

Frontenac Secondary School Newsletter

February 21, 2025

Dear Parents and Guardians,

Semester two is now in full swing. Staff and students are settling into new routines. It is important that we continue to build on what is working and change what is not. We are all products of the collection of our habits.

Administrative Announcements

Extended approved absence

The "Extended Approved Absence" option is used when families have made a formal request for the student(s) to be away from school for an extended length of time. Extended absences may negatively impact a student's academic achievement. Extended absences may be granted for vacations, family obligations or based on the principal's discretion in consultation with the school supervisor. Forms are available in the attendance office.

School Attendance

Punctuality and attendance continue to be a focus of ours to improve student achievement and well-being. Unfortunately, we are noticing a trend of more parents/guardians not using the Safe Arrival app and are using phone and email to communicate with the attendance office. Sometimes, these forms of communication happen days after an attendance report has been made. This method is much more time consuming and requires further investigation by staff. Parents are encouraged to report absences and lates on the day that they occur and have until 9:00 PM on the date once the phone calls are sent home to help ensure accurate reporting.

Lunch time consequences will continue two days per week from 11:10- 11:45 am: Tuesday (for absences and lates the preceding Tuesday, Wednesday and Thursday) and Thursday (for absences and lates the preceding Friday and Monday). The lag in having the study hall helps to ensure the accuracy of our data and allows parents and guardians to have an opportunity to converse with their student.

Vape Detectors update

For the past few weeks, we have been monitoring vape detection and have been visiting these locations to notify students when the vape sensors have been set off. The data is telling us that students are vaping in our school. Our hope is that you might have conversations at home about the [health risks associated with vaping](#). Please note the vaping on school property can lead to progressive discipline including detention, suspension, and could also be fined by the Health Unit. Like many things, education is the key to improvement, and we hope you can help partner with us in educating our children about the risks associated with vaping. Here is an additional link for [talking with your teen about vaping](#).

LDSB News

Pink Shirt Day- Wednesday, February 26th

Pink Shirt Day is an annual observation that takes place on the last Wednesday of February. People wear pink shirts to signify the stand against bullying. This day started in Canada and is now observed on various dates around the world.

Kids and Screens: Healthy Habits- An Evening with Dr. Shimi Kang, March 4, 2025

Parents and guardians are invited to **Kids and Screens: Healthy Habits - An Evening with Dr. Shimi Kang, author of *The Tech Solution: Creating Healthy Habits for a Digital World***. Join this free, one-hour keynote by Dr. Shimi Kang, where she will share how parents and guardians can navigate healthy technology use with children of all ages. Refreshments will be served. Book sale and signing to follow! **Details for this event:** March 4, 2025, at 6:00 p.m. @ Humphrey Hall, Queen's University, 62 Arch Street, Kingston (North of the Craine Building and across the street from the Biosciences Complex). **Free registration:** bit.ly/DrShimiKang

FSS School Council

The next school council meeting is **Wednesday, March 19th** beginning at 6:30 pm in the FSS Library. All are welcome to attend.

FSS Arts



The Junior FSS Improv team competes tonight: Friday, February 25th at The Spire. Performances begin at 7:00 PM. Please have a look at the Kingston Whig-Standard article link below to have a glimpse into the wonderful world of the arts program at Frontenac Secondary School. It certainly is fun out there!

[Improv tournament gives students a chance to 'have fun out there' | The Kingston Whig Standard](#)

FSS Athletics

FSS wrestling is back! Representing FSS at EOSSAA for the first time in almost 30 years, the team had several podium finishes.

Jenna Gallivan - Gold in weight class

Jenna Martin - Gold in weight class

Noah D'Souza - Bronze in weight class

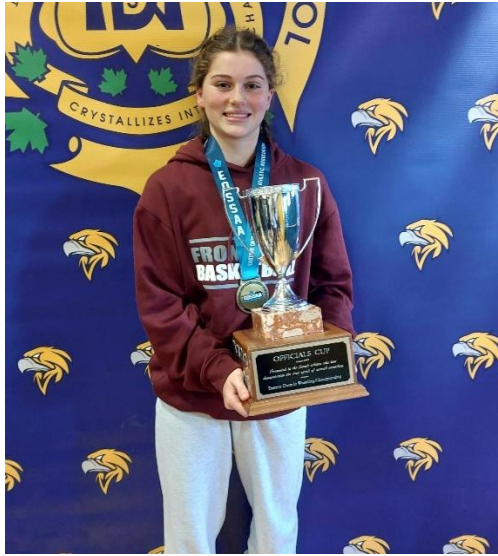
Neil D'Souza - Silver in weight class

Wyatt Chase - Gold in weight class

Joyce Boshart - Bronze in weight class

Maeve Murphy- Bronze in weight class

Jenna Martin - 'Outstanding Female Wrestler of the Tournament'. This trophy is given to a female athlete that best embodies the spirit and culture of wrestling in Eastern Ontario.



Frontenac Basketball continued to demonstrate why they are one of the top programs in the province. The junior boys finished second in a competitive KASSAA league. After two playoff wins over Sydenham and RND, the boys fell to a very experienced KSS team in the league final. The Senior boys team capped an undefeated regular season with playoff wins over Napanee and Sydenham. In the championship game, team depth proved to be the difference as the boys pulled away in the fourth quarter to secure the victory. Please wish our boys good luck as they prepare for OFSAA, which will be hosted by FSS. Visit: <https://www.ofsaa.on.ca/championship/basketball-boys-aaa/> for championship details and ticket information.



For the winter season, we have had a dedicated group of students that have banded together under the colours of garnet and grey to cheer on their fellow Falcons. Thanks for helping to promote school spirit.



Our junior girl's volleyball team made the KASSAA finals. After placing fourth in the regular season, the girls had an impressive home court victory over Holy Cross in the quarter finals earning a showdown against the top ranked Napanee Golden Hawks. With much improvement made over the course of the long season, the girls pulled together to pull off the major upset in 3 sets to 1 victory. In the KASSAA final, the girls fell a little short to the KSS Bears.

Earlier this week, an impressive showing of 5 teams competed in KASSAA Curling for Frontenac, with 3 teams moving on to the second day of competition on Friday. Coaches were continually impressed by everyone's determination and effort, even when facing difficult odds. After a couple of tough semifinal and final games, the Girls' team of Leah, Lexi, Grace and Ella took home silver while the Boys' team pulled off the win for their 3rd consecutive KASSAA championship. Way to go Andrew, Laura, Ryan and Logan! The team heads to EOSSAA in Deep River on Feb 26th.



Our alpine ski and snowboard racing teams also competed in EOSSAA competition. With many impressive individual performances, the girls team lead the way with a team bronze in the high school division.



Hockey swimming, and badminton teams continue with their seasons, and we wish them all the best with their performances. Go Falcons!

DELFL Exams at Frontenac

The Diplôme d'études en langue française (DELF) is an internationally recognized certification in the French language based on the levels of the CEFR. The DELF exam is an assessment of proficiency from an external lens and is taken outside the required component of the regular French as a Second Language program. Upon successful completion of the exam, students will receive a DELF certificate awarded by the French Ministry of National Education (France). For more information please see the Destination DELF Ontario website www.destinationdelf.ca

All Grade 12 students enrolled in a French language class have been invited via School Day student to participate and challenge the DELF this school year.

The DELF exam is taken in two steps:

- 1: Students complete the oral comprehension, written comprehension, and written production components.
- 2: Students individually complete the oral production and interaction exams.

DELF Group Exam Dates and Times

Oral comprehension, written comprehension, and written production:

B2 - April 7, 2025 - 12:00-2:30 pm (KSS students will write at KSS, all other students will write at the Central Branch of the Kingston Public Library, 130 Johnson Street, Meeting Room 1 upstairs)

B1 - April 8, 2025 - 12:00-1:55 pm (all students will write at The Education Centre, 220 Portsmouth Ave)

A2 - April 9, 2025 - 12:00-1:20 pm (all students will write at The Education Centre, 220 Portsmouth Ave)

Oral exams (interviews)

The oral exams (interviews) will take place April 15, 16, and 17, 2025. These will occur during the school day at The Education Centre (220 Portsmouth Avenue, Kingston, Ontario). Students are responsible for their own transportation but if transportation is a barrier to challenge the DELF, please reach out directly to Selena Rosillo (rosillos@limestone.on.ca).

To apply to participate in the DELF Examination:

1. Complete the on-line registration no later than Friday February 28, 2025 → [Limestone District School Board DELF Grade 12 Student Application Form 2025](#)
2. Once the online registration is complete, let your child's grade 12 French teacher know.

Thank you for considering your student's participation in the DELF exam. Deadline is February 28

Mme McDonald (mcdonaldet@limestone.on.ca) and Mme Gavel (gaveld@limestone.on.ca)

Advanced Placement (AP) at FSS

AP English Exam Prep Sessions will begin Thursday, February 27th. We will meet from 2:45 - 3:45 every other Thursday in room 135. Any student writing the English Literature and Composition exam this spring is welcome to drop in for review, practice tests, and exam-taking strategies. See you next Thursday!

Student Services Updates

Course Requests

Course requests for the 2025/26 school year are in full swing! Please refer to our [website](#) for detailed information regarding the process. Requests must be completed and submitted on myBlueprint by **Friday, February 28th**. Guidance Counsellors will continue to meet with students individually over the coming weeks to discuss their selections and make changes as necessary.

Graduation

Save the Date! Grade 12 **Graduation** is scheduled for **Thursday, June 26th** at **St. Lawrence College** (time still TBD). Stay tuned for more information here and in the Gr. 12 & Returner Google Classroom.

Grad Photos

There will be one last opportunity for **Grad Photos** on **Tuesday, March 4th** for any graduates who missed the initial dates or require retakes. Booking details can be found in the Google Classroom.

Summer School 2025

Please note that registration for most summer school courses are not available until the spring. Stay tuned here for information when it becomes available. One exception to this is the Travel for Credit program:

Combine classroom education with unforgettable global adventures this summer with the Travel for Credit program! Students who register for the program will earn their credit by participating in three weeks of virtual (asynchronous) learning plus one week of travel with EF Tours with stops in Ottawa, Montreal and New York City.

Join our upcoming information session on March 3 at 7:00 p.m. to learn more! The link is included in the image attached below

EF Tours has set up an Limestone Travel for Credit Website with lots of information <https://www.eftours.ca/travel-for-credit/limestone>.

Earn a Grade 10 Civics and Careers Credit

Online Information Session
Monday, March 3 @ 7:00 p.m.

Key Dates:
Summer School: Monday, June 30 to Friday, July 25
Travel Dates: Thursday, July 10 to Thursday, July 17

For more information, visit:
bit.ly/2025TravelForCredit

**Ottawa
Montreal
New York City**

**SUMMER 2025
Travel for CREDIT**

KFL&A Public Health

KFL&A Immunization Team Update

Please note that KFL&A Public Health has merged with Hastings Prince Edward Public Health and Leeds, Grenville and Lanark District Health Unit to form the South East Health Unit (SEHU). SEHU's KFL&A-based immunization team is looking forward to working with your school on the annual enforcement of ISPA during the 2025 winter/spring semester. The enforcement timeline is as follows:

Initial notice distribution	Jan. 28, 2025
Immunization reporting deadline	Feb. 25, 2025
Suspension order distribution	March 4, 2025
Suspension period	April 8 (suspension day) to May 7, 2025

Upcoming Events

February 26- Pink Shirt Day

February 27- Provincial Election Acadie/FSS Gym 3 is a polling station

February 28- Student Course Requests for 2025-2026 are due in myBlueprint

March 3-5- Frontenac hosts OFSAA Boys AAA Basketball

March 10-14- March Break

June 26- FSS Graduation Ceremony