

## **Frontenac Secondary School Newsletter**

April 11, 2025

Dear Parents and Guardians,

April showers (and snow flurries!) bring May flowers seems fitting at the time of writing this week's newsletter. Bring on the warmer weather please! Thank you all parents that attended Parent/Teacher night this past Wednesday. We appreciated the support you expressed towards staff and the evening had a very positive feel to it. As always, we encourage honest and open communication to support our students and their needs.

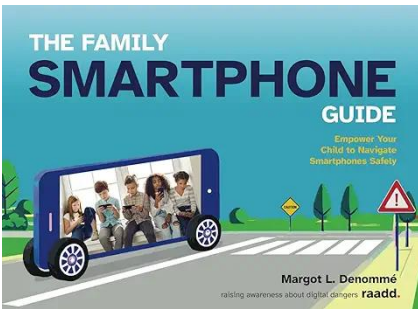
At our grade forums last week, we talked with students about assessment and evaluation, letting students know that teachers consider conversations and observations in addition to summative assessments when determining marks. In other words, everything counts! Students were reminded to make the most of each day and to limit distractions (i.e. cell phones out of sight) during class time. Student Council shared upcoming events including the spring semi-formal, Olympiad, and Frosty Fridays.

Our athletes and coaches have been preparing for outdoor spring sports and warm sunshine is always appreciated. Our French students completed the written portion of the DELF exams and will be completing their oral assessments next week. Many members of our community enjoyed fantastic performances at the FSS Coffee House last week. Our Senior Band performed admirably at the Kiwanis festival earning the gold standard for their performance. As always, lots of amazing things are happening here at Frontenac. Well done, Falcons!

### **Administrative Announcements**

#### **The Screen Trap Workshops for Parents**

This is a reminder of the upcoming special event hosted by Acadie and Frontenac: *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. We are delighted to see so many families already signed up for this event. For organizational purposes, please register here: [The Screen Trap](#). Spaces are now limited.



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

### **FSS Computer Programming**

On Feb 23, 13 of our students participated in the Canadian Computing Competition sponsored by the University of Waterloo, three of which received the Certificate of Distinction from scoring in the top 25% nation-wide: Daniel Ashby (Gr 9), Declan Jones (Gr 12), and Emily Paul (Gr 10).

On March 28, we sent 10 students to the Bayridge PAIRS Coding Competition. They had a blast, and one team took 3<sup>rd</sup> place amongst the 37 teams competing. Daniel Ashby (Gr 9) and Siddid Bhandar (Gr 9) received a medal and \$50 each for displaying coding talents.

On April 3, Makers Making Change came to lead an assistive tech workshop for 20 students in the library. They wired, soldered, and assembled a light proximity switch to allow individuals to switch on devices without the need to push a physical button.

There is another team coding competition coming up on May 8 at SLC. We will let you know how that goes!

### **FSS Music**

Congratulations to the Frontenac Senior Concert band on a fantastic performance at the Kiwanis music festival. The festival was hosted at Holy Cross Secondary School Wednesday April 9th. Our band competed in the concert band advanced class. They performed two level 400 pieces and earned a gold standard! This marks the best performance in the last 10 years. We are very proud of their performance and respectful engagement after an hour and half delay in performance time.



### **FSS Yearbook**



Don't miss out on this year's memories! Yearbooks are now available for purchase, and ordering is easier than ever. Just follow this link to the Edge Imaging website to place your order.

<https://products.edgeimaging.ca/yearbooks/order/FSO>

Order to secure your copy before the extended deadline on **May 1<sup>st</sup>**.

### **FSS Athletics**

The spring season has kicked off in athletics, with Falcon's competing this week in Soccer and Rugby tournaments, baseball and ultimate practices as well as training for getting ready to leap higher, jump further and run faster at track and field! It's not too late to join a spring team. Listen to morning announcements for information.

### **PAL Recreation Leadership Phys Ed Class at FSS**

Students in the PAL Recreation Leadership and School to Community Phys Ed program have been participating in a variety of events, including wheelchair basketball, Special Olympics floorball, an ice stock tournament and a bowling trip. They always represent Frontenac with pride, spirit, and outstanding sportsmanship. Way to go, Falcons!



## **English Department FSS**



### **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 6:00 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!

### **Student Services Updates**

Registration for LDSB summer session has opened! The [Summer Session 2025 website](#) has up to date information for families.

We are asking that all LDSB students registering for LDSB courses, register through myBlueprint (instructions are on the Summer Session website). Students taking Civics and Careers must register for both courses in myBlueprint. Registration for Summer Session co-op will be done through this form: <https://forms.office.com/r/XU1q9S420B>. Registration for courses not offered by LDSB can be done by connecting with a guidance counsellor at FSS. Visit the [FSS Guidance appointment booking page](#) to schedule an appointment if needed.

*Please note, there is the possibility that some boards may not be allowing student access to courses from outside Canada. This will be important for students and families to be aware that this may be a possibility if they were planning to travel while the student completed their summer session course. Students in LDSB courses will need to be granted access through IT if travelling outside of Canada.*

Registration for Summer Session closes on Thursday, June 26<sup>th</sup> at 12:00pm except for Co-Op which closes on Friday, June 20<sup>th</sup>.

If you have any questions or concerns, please email: [summer912@limestone.on.ca](mailto:summer912@limestone.on.ca)

### **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/>

### **KFL&A Public Health**

Thank you to all families who updated their immunizations this month!

### **FSS Upcoming Dates and Events**

April 14 -17- DELF interviews

April 15 – The Screen Trap Workshop #1, 6:30-8:00 pm FSS Library

April 15 -EF Tours Central Europe Trip - Parent Info Meeting, 6:00pm, Rm 132

April 18 - Good Friday

April 21- Easter Monday

April 22 - Earth Day – Spring Clean Up

May 1- The Screen Trap Workshop #2, 6:30pm-8:30pm, FSS Library

May 2 - Midterm Report Cards sent home

May 5 -14- Advanced Placement (AP) Examinations

May 9 - FSS Spring Semi-Formal Dance

May 19 - Victoria Day

May 21- Olympiad

May 30 - PA Day

June 26 - FSS Graduation Ceremony