



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 6 / TERM 1 WEEK 7 / 17 MARCH 2023



Happy St. Patrick's Day!

To all our Irish, Irish descendants or those who wish to be Irish, we wish you all happiness on St Patrick's Day.

Irish Blessing

*"May the Irish hills caress you.
May her lakes and rivers bless you.
May the luck of the Irish enfold you.
May the blessings of St Patrick behold you."*

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>



Beautiful day for the Junior School Faction Swimming Carnival.

From the Principal

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

SOCIAL MEDIA AND THE TEENAGE BRAIN

Between 2009 and 2019, depression rates doubled for all teens. And that was *before* the COVID-19 pandemic. The question is: *Why now?*

"Our brains, our bodies, and our society have been evolving together to shape human development for millennia. Within the last 20 years, the advent of portable technology and social media platforms has been changing what took 60,000 years to evolve," Mitch Prinstein, the chief science officer at the American Psychological Association (APA), told the Senate Judiciary Committee on 14 February, 2023. "We are just beginning to understand how this may impact youth development."



Cory Turner broke Prinstein's submission down to 10 key takeaways last week:

Social interaction is key to every child's growth and development.

Prinstein said that "children's interactions with peers have enduring effects on their occupational status, salary, relationship success, emotional development, mental health, and even on physical health and mortality over 40 years later. These effects are stronger than the effects of children's IQ, socioeconomic status and educational attainment."

This helps explain why social media platforms have grown so big in a relatively short period of time. But is the kind of social interaction they offer *healthy*?

From the Principal cont...

Social media platforms often traffic in the wrong kind of social interaction.

What's the right kind, you ask? According to Prinstein, it's interactions and relationship-building *"characterized by support, emotional intimacy, disclosure, positive regard, reliable alliance (e.g., 'having each other's backs') and trust."*

The problem is, social media platforms often (though not always) emphasize metrics over the *humans* behind the "likes" and "followers," which can lead teens to simply post things about themselves, true or not, that they hope will draw the most attention.

It's not all bad.

For many marginalized teens, *"digital platforms provide an important space for self-discovery and expression"* and can help them forge meaningful relationships that may buffer and protect them from the effects of stress. In fact, when used properly, social media can feed teens' need for social connection in healthy ways.

Adolescence is a "developmentally vulnerable period" when teens crave social rewards, but don't have the ability to restrain themselves.

That's because, as children enter puberty, the areas of the brain *"associated with our craving for 'social rewards,' such as visibility, attention and positive feedback from peers"* tend to develop well before the bits of the brain *"involved in our ability to inhibit our behaviour, and resist temptations,"* Prinstein said. Social media platforms that reward teens with "likes" and new "followers" can trigger and feed that craving.

"Likes" can make bad behaviour look good.

When teens viewed these same illegal and/or dangerous behaviours on social media alongside icons suggesting the negative content had been "liked" by others, the part of the brain that keeps us safe stopped working as well, Prinstein said, *"suggesting that the 'likes' may reduce youths' inhibition (i.e., perhaps increasing their proclivity) toward dangerous and illegal behaviour."*

In other words, bad behaviour feels bad — until other people start liking it.

Social media can also make "psychologically disordered behaviour" look good.

Prinstein spoke specifically about websites or online accounts that promote disordered-eating behaviours and non-suicidal self-injury, like self-cutting.

Extreme social media use can look a lot like addiction.

"Regions of the brain activated by social-media-use overlap considerably with the regions involved in addictions to illegal and dangerous substances," Prinstein told lawmakers.

The threat of online bullying is real.

Online bullying can take a terrible physical toll, Prinstein said: *"Brain scans of adults and youths reveal that online harassment activates the same regions of the brain that respond to physical pain and trigger a cascade of reactions that replicate physical assault and create physical and mental health damage."*

It's hard not to compare yourself to what you see in social media.

Even adults feel it. We go onto social media sites and compare ourselves to everyone else out there, from the sunsets in our vacation pics to our waistlines — but *especially* our waistlines and how we look, or feel we *should* look, based on who's getting "likes" and who's not. For teens, the impacts of such comparisons can be amplified.

Sleep is more important than those "likes."

Research suggests more than half of adolescents are on screens right before bedtime, and that can keep them from getting the sleep they need. Poor sleep is linked to all sorts of downsides, including poor mental health symptoms, poor performance in school and trouble regulating stress.

Download a complete copy of Prinstein's submission here: <https://www.judiciary.senate.gov/download/testimony-prinstein-2023-02-14>

OR

Read Cory Turner's more detailed summary here (16 February 2023):

<https://www.npr.org/2023/02/16/1157180971/10-things-to-know-about-how-social-media-affects-teens-brains>

CONGRATULATIONS

- Well done to Kilian Roberts (Year 7) who was recently named as the most outstanding Junior Male Wrestler at the Wrestling Australia Awards. The Junior Male Award covers all ages and weight divisions for males under the age of 18 and voting is by the referees present at all the wrestling tournaments conducted the previous calendar year.

With regards and prayerful best wishes.

Mr Geoff Mills
Principal

Chaplain's Reflection

ST PATRICK

St Patrick was born in Roman Britain around the end of the 4th century and died in Ireland about the middle of the 5th century. He is known as the "Apostle of Ireland" and is the patron saint of Ireland. According to an early Middle Age tradition Patrick was captured by pirates at the age of 16 and taken as a slave to Ireland where he lived for 6 years before escaping and returning to his family. In his own country, he studied and become a Catholic Priest and later returned to Ireland and became a Bishop. As a missionary Bishop to Ireland he endured many hardships and faced opposition, even from his friends and fellow Christians. Nevertheless, he worked hard to conciliate, to evangelise and to educate the local people. He is remembered for his simplicity and pastoral care, for his humble trust in God, and for his fearless preaching of the gospel to the very people who had enslaved him in his youth.

Pope Francis said: "His spiritual stamina stirs you, dear young people, to be consistent with your faith; his trust in Christ the Saviour sustains you, dear sick people, in times of great difficulty; and his missionary dedication reminds you, dear newlyweds, of the importance of the Christian education of your children"

St Patrick is said to have died on 17 March, 493, and is buried in the same grave as St Brigid and St Columba in Downpatrick in County Down. "On this beautiful feast of St Patrick, we ask ourselves if we are grateful to God for the gift of faith which has been passed down to us. Do we, like Patrick, use every means to pass on this faith and spread it? Through our trials we become bitter or better. St Patrick became better". (Fr Tommy Lane)

St Patrick, Patron of Ireland, pray for us.

Fr Jesus Bello, College Chaplain, Duncan Campus



Neurodiversity Celebration Week

Last week both campuses came together to acknowledge Neurodiversity Celebration Week.

The week provided an opportunity for students to discover and celebrate their strengths. We had 100 students dancing thanks to Thriving in Motion, and the Year 9 students learnt about following their passions from Kasey, a neurodivergent athlete, from HighFlyers Academy. Students at Balmoral created a collaborative artwork to recognise their individuality whilst Duncan Street students showed off their creative side with an art workshop with Elle-Rose the Artist.



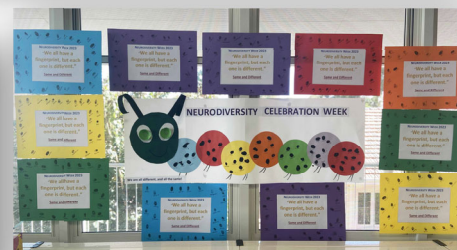
The week culminated in a Parents' and Students' Celebration evening. Students had an opportunity for a Q+A with Occupational Therapists from Rocky Bay, heard from Charlotte Kemp, a neurodivergent author of 'Mummy Will be OK', busted a move at the silent disco, gold panning with Shane Calegari, colouring-in and a photo booth!

The evening was designed around providing parents the opportunity to share in the challenges, beauty and strengths of raising a child who is neurodivergent. Thanks to Chloe Duckworth from Stimmy Things and our brave parents who shared stories of their experiences.



Thanks also go to Friends of Frayne for making the art session possible as well as providing refreshments at the parent evening.

Miss Kim Thuijs, College Psychologist



Notes from the Vice Principal

PARENT/TEACHER INTERVIEWS

Please note Parent Teacher Interviews for students in Kindy to Year 10 will be conducted on **Monday 24 April from 12:30 – 5:00pm**. Further details regarding bookings and locations will be provided via email in the coming weeks.

Parent Teacher interviews are a wonderful opportunity to build the relationship between teachers, parents and students to maximise student learning. The interviews provide time for reflection on Term One and the establishment of strategies to enhance learning for the remainder of the year. Please note interviews will be conducted on campus in a face-to-face format

Students in Year 7 -10 are expected to attend the interviews to develop their reflective practices and take an active role in their own future learning.

WINTER UNIFORM

Please note students will commence wearing the College Winter Uniform from the beginning of Term Two. This includes the College PE Uniform with tracksuit pants for the Secondary students. Please access the College website <https://ufcc.wa.edu.au/uniform-shop-2/> to make online purchases and view other details.

Mrs Jessica Bouwman, Vice Principal

Frayne Jive Band

The Frayne Duncan Campus was rocking to the sounds of the Frayne Jive band yesterday. Our students were treated to a pop-up performance from Year 11 and Year 12 students; Woojin Song, Rob Nicolosi, Wesley West, Brandon Cutler, Ryan Brusic and Sean Vyner. Everyone within Frayne Arts and the Frayne community appreciate and celebrate the hard work, dedication and sheer talent of this group. We cannot wait for your next show!

Mr Matthew Hall, Learning Area Co-ordinator, The Arts



TOUR DAY

29 MARCH 2023

DUNCAN STREET CAMPUS (Years 7-12)

9:00am- 10:00am

BALMORAL STREET CAMPUS (K-YR 6)

11:30am- 12:30pm

Register your attendance via our website.



URSULA FRAYNE
CATHOLIC COLLEGE

Junior School Awards

Congratulations to the following students on receiving awards on 16 March:

3R	Alayna Merredew Mads O'Dea	3W	Oliver Levy Max Sharkey	Italian	Year 3 Year 4 Year 5 Year 6	Hugh Ng Cheong Tin Evelyn Hamer Eloise Hill Matilda Miles
4R	Emily Delane Reuben Gallacher Stella Pieri	4W	James Emery Evelyn Hamer Genevieve King	Japanese	Year 3 Year 4 Year 5 Year 6	Alfie Knight Maya Yoo Lachlan Cikarela Elsie McDonald
5R	Dominic Newman Nakaia Holley Angela Jaison	5W	Grace Burke Elsha Freeth Edrick Tan			
6R	Olivia Gee Elsie McDonald Lucy Openshaw	6W	Brooklyn Fearn-Corfield Alice Kosovich Ethan Vergara			

Health Care Card Tuition & Building Levy Discount Scheme

Eligible cards for the Health Care Card (HCC) Tuition Fee Discount Scheme provide an automatic discount on the Tuition Fees and Building Levy to holders of a means tested family Health Care Card or Pensioner Concession Card. Further information can be obtained from the Catholic Education website: www.cewa.edu.au or calling 6380 5200.

Discounted tuition fee for 2023 is:

- \$300 pa for Primary students (Kindy-Year 6) / \$1500 pa for Secondary students (Years 7-12)

The State Government Educational Program Allowance (EPA, currently \$235), which is part of the Secondary Assistance Scheme, is paid to schools. In effect the fee for eligible Secondary students (Years 7-12) will be \$1,735, less the \$235 EPA, leaving eligible parents to pay \$1,500. The discounted tuition fee does not cover additional charges such as camps, Resources levies and subject levies. For holders of other types of Pensioner Concession Cards, including students, the College's 15% discount on tuition fees still applies as per previous years.

To access the Health Care Card Tuition Fee Discount Scheme, Secondary Assistance Scheme or the College's 15% discount for other Pensioner Concession Card holders, parents/guardians will need to show a valid Health Care Card or Pensioner Concession Card and complete forms at either campus. Secondary Assistance Scheme forms are available at the Duncan Street Campus only.

Concession Card discounts are not on going and need to be applied for each year. Cards that expire mid-year also need to be updated or the discount will only apply until the expiry date on the card. The cut off date to apply is Thursday 6 April 2023.

Mrs Teresa Jaksic, Accounts Officer

Uniform Shop - Booking Dates for April Holidays

Appointments by Bookings Only

To make a booking, please click on the following link: [Uniform Shop Bookings](#)

- Bookings are only for students who need to try on garments. Only ONE student and ONE adult permitted per appointment.
- Please do not make an appointment if you just need to purchase items.
- Please utilise the Online Shop where possible.
- If you cannot make your appointment, please cancel it.

APPOINTMENTS BOOKING DATES - 8.20am-3.00pm (Please note change of date)

- Monday 17 April
- Tuesday 18 April
- Wednesday 19 April
- Thursday 20 April

Normal shop hours resume on Wednesday 26 April

Jann Boere and Deb Lucas, Uniform Shop

Harmony Week Activities Duncan Street Campus

Come to school in cultural dress/outfit for the **WHOLE DAY!**
(Those who have sport bring your sport uniform to change into)

Bring a plate of food from your culture to share during recess at the roof top garden

**Harmony Week
Cultural dress up
Wk 8 Wednesday**

TERM 1, WEEK 8

Celebrating Frayne's cultural diversity with

HARMONY WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homeroom - Art Activity Recess - Morning Melody (Singing in different languages)	Homeroom - Homeroom Quiz Recess - Flashmob	Homeroom - Homeroom Quiz Recess - Cultural Dress & Morning Tea	Homeroom - Homeroom Quiz Lunch - Choir & Musical Performance	Homeroom - Homeroom Quiz : Final Round with winners from Middle and Senior School. Recess - Bubble Tea

HARMONY WEEK

From the Psychologist



Managing Anxiety Series

Each week College Psychologist Kim Thuijs shares brief yet practical tips and tricks to understanding and managing anxiety for students of all ages.

- PART 1** What is anxiety?
- PART 2** Strategies to calm the body
- PART 3** Introduction to Thinking Traps
- PART 4** Thinking Traps - Catastrophising
- PART 5** [Speech and Presentation Anxiety](#)
- PART 6** Test Anxiety
- PART 7** Thinking Traps - Personalisation and Blame



Friends of Frayne News

FRIENDS OF FRAYNE FAMILY MOVIE NIGHT - GET YOUR FAMILY TICKET!

Tickets are selling fast for the family event of the year! Have you got your Family Ticket yet? Jump onto the TryBooking link and get them now so you don't miss out! www.trybooking.com/CGSCH



SUPPORTING THE NEURODIVERSITY EVENT

Neurodiversity Week ended with a bang and a very informative and inspiring evening for parents, held at Duncan Campus. A special thank you to Rebecca McAdam for making the gorgeous and delicious cupcakes and organising such an extensive spread of cheeses and grazing plates. A heartfelt thank you to Maria Pureza Kaye and Annette Newman who helped pull it all together for the evening.



FRIENDS
of FRAYNE



SMALL GRANT APPLICATION - ELLA-ROSE ARTIST FOR NEURODIVERSITY WEEK

The first Friends of Frayne Small Grant Application for 2023 was a sponsorship for an Art Workshop conducted by artist Ella-Rose during Neurodiversity Week. We were thrilled to provide this support with it helping to bring awareness to neurodiversity while celebrating the strengths of people who identify as neurodiverse.



FRIEND-RAISING AND NEW CONNECTIONS!

Thank you to our Year 1 Class Co-ordinators, Kim Gardiner, Emma Brown, Courtney Rigg, and Leanne Loveless for arranging some fun-filled Year 1 Mums' catch ups last weekend at the Vic Park Hotel, Boston Brewing Co. and The Rowing Pavillion in Mount Pleasant. It's the 3rd year being part of the Frayne community for this bubble year group and it's wonderful to see new friendships and connections being made in this new year.



Year 1 White



Year 1 Red



Year 1 Grey

Friends of Frayne Movie Night



minions

THE RISE OF GRU

FRIDAY 31ST MARCH 2023

GATES OPEN 5.30PM | MOVIE STARTS 7.30PM

ENTRY VIA CAMBERWELL STREET GATES (TOP OVAL)

\$15 PER FAMILY

TICKETS ON SALE NOW!

TICKETS, SAUSAGE SIZZLE & LOLLY BAG ORDERS TO BE
PURCHASED ONLINE VIA TRYBOOKING BY WEDNESDAY 29TH MARCH

[HTTPS://WWW.TRYBOOKING.COM/CGSCH](https://www.trybooking.com/CGSCH)

SPONSORED BY



Are You Interested?



Holiday Art for Children

Wednesday 12th April
At

9am - 12pm

or

12:30 - 3:30pm

or both, a whole day of fun.

Victoria Park Centre
for the Arts

12 Kent Street, East Victoria Park
Each 3 hour class is \$60 per child

Age: 7yrs and up
Students BYO Materials, some materials will be supplied.

Please make your booking by
calling Michelle Culnane, on
0404 926 381 or email
Michellensteve70@bigpond.com

Acrylic painting, a Unicorn

9am - 12pm

In this class we will be painting a pastel pink unicorn with a flowing mane, we will be using shimmer paints and some glitter paint, and 3d flowers. A beautiful art work that would look great in a frame or even if you wanted to paint it onto a block mount canvas to hang on your wall.

Acrylic Painting a Beautiful

Abstract sunset over the

ocean

12:30pm - 3:30pm

In this class we will be painting an abstract sunset over the ocean. We will be using gold, copper and shimmer paint as well as our acrylic paints. We will be cutting out leaves for the foreground to create a 3d affect. This will be a

beautiful art work to give to someone special or hang on your wall. It will be lots of creative fun.

Both classes are open to working on individual art pieces. I have a selection of pictures to choose from.

The classes are fun and relaxing. The students can bring a healthy snack with them during these sessions, plus a water bottle.

*If you are coming for the whole day please bring your lunch, water bottle and snacks.

*Friends are also welcome to join even if they don't attend during term!



standing Strong Workshop Series

headspace Cannington in collaboration with MercyCare are hosting a FREE workshop series in Term 2 for young people (Years 7, 8 & 9) experiencing bullying.

The series covers topics such as:

Dealing with conflict
Resilience
Friendships
Communication
Cybersafety

...and includes an end of program celebration!

Afternoon tea and snacks provided.



Thursday 04 May - 08 June

4:00 pm - 5:00 pm

headspace Cannington

(Units 1 & 2, 1468 Albany Hwy)

Please contact headspace Cannington on 9358 9800 or email
reception@headspacecannington.com.au
if you have any issues registering or have any questions.

SCAN ME TO
REGISTER



Autumn School Holiday Workshops with LEGO® Bricks



FUN for the Kids 🤖 More TIME for You

Select School Holiday Workshops

www.Bricks4Kidz.com.au/Perth-Gosnells

SEASON2023



Pre-primary
to Year 2



Year 3 to
Year 12

MODIFIED
& YOUTH

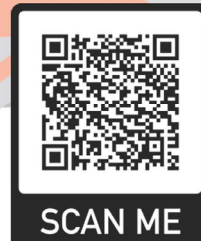
Registrations are now open to
play Junior AFL Football for
Season 2023 with the Belmont
Junior Football Club.

Scan the QR code below for the
correct age group.

Purchase merch from the Team
Web-store (Access with QR
Code).



SCAN ME



SCAN ME

www.belmontjfc.com.au