



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 33 ISSUE 24 / TERM 3 WEEK 4 / 12 AUGUST 2022

From the Advisory Council

The College Advisory Council met online on Tuesday 9 August 2022.

The Council continued its consideration of options with respect to capital development planning for the College.

Mr Richard Miles
College Advisory Council Chair

Frayne Day is coming! Thursday 22 September

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



Yesterday the Year 8 students enjoyed some time away from their studies with a social outing to Zone Bowling in Cannington. From the smiles on everyone's faces they certainly enjoyed their time!

From the Principal

Dear Parents, Students and Friends of Ursula Frayne Catholic College

A GOOD NIGHT'S SLEEP

Sleep is our primary source of recovery and should be held in very high regard when it comes to ensuring our health and our families' health. We all know how we feel if we don't get enough sleep. Tired, lethargic, and unmotivated. If we have repeated nights of insufficient rest, fatigue will build and build until you become sick and unable to engage in regular day-to-day activities.

Nights where we have had a bad sleep are inevitable. It is normal for our sleep to suffer when we are stressed at work, at school, have a newborn, or many other reasons. If it can be avoided, try not to engage in any high intensity exercise when you are not adequately rested. In these situations, you are encouraged to listen to your body to develop good physical awareness and body honesty that help you notice how you are waking up every day. Pay attention to your body and be honest with yourself – if you need to rest, do so.

Sleeping means **getting enough sleep**. How much sleep, varies among people. The number of hours you sleep is not as important as how you feel when you wake up. If you do not feel refreshed, you probably need more sleep.

Poor sleep can also affect emotional and social interaction and increase the risk of developing disease and depression. Make sure to get a good night's rest where possible.



From the Principal cont...

Link Between Sleep Quality and Learning

Before a major assessment or presentation in school, you've probably given your child the classic advice to get a good night's sleep.

Implicit in that recommendation is the recognition that sleep empowers effective thinking and school performance. Research strongly suggests that sleep helps learning and memory in two distinct ways. First, a sleep-deprived person cannot focus attention optimally and therefore cannot learn efficiently. Secondly, sleep itself has a role in the consolidation of memory, which is essential for learning new information.

However, the importance of sleep goes beyond just the night before a test or an exam. Getting consistent sleep is vital for children and adolescents who are experiencing significant brain development. Without enough sleep, children and teens can have problems with attention, memory and problem-solving. Sleep deprivation can also contribute to emotional issues and behaviour problems that may affect academic achievement.

Sleep needs vary by age. The American Academy of Sleep Medicine (10 September 2020) has recommended that children aged 6–12 years should regularly sleep 9–12 hours per 24 hours and teenagers aged 13–18 years should sleep 8–10 hours per 24 hours.

Making sleep a priority is important for children to succeed in school. Understanding the causes and consequences of poor sleep and knowing how to address it can allow us to help children and teens in their academic pursuits.

It's natural for you to want to do all that you can to support your children in school. Given the importance of sleep for academic performance, promoting good sleep is a pillar of your child's learning.

If sleeping is problematic, better sleep often starts by first discussing sleep habits and the benefits of sleep. Recognising the value of quality rest for everyone in the family can be a jumping-off point for practical steps to improving sleep.

Top Tips for a Good Night's Sleep

The "The Fathering Project" (November 2021) published the following suggestions for age-appropriate discussion in relation to this important area of daily life.

- **Sleep is our best source of recovery.** Sufficient sleep boosts our immunity, muscular recovery and cognitive function. Make sure to rest adequately after a restless sleep.
- **Be aware of your own body.** Listen to your body. Notice how much rest and recovery you are getting. Pay attention to your body and its signs. Neglect can lead to injury. Ensure you are getting at least six (6) hours sleep a night.
- **Be consistent and maintain a routine and rhythm.** Try to go to bed and wake up at the same time every day. Set a good example and get kids into the routine too.
- **Ensure you spend time in natural light.** This helps to promote melatonin production in the body which tells you when to sleep and when to wake up.
- **Reduced blue light exposure in the evening.** Blue light from electronic devices tricks your brain into thinking it is still daytime which impacts your sleep.
- **Find time to relax and clear your mind before sleep.** For example, read a book, listen to relaxing music, deep breathing or meditation.

THANK YOU

On behalf of Sabrina D'Cruze and myself, I write to extend our appreciation for the lovely gifts arranged and presented to us by the Friends of Frayne in acknowledgement of International Principals Day 2022. We were both very surprised by this very thoughtful but unexpected gesture. It is such a privilege to serve such a wonderful community in which there is such a strong desire for all students to flourish.

STAFFING MATTERS

Yesterday we farewelled **Gillian Watson** (Administration Officer – Balmoral Street Campus) who is leaving for family reasons. We extend our thanks to Gillian for her contributions to the College during her tenure and wish her well as she embarks on the next phases of her personal and professional journeys.

We also welcome to the College, **Lee-Ann Bradshaw**, who will be undertaking a range of administrative roles within the College into next year.

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



Catholic Schools' Performing Arts Festival

The festival is well under way and Ursula Frayne students have been performing over the last week including some of our vocal and flute students. Congratulations and thanks to all students that have participated so far. We have received news of some awards this week from Catholic Arts in the area of singing performances:

MERIT - Maia Whyte, Sharmmia Phungtan, Cayleigh Freeth and Kiara Gabb

Thanks to Mrs Gabb for this lovely photo of our vocalists.

Ms Judy Davies-Moore
Learning Area Co-ordinator, The Arts



Junior School Awards

Congratulations to the following students on receiving awards on 11 August:

3R	Sophia Bilan Thea Osborne	3W	Clementine Jones Zachary Lim	Italian	Year 3 Year 4 Year 5 Year 6	Naoise Ryan Lucas Yu Matilda Miles Jake Bergl
4R	Emmeline Chui Jonathan Desta Sage Parnell	4W	Lucinda Freeth James Holzheimer Alana Nguy	Japanese	Year 3 Year 4 Year 5 Year 6	Ezra Escalante Jonathan Desta Elsie McDonald Sunny Beston
5R	Charley Ashman Jenelia Moodelly Emanuele Olivieri	5W	Marcus Chambers Akeesha Ranawaka Katherine Wibawa			
6R	Conor Fraser Skye Fraser Aaran Miller Leo Nam	6W	Delina Desta Akiwa Fort Jaimie Girgenti Arius Lahooti-Strand			

Certificates of Academic Excellence

Congratulations to the Middle School Academic Award Winners for Semester 1 who were presented with their certifications at the Middle School Assembly. The Academic Awards are given in recognition of students' achievement and are a reflection of their commitment and application to their studies.

Year 7	Annabella Abraham Sarsha Davison Emmett Fantasia-Serve Xavier Kong Harry Morgan Andre Ty	Yash Aggarwal Trinity Doulis James Galvin Navenna Kumarapeli Erin O'Callaghan Josh Vergara	Erin Arena Keely Dwyer Holly Hotchkin Anatasia Lam Kam Cheung Srisarvesh Raju Thomas Webb	Nicola Caratti Emily Elgueta Tenielle Jabonete Ramirez Marian Lone Koena Sajani Jeshua Williams	Cian Clogher Levi Escalante Mitchell Kinsman Perth Macapagal Melva Shinto Kadin Zoghbi
Year 8	Giana Augustine Tia Hadarin Molly McDonald Jake Ogle Jessica Spina Oliver Zaffino	Noel Chaves Josephine Handoko Jessica McIntyre Elda Saji Michael Sun	Asha Filmer Robin Hersey Madoc Mulligan Rishab Sharma Alexandra Temby	Cayleigh Freeth Isabel Llapitan Leo Newman Charlotte Silva Jasmin Truong	Charlotte Green Samuel Lowry Claudia Oee Riya Soneji Alyssa Walliss
Year 9	Amelie Adamczyk Ashleigh Callanan Audrey Eszenyi Connie Higgs Max Nguyen Ross Proctor Destiny Sik	Keryl Atim Jonah Chan Oscar Gardner Nam Huynh Li Sheng Ooi Jeremy Rochester Madeleine Soo	Josephine Barnett Alexandra Davison Vasiliki Garganis Michelle Lee Kate Orbinski Christian Rozario Hannah Tenzing	Sofia Bernarte Don Davis Puthussery Orin Gibson Euan Macapagal Grace Pearson Felicity Sawin Riley Wilson	Olivia Braulio Eliz Philip Nihara Mia Gonzalez Tabitha McPherson Kate Polinelli Brendan Scott Harper Yee-Moscufo

Mrs Pauline Bourke
Head of Middle School

ACC Inclusive Indoor Soccer Carnival

What a joy it was to be at the Associated & Catholic Colleges of WA (ACC) Inclusive Indoor Soccer Carnival held at Lords Recreation Centre last Friday, 5 August. It was an amazing day, with 14 schools attending the event; the atmosphere was electrifying, with loud cheering for all teams.

Ursula Frayne made it to the playoff to continue to the final round but missed out by the narrowest of margins. All students, no matter what their ability level was, were able to participate and enjoy being part of a team and playing soccer.

Congratulations to all the students who attended the day; Louis Meow, Sean Schrader, Lachlan Bastin, Joseph Pike, Tayla Souster, Thomas Kaye, Caleb Jansen, Brodie Mailey, Winston Sintara, Cayden Griffin and Josh Lailey. All participated with such wonderful spirit and determination. Their enthusiasm went a long way to making the day such a success and they are to be commended for the way they represented themselves and our College.

Ms Sally Matthews
Education Support Co-ordinator



Friends of Frayne

DUNCAN STREET CAMPUS PARENT CATCH-UP

Thank you to everyone who braved the wet and cold to attend the Duncan Campus Parent Social Sundowner last Friday at the Broken Hill Hotel. Lots of laughs were had and it was a great way to have a chat with both staff and friends. Thanks to Maria Nicolosi and Julie-Anne Simmons for helping to facilitate the event.



BALMORAL CAMPUS BOOK FAIR - PARENT HELP NEEDED!

The Scholastic Book Fair will be open from Monday 22 to Wednesday 24 August - before and after school in the Balmoral Hall.

We still need 1 or 2 more volunteers for each time slot. If you are able to help please contact our Book Fair Co-ordinator, Aimee Hamer, via email - aimeehamer1@gmail.com.

Mon-Tue-Wed Morning Session 8.00am - 8.35am / Afternoon Session 3.10pm- 3.35 pm

DON'T FORGET!

- The only method of payment will be EFTPOS
- Friends of Frayne are running two great competitions - stand by for more details from your Class Co-ordinators.



AUSTRALIAN PRIMARY PRINCIPALS' DAY

With Australian Primary Principals' Day on August 6th the Friends of Frayne took the opportunity to show our appreciation for the great work done by our Principals. We would especially like to thank Mr Mills and Ms D'Cruze for their constant support of our teachers, students, and wonderful Frayne community. We are very lucky to have you both!

Have a lovely weekend!

Friends of Frayne

Are You Interested?

Explore UWA/St George's College Day : Sunday 28 August 10am-3pm

St George's College : Delivering Opportunities for an Exceptional University Experience

In conjunction with Explore UWA Day, St George's College will be open to visitors. Come and join us for tours, music, chats with our residents and speak to staff about living on campus at St George's College.

Explore UWA/STGC Day will be the last opportunity to tour before our Main Application Round closes.

Register your interest/ book at time [here](#).



Girls IN SCIENCE

REGISTER NOW

5:00pm
Doors

5:30pm -
6:30pm
Panel

6:30pm
Networking

Join us, Thursday 18 August, as our experts share insights about careers in science.

Assoc Prof. Asha Bowen
Infectious Diseases Specialist

Prof. Catherine Elliott
Director of Research

Dr Nelly Amenyogbe
Microbiome Research Fellow

Danielle Headland
Aboriginal Research Project Officer

Chevron Science Theatre, Scitech
Scan the code to book your seat or visit:
<https://www.telethonkids.org.au/news--events/girls-in-science/>

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Are You Interested?

CLOVERDALE COMETS

Aged 4 - 12 and looking for a Summer Sport?
We have an **AWESOME** opportunity for you to learn new skills, increase your fitness, make new friends and work as a team!

Cloverdale Comets Tee-ball is located at Redcliffe Park. Our club provides you with team shirts, pants, helmets, bats all the diamond equipment and we are fully insured. Being part of our club, you will get a team photo and trophy at the end of the season. You will get to participate in our end of season wind up *extravaganza*, we have a lot of fun throughout the season with events such as Twilight Games, Hamburger & Pasta nights, discos and not to forget about the adults, a club fundraiser night.

Season:	October 2022 - March 2023 (Christmas Break)
Training:	Tuesday Afternoons
Games:	Saturday Mornings
Mim's:	Kindy & Pre-Primary aged kids new to the game (who are able to listen and participate) register as "MINI'S" and only play Saturday mornings and get a FREE gift which includes a glove!

Tee-ball Registration Days 2022/2023

Any time ONLINE	visit: https://tinyurl.com/Teeball2022-2023
Sunday 28 August	1-4pm *Comets Have a Go Day at Redcliffe Park FREE ACTIVITIES!

Key Dates

Sunday 11 September	Early Registrations close
Tuesday 20 September	Meet your team & coach
Tuesday 11 October	First Official Training Session & Uniforms
Saturday 22 October	First Club Game

REGISTRATIONS NOW OPEN

\$20 DISCOUNT

\$140 per player*
(*If paid in full by 11 Sept 2022. Late registrations \$160 per player.)
All players pay \$30 deposit at time of registration. Mini's only \$120 per player, no discount.

Cloverdale Comets Diamond Sports Association (Inc) ABN: 5480 1468 487
PO BOX 3082 BELMONT EAST WA - Home Ground: Redcliffe Park, 33 Morgan Road, REDCLIFFE
ONLINE REGISTRATION <https://tinyurl.com/Teeball2022-2023>
TEE-BALL Registrar: Dayle 0406791699 registrar@cloverdalecomets.com.au President: Stacey 0415 915 373 president@cloverdalecomets.com.au
SOFTBALL Marie 0431 139 722 psaky@inet.net.au

FUNDAMENTAL SKILLS... FAIR PLAY... FAMILY INVOLVEMENT... FUN !!



SUBSCRIBE

GOS TALKS Free screening event suitable for teens and parents

SCREENAGERS

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Rushton saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time - friction she knew all too well.

In Screenagers the movie, as with her award-winning documentaries on mental health, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics, and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, Screenagers reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

headspace and Helping Minds will be available at the end for questions and information.

Tuesday, 6 September 2022
6.30pm to 8.30pm
Don Russell Performing Arts Centre
13 Murdoch Road
Thornlie

P | 9251 5777
E | parenting@communicare.org.au

Registrations



www.gosnells.wa.gov.au/gostalks-screenagers