



URSULA FRAYNE CATHOLIC COLLEGE

FRAYNE NEWS VOLUME 34 ISSUE 16 / TERM 2 WEEK 7 / 9 JUNE 2023



Celebrating
exceptional
educators

Nominations open for the
2023 NEiTA Awards

[NOMINATE NOW](#)



See Page 3 for full details on how
to nominate a Teacher.

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>



Year 11 students enjoying the opportunity to spend time with friends outside of the classroom at their Retreat/Camp at Ern Halliday Recreation Centre

From the Principal

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

BEYOND THE COMFORT ZONE

Yesterday, I had the pleasure of attending the Year 11 Camp/Retreat and spent some time with our students pondering matter reflected in the title of this piece. Leaving our comfort zone opens us up to new experiences and meeting new people. During our sessions I shared the following article with the students which I thought might also prompt rich, age-appropriate discussions at home.

It takes courage and guts to stay true to your first things, like your values and standards, when the pressure is on. I once asked a group of students, "What are your first things?" to which they answered, among other things: 'family', 'friends', 'freedom', 'excitement', 'growth', 'trust', 'God', 'stability', 'looks'. I then asked, 'What keeps you from putting these things first in your life?' Not surprisingly, 'fear' and 'peer pressure' were two of the top responses. So, we talked about how to deal with these.

Putting things first takes courage and it will often cause you to stretch outside your comfort zone. Take a peek at the Courage and Comfort Zone diagram.



Screencast-O-Matic.com

Justice | Hospitality | Excellence | Compassion | Respect

From the Principal cont...

Our comfort zone is not an actual place, but rather a psychological state where we feel safe, secure, and in control. It represents areas in our life where we generally know what to expect, feel skilled in handling the situation or tasks involved, and experience little stress or anxiety. It is a natural human desire to stay in our comfort zone and to protect ourselves from increased stress or the possibility of emotional or physical discomfort.

Your comfort zone represents things you are familiar with, your regular haunts, friends you are at ease with, activities you love doing. Your comfort zone is risk free. It is easy. It doesn't cause you to stretch. Within these boundaries we feel safe and secure.

On the other hand, things like making new friends, speaking before a large audience, or sticking up for your values can totally freak you out. Welcome to the courage zone! Adventure, risk, and challenge included! Everything that makes us feel challenged (aka uncomfortable) is found here. In this territory waits uncertainty, pressure, change, the possibility of failure. But it is also the place to go for opportunity and the only place in which you will ever reach your full potential. You will never reach it by hanging out in your comfort zone. That's for sure.

What's that you asked? *"What is so wrong about enjoying your comfort zone?"*

Nothing. In fact, much of our time should be spent in the comfort zone. But there is something absolutely wrong with never venturing into unknown waters. You know as well as I do that people who seldom try new things or spread their wings live safe but boring lives! And who wants that? *"You will miss 100% of the shots you never take,"* said ice hockey great Wayne Gretzky. Why not show some faith in yourself, take a risk, and parachute into your courage zone from time to time? Remember, the risk of riskless living is the greatest risk of all.

Never Let Your Fears Make Your Decisions

There are a lot of sick emotions in this world, but perhaps one of the worst is **fear**. Never let your fears make your decisions. You make them. Think of all of the heroic acts that have been accomplished by people who acted in the face of fear. Surely all great, risky deeds, whether by famous people or by everyday people, were accomplished in the face of fear.

Acting in the face of fear will never be easy, but afterward you'll always be glad you did it. As gymnast and Olympic gold-medallist Gabby Douglas put it, *"The hard days are the best because that is where champions are made – so if you can push through, you can push through anything!"* So, the next time you want to:

- make a new friend,
- resist peer pressure,
- break an old habit,
- develop a new skill,
- try out for a team,
- audition for the College musical,
- ask out the one and only,
- apply for or change your job,
- get involved,
- be yourself,

Or even if you want to sing in public....Do it!.....even when all your fears and doubts scream out, *"You'll fail", "You'll look silly", "Do not try."* **Never let your fears make your decisions. You make them.**

We all feel fear from time to time, and that's okay. *"Feel the fear and do it anyway"* goes the saying. As such, we should worry less about failing and more about the chances we miss when we don't even try. So do not get discouraged if you struggle with overcoming fears. If you can try this, you are open to all sorts of possibilities you may not have thought possible. You are in good company.

CONGRATULATIONS

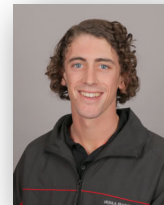
We congratulate the following on their recent achievements:



Olivia Chambers, Year 8, has been selected to represent Western Australia in the School Sport 2023 Touch Football 15s Girls Championships which will be held in Darwin during August.



Tim Green, Year 10, recently led his team to a Grand Final win at the Netball WA Championships representing the Kalamunda Districts Netball Association.



Michael Tassone, Duncan Campus PE Teacher, who was recently appointed Manager of the ACC All Star Boys' AFL team has also been selected by the ACC as the 2023 All Stars Manager.

Well done to Olivia, Tim and Michael!

With regards and best wishes.

Mr Geoff Mills, Principal

Chaplain's Reflection

THE BODY AND BLOOD OF CHRIST

Some students will receive their first Holy Communion this coming Sunday on the feast of The Body and Blood of Christ. They will sit at the table and eat for the first time at the banquet of the Eucharist. The celebration of the Mass is the heart of the Church because we commemorate Christ's presence as a visible Sacrament; the bread and wine became the Body and Blood of Christ.



Pope Francis encourages us to make the celebration of the Mass our priority: "In the consecrated host, Jesus prepares for us a meal, food for our nourishment. In life, we constantly need to be fed: nourished not only with food, but also with plans and affection, hopes and desires. We hunger to be loved. But the most pleasing compliments, the finest gifts and the most advanced technologies are not enough; they never completely satisfy us. The Eucharist is simple food, like bread, yet it is the only food that satisfies, for there is no greater love. There we encounter Jesus really; we share his life and we feel his love. There you can realise that his death and resurrection are for you. And when you worship Jesus in the Eucharist, you receive from him the Holy Spirit and you find peace and joy. Dear brothers and sisters let us choose this food of life! Let us make Mass our priority!"

Let us then eat His Body and drink His Blood, so Christ will be living in us and we will experience the joy of being one with God and with each other. Let us also pray for the children receiving for the first time Holy Communion on Sunday, that they will love Jesus and be one with Him.

Fr Jesus Bello, College Chaplain, Duncan Street Campus

Nominate a Teacher - NEiTA Awards

NATIONAL EXCELLENCE IN TEACHING AWARDS 2023

Nominations Now Open!

For more than 28 years, the National Excellence in Teaching Awards (NEiTA), has recognised Australia and New Zealand's most outstanding educators. NEiTA is proudly supported by Futurity Investment Group. NEiTA acknowledges the talented, committed and caring educators who demonstrate the personal qualities, skills, and passion that help shape the lives of future generations in a fast-changing world.

As nominations for this year's NEiTA Awards open, we please ask you to consider if there's an outstanding educator you'd like recognised.

Award winners receive a professional development grant of up to \$10,000 to further their career and they'll also be invited to the NEiTA Awards ceremony for a celebration with their peers.

The NEiTA Awards are open for nomination by anyone in the wider school community. You can nominate an outstanding educator for a NEiTA Award now by visiting neita.com. If you have not registered before, you will need to do so. Where it asks for you to Log in or Register, type in your email address and continue. Nominations are open until 21 July 2023.



A Request from the College Libraries

At the College Libraries, we do our best to ensure that your children can benefit from being able to access a wide range of resources. As part of this, we endeavour to provide items that are in the optimum condition.

To this end, we are asking parents to please take a moment to have a look at any books your child/ren borrow from the Library. If there is any noticeable damage when it comes home, could you please let the Library staff know as soon as possible.

We would also ask parents to please discuss with your child the importance of taking care of Library books and returning them on time.

Of course, accidents do happen. While minor repairs are relatively easy to accommodate, more extensive damage that requires the complete replacement of a resource, such as water damage to a book will require reimbursement. Should that payment be required, the College will contact the parents directly.

Thank you for your continued understanding and support.

Mr Michael Steele, Acting Coordinator of Library Services

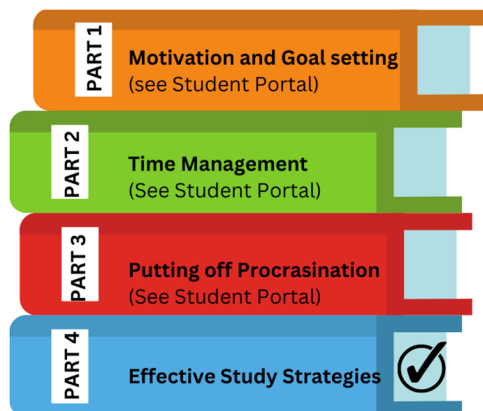
From the College Psychologist



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!*



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



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.



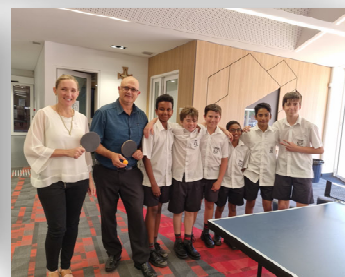
Friends of Frayne News

SMALL GRANT APPLICATIONS

It's been almost 12 months since the Friends of Frayne Council rolled out the Small Grant Application process and we've loved seeing some projects come to life! From Table Tennis Tables, to Apple Pens for the Duncan Campus Library, to Ella Rose Artist for Neurodiversity Week, to water fight equipment for Project Compassion students versus staff, we're enjoying the process involving staff and students and their experience in preparing proposals and applications that it provides.

We're looking forward to engaging with more staff and students of all ages via the application process and supporting more projects from the available pool of funds.

For more information about the Small Grant Application process please visit the college website, drop down the 'Community' section to locate Friends of Frayne, and search under Documentation.



HEADS-UP TO KEEP AN EYE OUT FOR VOLUNTEER REQUESTS IN JUNE AND JULY!

The Friends of Frayne will be supporting some College events during June and July and we'll be calling out for parent volunteers from our fabulous school community, please keep an eye out for requests in the newsletters and on our Facebook page.



**TICKETS
ON SALE
SOON!**

2023 FRIENDS OF FRAYNE PARENT EVENT

We hope you have all SAVED THE DATE Saturday 29 July, 2023 for the Parent Event!

Standby for more details - TICKETS WILL GO ON SALE SOON!

JARS WANTED

Our Library staff are needing large glass jars that will be used for a Book Week activity (terrariums). Similar to the one pictured below, preferably with a wide mouth and roughly 2ltrs. If you can donate your empty jars please drop them off to the Balmoral Campus Library or the Duncan Street Campus Front Office.

Friends of Frayne



Are You Interested?

Winter School Holiday Workshops with LEGO® Bricks



FUN for the Kids 🤪 More TIME for You
 Select School Holiday Workshops
www.Bricks4Kidz.com.au/Perth-Gosnells

A high energy and active school holiday program for kids at Curtin Stadium!
 #carnabykids

REGISTER YOUR KIDS ONLINE!

School Holiday Sports Program

July 3rd - 14th

Book for 1 day or many!

From \$55.00 per child/day
 Discount for two or more children from same family registered on same day

CARNABY KIDS

Book now




2023 Annual Exhibition

OVER TWO WEEKENDS

SATURDAY 17TH & SUNDAY 18TH JUNE
SATURDAY 24TH & SUNDAY 25TH JUNE
 10:00am - 4:00pm | 11:00am - 4:00pm

31 Gladstone Road, Rivervale

Come along and see the Club facilities, exhibition displays, and the opportunity to purchase work from Members and other exhibitors

ALL Workshops will be open for tours

Great activities for the KIDS with: sandpit mining, beading activity, chocolate wheel, lucky dip, bric-a-brac sale and raffle.

Home cooked treats: Cakes, slices, salads, soup, available to purchase.

Sausage Sizzle

Vote for Most Popular Exhibition Case

Entry Fee: Family (2+2) \$12, Adults \$5, 13-18yrs \$2, 12yrs & under free

EFTPOS Available

  walapidaryclub  enquiries@walapidaryclub.org.au  31 Gladstone Rd. Rivervale

Are You Interested?



School of Science



School holiday Workshops at ECU –

Visit the ECU website – <https://www.ecu.edu.au/schools/science/events-and-activities>

For more info contact – ssci@ecu.edu.au

Week one

4th July – Tuesday – Micro: bits and Bots – Car Rally <https://www.trybooking.com/CIJZO>

ECU's School of Science is proud to offer this workshop for high school-aged students interested in learning more about computing and security. Join us for a day of coding in python using micro: bits to move a smart robot car around a course. The day will start with learning the basics of Python, coding the car kit to light up and move as well as using the sensors to make it turn. Extension – Network Security and Bluetooth

5th July – Wednesday – Web Development – <https://www.trybooking.com/CIOCC>

ECU's School of Science is proud to offer this workshop for High School aged students interested in learning more about computing and security. Join us and learn how to build your own website using HTML, CSS, and JavaScript. The day will start with exploring ChatGPT before moving onto learning how to code, moving to calculations and structures finishing off with your own Website - better than ChaptGPT.

6th July – Thursday – Arduino – breadboarding and C++ -

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

ECU's School of Science: Computing and Security invite high school students to join us for a day of coding Arduino and attaching lights, motors, and buzzers. The day will start with learning the basics of C++, the Arduino, and Electronics, followed by looking at the various projects and working through them.

7th July – Friday – Micro: bits game creation Python coding –

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

ECU's School of Science is proud to offer this workshop for high school-aged students/teachers interested in learning more about computing and security. Join us for a day of coding in Python using micro: bits to create press-button games with LEDs, Bluetooth, compasses, and accelerometers. The day will start with learning the basics of Python to program Micro: bits.

Week Two

10th July – Monday – Learn to Linux – <https://www.trybooking.com/CIKDY>

ECU's School of Science is proud to offer this workshop for high school-aged students/teachers interested in learning more about computing and security. Suitable for students with some knowledge of coding. Linux is a popular alternative operating system often used in cybersecurity. Learn to Linux is a hands-on workshop where participants are introduced to different Linux operating systems including Ubuntu. The second half of the day will be focussing on the use of command lines. Feel free to bring your own laptops or use our desktops. Please have TryHackMe, freecodecamp, codecademy and Over The Wire accounts.



School of Science



10th July – Monday – Information Security – Minecraft - <https://www.trybooking.com/CITBL>

ECU's School of Science and Microsoft is proud to offer this Minecraft workshop for high school-aged students' years 7- 9 who are interested in learning more about computing and security. Using Microsoft's Cyber Security Minecraft world, students will develop their own WA version of a Minecraft world whilst at the same time learning about cyber security, personal security, and information security. BYO Device or use our desktops for the half day. In conjunction with Microsoft Steven Payne ECU cyber student Alex Kinwan, will present this workshop taking you through cyber security skills and concepts, before creating a new WA world, whilst completing cyber security challenges. The workshop will finish with capturing flags. You are welcome to bring your own laptops. For more information about Minecraft Education contact Steven Payne - <https://standouteducation.com.au>

11th July – Tuesday – Cyber Security Fundamentals - <https://www.trybooking.com/CIOEV>

ECU's School of Science: Computing and Security invite high school students and educators to join us for a day of Cyber Security. This workshop is for high school students and/or teachers new to cybersecurity who would like to know more about the practical aspects. Join us as we explore free online tools, some easy-to-do challenges, and career opportunities.

12th July – Wednesday – Secrets and Spies – Security and Intelligence -

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

ECU's School of Science is proud to offer this workshop for high school-aged students/teachers interested in learning more about computing and security. Join us for a day of digital forensic investigations, image analysis, and scrutinising information for reliability and authenticity at our Security and Intelligence workshop. Develop your skills for intelligence whilst learning about some of the free open-source tools to find real information. Be challenged!

13th July – Thursday – Cyber Security, Challenges and Capturing Flags –

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

ECU's School of Science: Computing and Security invite high school students and educators to join us for a day of Cyber Security. Learn how to use VM's Kali Linux and some basic cyber tools. You will need to bring your own device with Kali Linux pre-installed - It can't be done at ECU on the day. Please have accounts with TryHack Me Over, Vulnhub, Hack the Box, w3Challenges, Over The Wire - War Games.

