

Frontenac Secondary School Newsletter

March 28, 2025

Dear Parents and Guardians,

By all accounts, March weather will be going out like a lion rather than a lamb! Please avoid the icy road conditions as much as you can this weekend. Spring sports teams are in the early stages of conditioning and will soon be perfecting their play outdoors. Drama staged a successful performance at DramaFest and the band is finding their groove for the Kiwanis Festival.

Administrative Announcements

The Screen Trap Workshops for Parents

We're excited to invite families to a special event hosted by Acadie and Frontenac Secondary School:

The Screen Trap: Helping Teens Thrive in a Digital World

This two-part workshop series is designed to support parents and teens in navigating screen use, digital habits, and tech-related challenges.

Workshop 1: April 15, 2024 6:30-8:00 pm – A guided conversation for parents and teens to learn together

Workshop 2: May 1, 2024 6:30-8:00 pm – A parent-only strategy session featuring expert guest speakers from The Maltby Centre and KFL&A Public Health

The first 50 registrants will receive a free copy of The Family Smartphone Guide — a practical, easy-to-read resource that supports screen-time conversations at home.

We've included a promo pack with images and wording you're welcome to use in newsletters or social media. Registration Link: [The Screen Trap](#).

Parent/Teacher Interviews

Parent-Teacher interviews are on Wednesday, April 9th from **6:00-8:00 pm** (note- there was an error in the previous newsletter and this is the correct time). Booking opens by lunchtime on Wednesday, April 2nd via School Day. The interviews will be held in the gymnasiums. Interviews are an excellent opportunity to get an early update on your child's progress this semester.

Morning Drop-off and Pick-up

We've received concerns from parents about close calls during morning and afternoon drop off and pickup. We urge student and parent drivers to exercise extra caution due to heavy vehicle, bus, and pedestrian traffic. Please drive carefully, especially at these times.

FSS Arts& Technology

Coffee House

The Spring Coffee House is scheduled for Wednesday, April 2nd, in the library from 7 to 9 pm. It will include small group performances and the Frontenac bands. This year, FSS vocalists will perform a music theatre number with choreography and live accompaniment. Admission is \$2, and there will be a canteen.



Lion King

Frontenac has a field trip to the professional production of Lion King in Toronto on April 11th. \$235 covers the Coach transportation and excellent ground floor seats! More information can be found on School Day.

Kiwanis Music Festival

The senior concert band will be competing in the Kiwanis music festival April 9th. They have been working on their festival pieces for almost 2 years now are excited to perform for an adjudicator!

FSS Student Council

The Frontenac Merch Shop is open! Explore our items, including new limited edition Classic Rugby Jerseys. Place your order by April 3rd before the shop closes. Orders will be processed after April 3rd, and you'll be notified when they're ready for pickup in the main office.

FSS Athletics



Congratulations to the FSS Girls curling team who finished with an impressive antique bronze medal at the OFSAA curling championship in Sarnia!

Spring sports are underway! Students are encouraged to try something new and get active this spring. Between rugby, track and field, tennis, soccer, ultimate frisbee and baseball and softball, there are many opportunities for Falcons to find their place in athletics this spring!

English Department FSS

Fáilte Abhaile!

Welcome home to the 38 students who travelled to Ireland this year over the March Break! We had a beautiful week touring Innis Oirr, the Cliffs of Moher, Galway, Derry, Belfast, and Dublin, and learned a lot about Irish history, culture, geography, music, and even a little dance. Thanks so much to our wonderful travelers for being excellent travel companions and fantastic ambassadors for FSS and for Canada!



Travel Opportunity March Break 2026

Students who are looking to travel abroad next year are invited to join the Central European Adventure! This March Break trip will explore the history, culture, and literature of Central Europe and will visit Munich, Prague, Bratislava, and Vienna. Please join our Parent Information Meeting on Tuesday, April 15th at 6:30 p.m. in room 132 (in the English hallway) to speak to reps from EF Tours. Full details are available here: <https://www.eftours.ca/tour-website/2893818VH>, or drop by the English Office and speak to Ms. Cavers or Mr. Conway for more details.



AP English Exam Prep Sessions:

Just a reminder to all students writing the AP English Exam this spring: we have prep sessions running every other Thursday after school in Room 135. Please join us for some snacks, discussion, and strategies to get that level 5 on the AP Literature Exam!

Business Department FSS

We're excited to inform you about the *University of Waterloo Financial Literacy Competition*, a fantastic opportunity for students to strengthen their money management skills. This free, online competition challenges students with real-life financial scenarios, helping them build confidence in budgeting, saving, and making wise financial decisions. The competition will take place from May 7-8, 2025. No prior experience is necessary—just a willingness to learn! Participants will receive certificates, and top performers win prizes. If your child is interested, they can see Ms. Wang, Ms. McCormick, or Mr. Stephen for details. Please don't hesitate to reach out if you have any questions. Let's empower our students with essential financial skills for the future!

Student Services Updates

Extra Graduation Photo Opportunities

Edge Imaging's Pop-Up Kingston grad photography event is happening soon, so sign up today! Capture 10 poses in a sash and gown (provided), including a variety of backgrounds. Receive your photo proof with codes directly mailed to home to purchase your photos. All photos include Premium Retouching. Sit fee is \$40 to be photographed. Feel free to bring a prop!

- Dates: April 26th, 2025 from 9:00AM to 4:00PM & May 10th, 2025 9:00AM to 4:00PM
- Location: Queen's Athletics & Recreation Centre (ARC)
- Address: 284 Earl St., Kingston, ON K7L 3N6
- Note: If the school has already approved the composite or submitted their yearbook, there could be a chance that we are unable to add you in.

[Sign up here to register for your photos! Once you click through the disclaimer, select BOOK YOUR APPOINTMENT then type in your school code: FSO](https://edgeimaging.ca/en/studio-days-kingston/)

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FSS Trivia Team

Congratulations to our trivia team for winning the Regional Championships on Friday, March 28. Well done Falcons!



LDSB Summer Travel for Credit Opportunity 2025

Combine classroom education with unforgettable global adventures this summer with the Travel for Credit program! Students who register for the program will earn their mandatory grade 10 Civics and Careers credit by participating in three weeks of virtual (asynchronous) learning plus one week of travel with EF Tours with stops in **Ottawa, Montreal** and **Toronto**. [More information can be found here!](#)

LDSB Summer session online courses will be available and shared with families later this spring.

KFL&A Public Health

KFL&A Immunization Team Update

Suspension order distribution letters were sent March 4th via Canada Post by the Health Unit. We have a list of students in the attendance office to help with the tracking of students. Any student can check in at the attendance office to confirm if they are on the list or no. Please book an appointment for vaccines to help protect your child and others.

Suspension period

April 8- May 7, 2025 (20 days)

FSS Upcoming Dates and Events

March 31- PA Day

April 2- Bookings open for Parent Night sign up at noon.

April 2- Coffee House, 7:00 pm FSS Library

April 7-9- DELF exams

April 9- Parent Teacher Night, 6:00- 8:00 pm FSS Gyms

April 9- Senior Band at Kiwanis

April 15-18- DELF interviews

April 15 & May 1- The Screen Trap, 6:30-8:00 pm FSS Library

May 5-14- Advanced Placement (AP) Examinations

June 26- FSS Graduation Ceremony