



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 14 / TERM 2 WEEK 5 / 26 MAY 2023

IMPORTANT

Siblings Year 7, 2025 Intake

The College is currently scheduling interviews for Year 7, 2025.

If you have a child who will be commencing Year 7 in 2025 and haven't yet submitted an enrolment application, you will need to do so by next Wednesday, 31 May 2023.

Congratulations! Honk! Raffle

Thank you to everyone who purchased a ticket to the College Musical Honk!. We congratulate the following who won a prize in the raffle:

- 1st Chantelle Nagamany
- \$150 Coles Myer Voucher
- 2nd Kristy O'Callaghan
- \$50 Boston Brewing Co Voucher
- 3rd Rebecca McAdam
- 2 x Hoyts Movie Vouchers

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>



Students in Education Support enjoyed a reptile incursion today with visitors including snakes, lizards and this very green frog.

From the Principal

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

SOCIAL MEDIA AND THE TEENAGE BRAIN (Part 2)

In last week's edition of the Newsletter we looked at four of the ten key takeaways from a submission to the Senate Judiciary Committee into the effects of social media on the teenage brain. These are:

- **Social interaction is key to every child's growth and development.**
- **Social media platforms often traffic in the wrong kinds of social interaction.**
- **It is not all bad.**
- **Adolescence is a "developmentally vulnerable period" when teens crave social rewards, but don't have the ability to restrain themselves.**

This week we will cover the six remaining "takeaways".

"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 (ie, perhaps increasing their productivity) towards 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.

From the Principal cont...

EXTREME SOCIAL MEDIA USE CAN LOOK ALOT 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 IS 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 is getting the "likes" and who is 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. Not only is poor sleep linked to all sorts of downsides, it includes poor mental health symptoms, poor performance in school and trouble regulating stress.

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>

A FINAL HONK!

As the curtain closes on another successful Musical season at Frayne, on behalf of the College community, I express our gratitude and appreciation to the large team of staff, students, and parents who either performed on stage, in the orchestra or assisted behind the scenes at each performance of *Honk!* This year's Musical has once again showcased the wonderful talents that our students possess and the diverse range of skills and the extraordinary spirit of generosity that exist amongst the College staff and the parent body.

While the production is a team effort, I would like to acknowledge the contributions of certain individuals and groups:

- **Cast, Musicians and Crew** – They are to be commended for taking the time to develop and share their talents with others and in doing so share something of themselves. Every person directly involved in the Musical should be justly proud of their individual and collective achievements.
- **Audiences** – Without an audience there is no show! To all those who attended our performances, thank you.
- **Parents** – Their generous support through the provision of transport, helping with lines, costumes and general encouragement and practical support were greatly valued and appreciated.
- **Friends of Frayne** for the help with the serving of refreshments during intervals. We are truly blessed to have such a dedicated group of people who support our College community in so many ways.
- **Staff Supervisors / Assistants** who willingly assisted at after school and weekend rehearsals and during the performances and, in some cases, did not get to see any of the show. The support from these colleagues was greatly appreciated.

The responsibility for the planning, coordination and conduct of the Musical rested primarily with the **Executive Management Team (EMT)** and other members within the production team with each member undertaking significant roles:

- **Ms Mary McGonigle:** Publicity, Advertising, Programs, Photography, Ticket Sales, Front of House Coordination
- **Ms Erin Bussanich:** Repeititeur (Singing Coach)
- **Mrs Kylie Hunter:** Choreographer
- **Mr Troy Coelho:** Assistant Director
- **Mr Matt Hall:** Production Management
- **Mr Ashley Baker:** Music Director
- **Ms Judy Davies-Moore:** who emerged out of semi-retirement to once again undertake the central role of Director.

STAFFING MATTERS

A warm welcome is extended to Gary Whittle who joined the College's Grounds and Maintenance Team this week.

With regards and best wishes.

Mr Geoff Mills, Principal

From the Vice Principal

RESPECT FOR OUR COMMUNITY

This is a timely reminder to all members of our community about the need to be vigilant with regards to valuables left in parked cars. There have been some recent incidents of theft from parked cars in the close vicinity of our Balmoral Street Campus. Please ensure all valuables are taken with you if you are leaving your vehicle to minimise the risks to our community members.

TERM TWO

As we approach the halfway mark of this term, it is important we remind students of the need to maintain balance in their approach to their studies. Our Year 11 and 12 students studying ATAR courses are currently completing their examinations. We trust they have prepared well, have confidence in their knowledge and skills and acknowledge the learning opportunity these assessments are. Examinations are a genuine opportunity for students to demonstrate their knowledge and skills in a particular course, they are not designed to highlight gaps in student knowledge. As such, it is important students remember to maintain perspective in their approach to their examinations and during the actual assessment.

Congratulations to our Year 11 and 12 ASPIRE students who are maximising this time period by extending their workplace learning placements and/or furthering their VET qualifications. This a great example of putting into action our Year of Excellence quote – the habit of doing the ordinary things, extraordinarily well. For many of these students, they are balancing examination preparation and their ASPIRE commitments.

To our students in Year 10, it is important you have created a study plan to best prepare for your upcoming examinations. A consistent approach each day to consolidate your current learning and review the previous content will ensure you don't feel overwhelmed and gain confidence in your ability. There are many ways to study – it is important you find a method that best suits you! If you like to talk, speak to your parents, friends about what you have learnt – focus on the knowledge and skills you should have learnt rather than the actual work you completed. Try to make links between pieces of information – mind maps are a great way to visualise your understanding of a concept! Colour code your notes to link related information, complete practice tests and discuss your answers with friends – the list goes on for different approaches to study. The most important thing is to actually begin!!!

Mrs Jessica Bouwman, Vice Principal



Careers' Expo - Save the Date!

On **Monday 26 June, from 3 – 6pm**, UFCC will welcome a range of education, training and industry representatives to the Duncan Street campus. The Careers' Expo will be held in the gymnasium and all families are encouraged to make time to visit.

Whether it's University, TAFE, Senior School pathway options or apprenticeship information you are seeking, the representatives will be able to provide you the most current and up to date information.

I hope to see you there.

*Mr Michael Openshaw
VET, WPL and Careers Coordinator*

Junior School Awards - 19 May

Apologies to Annika King (Year 6), who's name was omitted from the Junior School Awards list last week. Annika received a Merit Certificate for Italian.



Junior School Faction Cross Country Carnival

The Junior School Faction Cross Country Carnival was held on Thursday 25 May at Fraser Park. It was a perfect day and the competition was intense. The results of the day were as follows:

1 st	JOHN BOSCO (Green)	210pts
2 nd	CLARE BUGGY (Gold)	190pts
3 rd	EDMUND RICE (Blue)	136pts
4 th	CATHERINE MCAULEY (Red)	133pts

Thank you to all the teachers and parents and our groundsmen who assisted on the day, without your valuable help, the day would have been impossible.

Congratulations to the following students who are this years Year Level Champions and Runners-Up:

	Champion	Runner-Up
Year 3 Boy	Bodhi Szigligeti	Archie Beaton
Year 3 Girl	Roise McCrann	Emmy Morris
Year 4 Boy	Fionn McCrann	Daniel Kristianto
Year 4 Girl	Isabella O'Hare	Halle Manning
Year 5 Boy	Rabiah Brown	Jonathan Desta
Year 5 Girl	Rachael Deering	Alexia Leslie
Year 6 Boy	Elijah Southwell	Oisin Ryan
Year 6 Girl	Jenelia Moodelly	Matilda Miles

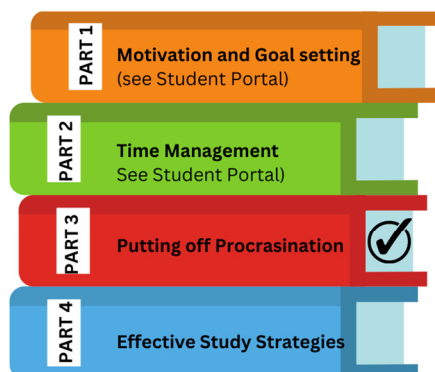


Mr Son Nguy, Physical Education Teacher, Balmoral Street Campus

From the Psychologist



Study Skills for Success Series



Each fortnight College Psychologist Kim Thuijs shares brief yet practical tips and tricks to study successfully and confidently.

*Great for parents to read and share with students!
Students can access past articles on student portal!*



CAN YOU HELP?

The Library on the Duncan Street Campus is need of large glass jars with a wide mouth (opening) for a terrarium activity for Book Week. They also require off cuts of artificial grass, roughly 1m x 3m. If you have any spare at home, can you please send in to the Duncan Street Campus. Thanking you in anticipation.



School Special 799

Please be advised that from Monday 12 June 2023, there will be changes to Transperth bus services for Ursula Frayne Catholic College:

- School Special 799 will now terminate at Stop 14448 (Harper St - Ursula Frayne Catholic College Senior Campus)
- This bus will continue as Route 39 towards Redcliffe Station, travelling express to the intersection of Roberts Rd and Star St, then all stops to Redcliffe Station
- Students will not need to change buses.
- However, students travelling to Shepperton Rd, Archers St or Wright St will need to catch Route 38 departing from Stop 10145 (Shepperton Road - Ursula Frayne Catholic College Senior Campus).

Friends of Frayne News

FRIENDS OF FRAYNE SUPPORTING AUDIENCES AT THE MUSICAL HONK!

We hope HONK! audiences across the four shows enjoyed some light refreshments courtesy of the Friends of Frayne. A huge shout out to Duncan Street Campus parents Natalie O'Brien and Maria Nicolosi for their time and effort in supporting our College Musical.



PRE-PRIMARY SOCIAL EVENTS

Thank you to the Pre Primary Class Coordinators, Clare Vivanco Thacker and Natalie Walter, for organising a couple of fabulous social catch ups over the last few weeks. The most recent Fraser Park play date was really well attended as you can see and the kids (and siblings!) all had a ball. Thank you for organising ladies!



KINDY DADS' NIGHT OUT

Good times and laughter were the themes at the recent Kindy Dads' Night Out at The Palace Arcade on the strip. What a great way to get to know fellow Dads a little better. Thank you to our Kindy Class Coordinators, Georgie Nash, Alana Harper and Courtney Ishiguchi, for arranging a fun evening for the fellas.



Friends of Frayne News cont...

COFFEE VAN AT THE JUNIOR SCHOOL CROSS COUNTRY CARNIVAL

On a sunny, but rather chilly morning, Junior School parents truly appreciated the hot drinks from Ruby on Wheels as they cheered on their kids competing in the Cross Country races. Thank you Ruby on Wheels.

SAUSAGE SIZZLE BUNS - DONATED!

Kindness is King!

We'd like to say a BIG THANK YOU for a very generous contribution from East Perth Chiropractic Health Centre. Dr Alan Le and his colleagues very kindly and generously donated 500 buns for our Balmoral Disco Sausage Sizzle. We are so grateful, and if anyone is in need of chiropractic services - especially after the disco!, be sure to check out East Perth Chiropractic Health Centre on 9221 1166 or <https://www.eastperthchiro.com.au>.

PRODUCTION LINE FUN - BALMORAL DISCO PARTY BAG VOLUNTEERS

We would like to extend a very big thank you to the wonderful parent volunteers for the Balmoral Disco Party Bag Production Line! We made 500 party bags in under 30 minutes! Well done team, it's true what they say - many hands make light work!

Friends of Frayne



TOUR DAY

MONDAY 19 JUNE 2023

DUNCAN STREET CAMPUS (Years 7-12)

9:00am- 10:00am

<https://www.trybooking.com/CIMTU>

BALMORAL STREET CAMPUS (K-YR 6)

11:30am- 12:30pm

<https://www.trybooking.com/CIMTT>

Register your attendance via our website or Trybooking link.



Are You Interested?

Talking about vaping

YOUR
views are
important!

Are you aged 12 to 18?

Share your views with the
Commissioner for Children and
Young People on what you think
about **vapes (e-cigarettes)**.

It's anonymous!



Scan the code to
share your views



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