWAYS TO YOUR FUTURE




Careers Day

Explore alternative career and study paths beyond university and TAFE.

Join us on Sep 16, 1pm-4pm at Vic Park Community Centre to connect with young entrepreneurs, innovators, creatives, and changemakers.

More information: purposeful.org.au/careers-day-vic-park



🌸 **Spring** 🌸 **School Holiday**
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