



# URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 30 / TERM 4 WEEK 3 / 27 OCTOBER 2023

## Balmoral and Duncan Group Photos

On Thursday 9 November, the Balmoral Group photos will be taking place, along with the Duncan Groups who were held over from the previous group photo day. The schedule will come out next week.

### **BALMORAL GROUPS**

JS Chorale / JS Liturgical Chorus  
Junior Band / Junior Strings  
Sound Beginnings Band  
CPA Dance - F-Troupe  
Interschool Swimming, Athletics and  
Cross Country Teams

### **DUNCAN GROUPS**

Joachim, MacKillop and Rice Cluster  
Captains and Prefects  
Years 8/9 Eagles School Boys' Cup  
Champions  
Year 10 Boys' AFL Carnival Champions  
Year 7 Girls' SASJ Netball Champions  
Middle Boys' High School Cup Netball  
Champions  
Lower Boys' High School Cup Netball  
Runners-Up  
Junior Girls' Interschool Squash Champions  
Senior Girls' Interschool Squash Champions  
Senior Boys' Interschool Squash  
Runners-Up

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*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.*

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[admin@ufcc.wa.edu.au](mailto:admin@ufcc.wa.edu.au)

<https://www.ufcc.wa.edu.au>



## From the Principal

*Students enjoying 'Your Move' Day at the Balmoral Street Campus where they were encouraged to walk to school and not just be dropped off at the gate!*

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

### **A FINAL WORD ON BEHALF OF THE CLASS OF 2023**

The student Executive Leadership Team – Lucy Crowley, Max Lim, Zara Pearson and Robert Nicolosi delivered their final address at the Year 12 Farewell Assembly on Thursday, 19 October. The following is an abridged version of their final words of advice based on their experience at Frayne.

*A famous lyric from the song Dreams by The Cranberries goes, "My life is changing every day, in every possible way" – a lyric that I think resonates with every Year 12 student right now. For the past 14 years each of us have gone to school for 10 weeks a term, for four terms and now it is coming to an end. Graduation, as it stands, marks the end of one stage of our lives, where we have been surrounded day in and day out by our friends, family and teachers and the beginning of the next one, whether that is going to Uni or an apprenticeship or taking a gap year or simply figuring out what you want to do day by day.*

*Our parting message goes out to you, the students of UFCC who still have many years to go. Make the most of your time at school because it will fly. Our utmost piece of advice is to do what you enjoy and pursue your passion. Get involved. This school has so many opportunities for you to enjoy and the Class of 2023 is a testament to that – from academics, music, sports, dance and community activities. Push your boundaries and exit your comfort zone as we can guarantee that it will make you a more rounded, better person. Never stop learning, as many of the staff will tell you, 'Learning is a lifelong journey' and they are right. Furthering yourself requires being open to collaboration and new experiences, confronting uncomfortable situations and moving outside of the safety of our comfort zones.*

## From the Principal cont...

*We want to emphasise a key idea that has been at the heart of our journey this year. You've probably guessed it already - it's "excellence", a word we've heard countless times throughout the year. But we would like to ask you something: Have you reached your goals this year? Have you experienced a sense of fulfillment, a moment when you were genuinely content with the effort you put into something? Take a moment to reflect on this. Have you thought to yourself, "Yes, I've accomplished something"? Well, that's fantastic! Keep it up. Excellence is not just a one-year focus; it's a lifelong pursuit we should all strive for.*

*When we use our gifts and talents, we become active contributors to the betterment of our society. We're no longer just observers; we're active participants in shaping the world around us. This could mean exceeding in your chosen sports, excelling in academic subjects, or participating in school clubs, depending on your year level.*

*And for our extraordinary Class of 2023, you are the future musicians who will share your melodies, the upcoming scientists who will advance knowledge, or the potential teachers who will impart wisdom. Even if your path isn't exactly what I've described, each of you will contribute to the growth and progress of our society through the use of your unique gifts and talents.*

*So, make the most of every last second, savour the little things, and perhaps even take the scenic route home. As Ferris Bueller wisely said, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."*

*We wouldn't be here without the people around us. They say it takes a village to raise a child, and within Frayne we couldn't think this to be any truer. Thank you to our teachers and all the staff who have imparted us with your wisdom and knowledge, treating us with respect and comforting us when we need. To our friends, thank you for always being supportive and a shoulder to lean on. I'd also like to take the opportunity to recognise the efforts and dedication of all of our families.*

*Now that we've grown into our uniforms and the school bag that once seemed so big it would drown us to not having enough room to fit all of the books, we need to take home, it's time to say goodbye. To all the other students in front of me, know that this will be you someday soon, and you will miss it if you don't take every chance to apply yourself and make the most out of opportunities that present themselves. Seize everything you can and remember to always be kind to others. As the student body, you make Frayne the place it is, and it has been an honour and a privilege to serve as your Student Executive Team for 2023.*

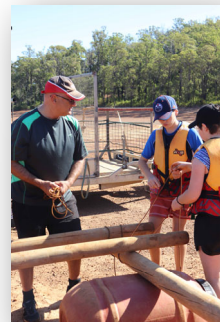
## WORLD TEACHERS' DAY

World Teachers' Day is held internationally on Tuesday 5 October. As it usually falls during the school holidays in many parts of Australia, World Teachers Day is held on Friday 27 October. It is a day to acknowledge the important and sacred work that teachers do in our school in helping to form the minds and hearts of our young people.

This day recognises that teaching is so much more than a job. It is a vocation that requires skill, passion, dedication and flexibility to adapt to an ever-changing world. Teachers in Catholic Schools have the added privilege and responsibility of inviting our young people to encounter the Catholic World View and to enter dialogue with learners from all faith backgrounds and traditions, providing a safe space to inquire and experience their spiritual self.

It is also important to remember that although this is a day which recognises the impact of teachers, that there are many other adults within our *learning and faith sharing community, centred in Christ* who play a large part in the education of our young people and support teachers in their role as educators. As such, teachers and mentors are vital in shaping lives, providing knowledge, guidance and support along the educational journey of the students in our care.

World Teachers' day is therefore the perfect time to stop, reflect and say thank you for the significant role all staff play in improving student outcomes and shaping their lives for future success as Frayne Graduates.

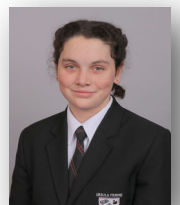


## CONGRATULATIONS

Well done to Lucy Barker (Year 8) who has been nominated for the South Perth Volunteer of the Year Award. We wish Lucy all the best for the nomination with the awards to be announced at the end of November.

With regards and best wishes.

**Mr Geoff Mills, Principal**





## Chaplain's Reflection

### HOLY WINS

The feast of All Saints on 1 November, celebrates the lives of many men and women, known and unknown, who lived holy lives and are now rejoicing in Heaven. On 2 November, we celebrate the feast of All Souls and pray for all the people who have died but are not yet in Heaven. These people, the Church teaches us, are in Purgatory, that is "the state of those who die in God's friendship, assured of their eternal salvation, but who still have need of purification to enter into the happiness of Heaven".

These feasts come to make us think about something we'd rather not want to think about: death. Death is something real and each one of us will have to face it one day. Pope Francis said: "A culture that forgets death begins to die within...he who forgets death has already begun to die. Death comes as a slap in the face to our illusion of omnipotence. It teaches us throughout life to engage ourselves with mystery. This gives us confidence to jump into the void and to realise that we will not fall, that we will not sink, and that there is always Someone there to catch us. Remember, if death is not to have the last word, it is because in life we learned to die for one another."

Death can bring fear and anxiety into our lives because we can see death like a monster that comes to devour us. Now, it is easy to understand that people will dress up as monsters, zombies, skeletons and evil pumpkins. But this is not how the Church celebrates this time. We celebrate that Christ dying for us on the cross and rising to new life, has defeated death and His victory is also for us. Death is no longer a monster but as St Francis used to say "sister Death" that comes to bring us to Heaven. We celebrate that 'Holy Wins' always; that all men and women who live holy lives share in the victory of Christ and arrive to eternal life in Heaven.

We are also called to discover that 'Holy Wins' in our life and that God has power over all our fears, problems and sins. Let us pray together with all Saints, for all our brothers and sister in Purgatory, so that one day we will meet together in Heaven.

*Fr Jesus Bello*

*College Chaplain, Duncan Street Campus*

## Vinnies Christmas Appeal

This term the College will participate in the St Vincent's Christmas Appeal. Each class in the primary and each Homeroom in the secondary will be given a list of items to be collected for a Christmas hamper. The goods will be collected over the next six weeks and handed over to the local conference of St Vincent de Paul to distribute to those in our local community who need help and support this year. As per last year we ask that you consider this as a gift to a friend and check the use by dates before donating. Please note we have nowhere to store perishable items or chocolates so please do not include these in your donation.



Thank you for your support of this important appeal.

*Vinnies Young Leaders on Duncan Street and the Balmoral Liturgy Group*

## Junior School Interschool Athletics Carnival

On Thursday 26 October, students from Years 3-6 participated in the Interschool Athletics Carnival Division A at the WA Athletics Stadium. The students competed extremely well all day against 7 other strong schools. At the end of the day we finished in 8<sup>th</sup> position but are proud of the effort displayed by the members of the team.

Thank you to all the students for their hard work and preparation leading up to the carnival and their participation on the day. A big thank you to all the staff who helped, especially to Mr Gallagher, Mr Chui, Mrs Broadbent and Mrs Denholm. Thank you also to the following parents who assisted on the day; Michael and Dale Szigligeti, Mevin and Pritee Moodelly and Ben Whitehouse.

Well done to Bodhi Szigligeti who set a new Year 3 100m record and to Elijah Southwell who set a new Year 6 400m record.

*Mr Son Nguy*

*Physical Education Teacher  
Balmoral Street Campus*



## Friends of Frayne News

### RECOGNISING OUR WONDERFUL COLLEGE STAFF ON WORLD TEACHERS' DAY

In celebrating World Teachers' Day, the Friends of Frayne recognised the efforts of our wonderful teaching staff with some individually packaged cookies.

Additionally, in Term 3 we provided some support for the Australian Teacher Aide Appreciation Week, recognising Assistant and Support staff.

On behalf of all the parents in our Frayne community - a heartfelt thank you for everything that you all do!

Special thanks to Nicola Iannantuoni and Aimee Hamer for coordinating these small gifts.

### 'YOUR MOVE' DAY

Friends of Frayne were very happy to support 'Your Move' today at the Balmoral Street Campus by providing delicious fresh fruit for students. What a fantastic morning, it's great to see so many families inspired to choose the more active option of walking to school. Thank you to Coles East Vic Park for generously donating the fruit for today and to Aimee Hamer for delivery.



### BALMORAL STREET CAMPUS COLOUR FUN RUN

Friends of Frayne are excited to bring back the much loved colour run this year, this time with SLIME!

The events will take place on Thursday 2 November (Kindy Grey and Kindy Red) and Friday 3 November (for the rest of the Balmoral students).

For more information please read the email from the College this week and please don't forget to send a gold coin donation on the day with your children to raise money for the three charities - St Vincent de Paul, Lifelink and Mercy Works.

Please send your child to school in old bathers under their uniform. You'll also want to pack a towel and an old t-shirt, preferably white, to wear over the top of their bathers.

WE NEED LOTS OF PARENT VOLUNTEERS to ensure a fun and safe experience for our children! If you can help out on the day, please pop your name down on the sign up platform below. You'll just need to use your name and email - you don't need to create an account.

Volunteer here: <https://signup.com/go/ampiNPB>

### 2024 FRIENDS OF FRAYNE COUNCIL NOMINATIONS ARE OPEN

Nominations for positions on the Friends of Frayne Council are now open and will close on Friday 17 November 2023. Our Annual Community Meeting is on the evening of Tuesday 21 November at the Duncan Campus.

If you're interested in nominating for a position on the Council including 2024 Class Coordinator roles, please fill out a nomination form and either email to [Friendsoffrayne@ufcc.wa.edu.au](mailto:Friendsoffrayne@ufcc.wa.edu.au) or deliver to the Friends of Frayne box inside the Balmoral Campus office.

[CLICK HERE](#) to go directly to the nomination form.

For information about the various roles on the council please look under "Documentation" via the following link - <https://ufcc.wa.edu.au/friends-of-frayne/>

## Are You Interested?

### ST MARY'S CATHEDRAL

#### *Chorister for a Day!*

Sunday 26 November - 11.00am-2.30pm

Calling potential young choristers to join us and have a go at being a **chorister** for a **day** !! Open to boys aged 6-14 years: come along and see the Cathedral Choir in action at the 11am Solemn Sung Mass, share some lunch and meet up with our choristers, sing with them - and you also get to meet the pipe organ!!

Register at : [music.cathedral@perthcatholic.org.au](mailto:music.cathedral@perthcatholic.org.au)

### *Young Organists Fundraising Recital*

Sunday 19 November - 2.30pm

Support our Young Organists programme as they continue to train in the art of playing the pipe organ and learning about liturgical music. Their **fundraiser recital features** them playing organ solos AND they are joined by some of our young Camerata players!

**Entry by donation**



**LETS PLAY FUTSAL!**

Curtin University Football Club

Curtin Academy is introducing a new Let's Play Futsal program for current members, allowing them to play futsal **every Saturday** from **October 14th-December 16th**, catering to all junior age groups (**8-18**) and participants in each session are limited to 14 only as follows

- Session 1) 11:00 AM-12:00 Noon, for players age/s (8-10)
- Session 2) 12:00 PM -1:00 PM for (11-13)
- Session 3) 1:00 PM to 2:00 PM for (14-18+)

We are pleased to offer our football family the chance to **play year-round football**, promoting better **player development** beyond the four-month home and away season. Futsal programs are **open to all former and existing players**, ensuring they take full advantage of these initiatives and engage in the sport.

The event details and booking can be found on the Curtin Football Team App or the provided links:  
[https://curtinfootball.teamapp.com/clubs/49585/events/22743361-let-s-play-futsal-early-bird-register-now-and-save-30?\\_detail=v1&expires\\_at=1701388799](https://curtinfootball.teamapp.com/clubs/49585/events/22743361-let-s-play-futsal-early-bird-register-now-and-save-30?_detail=v1&expires_at=1701388799)



**Every Thursday 500 to 630  
@ Raphael Park, every age  
welcome**

*Keep coming!!*

*Free Football with Curtin  
University F.C.*

### HEARTKIDS

#### *Volunteers needed for Christmas Gift Wrapping*

We are delighted to be partnering with Cockburn Gateway and Karrinyup Shopping Centre this festive season for their Christmas gift wrapping programs.

**Karrinyup** - Saturday 4 November to Sunday 24 December

**Cockburn Gateway** - Monday 4 December to Sunday 24 December

We are seeking volunteers to help wrap shoppers' gifts for a gold coin donation to HeartKids. To register and select your shifts please click on links below.

For Cockburn Gateways: <https://signup.com/go/fxRKZhr>

For Karrinyup Shopping Centre: <https://signup.com/go/BMvtmAd>



**Good Habits  
Gift Products**

Planted by Benedictine Monks in the 1850s and later gifted to the Sisters of Mercy, MercyCare's Olive orchard in Wembley have stood the test of time. Olives are harvested each year by staff and volunteers, then cold-pressed into high-quality extra virgin olive oil.

This flavour-packed oil is available for purchase, along with quality handmade olive oil soaps, scented with lemon myrtle essential oils.

**100%** of proceeds from Good Habit soap sales go directly to helping refugees develop their own enterprises

Available for pick up at MercyCare 38 Ord Street, West Perth & 4 Brewer Place, Mirrabooka  
Free delivery for purchases over \$100 in the Perth metro area

Purchase here

or phone  
6298 9888

Cold Pressed Extra Virgin Olive Oil \$10

Handmade Lemon Myrtle Soap \$10


Good Habits HANDMADE SOAP 130g

Good Habits Cold Pressed Extra Virgin Olive Oil 100ml

MercyCare



## Are You Interested?



### STEM One Day Workshop

For Years 9, 10, 11 & 12

Inviting students interested in Engineering, Physics, or Mathematics to come and explore engineering and applied science concepts through a series of hands-on and engaging workshops during the school holidays.

The activities are STEM (Science, Technology, Engineering & Mathematics) focused and have been designed and developed by ECU's School of Engineering for their CREATE program.

Through these workshops, students will have the opportunity to engage with multidisciplinary studies relating to a range of different engineering fields, the courses they are aligned to, and the diverse career opportunities they will have the potential to experience as engineers.

Do not miss out on the opportunity to attend these workshops.

**Activities**

- Civil Engineering (Hairy Sand)
- Mechatronics (Automation)

**Dates**  
9, 10 & 11 January 2024  
17 & 18 January 2024

**Time**  
9:15am - 1:00pm

**Location**  
ECU Joondalup Campus, Building 23

**Enquiries**  
E [ec.create@ecu.edu.au](mailto:ec.create@ecu.edu.au)  
P (08) 6304 5009

Register your participation by QR code scan or at [www.trybooking.com/CKMJF](http://www.trybooking.com/CKMJF)

Registrations close 21 December 2023

Creative thinkers made here.

**CREATE**  
Creating Real Engineering and Technology Experiences

Information contained in this flyer was correct at the time of printing and may be subject to change.  
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### Let's Talk Teens

#### South East Metro Parenting Support Service

**For Parents and Carers of teens 12-18 years**

**1-session**

**Workshop Overview**

This single session workshop supports parents to navigate the tricky teenage years.

- Gain more understanding about your teen's world and the changing role of parents.
- Explore the science of teenage development and how to effectively communicate in a way that builds connection and respect.
- Learn strategies that support teens to develop their identity and the skills needed to successfully transition into adulthood.

**DATES**  
Thursday  
16 November 2023

**TIME**  
9.30am - 12.00pm

**LOCATION**  
Riverton Library  
67 Riley Road  
Riverton

**COST**  
Free

**CRECHE**  
Not available.

**BOOKING DETAILS**

☎ 08 9251 5777

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)

🌐 <https://www.trybooking.com/CKWJC>

Supported by

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CREATING FUTURES

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



### 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**  
Monday  
6 November 2023

**TIME**  
6.30pm - 8.00pm

**LOCATION**  
The Castle Youth Centre  
21 Discovery Drive  
Thornlie

**COST**  
Free

**CRECHE**  
Unavailable

**BOOKING DETAILS**

☎ 08 9251 5777

✉ [parenting@communicare.org.au](mailto:parenting@communicare.org.au)

🌐 <https://www.trybooking.com/CKWGC>

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 **CITY OF GOSNELLS**



Scan to register online

**WA Young Salesians SUMMER Camp**

**8-12 January**

**5 Days of fun filled activities from just \$54 a day**

**Camp Coordinator**  
**Graham Maher**  
0478 979 600  
[admin@wayoungsalesians.com](mailto:admin@wayoungsalesians.com)  
[www.wayoungsalesians.com](http://www.wayoungsalesians.com)

**Ages 11½ - 15**

**Early Bird Discount**