

Frontenac Secondary School Newsletter

May 2, 2025

Dear Parents and Guardians,

We apologize for missing with our regular newsletter correspondence last week due to the cyber incident at the system level. We are mostly back up to full capacity with regards to our network connectivity and applicable programs. We greatly appreciated your patience and flexibility as well as the adaptability of our staff and students to pivot as quickly and effectively as they did to help ensure that teaching and learning continued as uninterrupted as possible.

At grade forums this week, we encouraged students to connect with first period teachers for their updated passwords. Any device issues should be forwarded to administration so that the necessary updates and repairs can be made through the support of our IT department.

We also encouraged students to build upon our efforts to beautify our school grounds from our Earth Day clean up and to be mindful of caring for the environment as more students venture outdoors for lunch and after school activities.

With spring sports in full swing and end of year field trips being planned we are looking forward to an exciting end to this school year. Students are reminded to connect with teachers ahead of any planned absences, and that it is the student's responsibility to catch up on any missed learning.

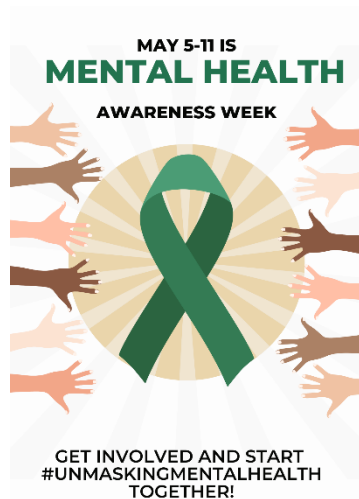
Administrative Announcements

We have been made aware of parents having difficulties with the SafeArrival app for attendance. Any parent who is still having problems seeing their students in the SafeArrival app need to sign out and re-sign in. This should fix all the issues that you may be encountering.

We are attempting to have midterm report cards and exam schedules sent home next Friday, May 9th. The lack of firm date is due to limits that we still have with all our regular technology. We will notify parents and guardians if the delivery date needs to be extended.

Next year, we have a 15-year-old exchange student from Spain coming to Frontenac. She is following in the footsteps of older friends and relatives that have attended in the past and is keen to play basketball for the Falcons. Unfortunately, her homestay fell through, and we are looking to find a family looking to host her for the first semester (early September until the end of January). If you are interested, please contact Bob Seitz at setizr@limestone.on.ca

Mental Health Awareness Week- May 5-9



This year's theme for mental health week is Unmasking Mental Health. Living with a mental health or substance use challenge is hard enough; masking can make it even harder. Living with mental health challenges often forces people to hide behind a "mask" to protect themselves from judgment and discrimination. But the heavier the stigma, the heavier the mask becomes, and the more isolated we feel.

This May 5-11, we're encouraging people across Canada to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding across the country.

Frontenac Secondary School Mental Health Support Self-Referral Form

If you want to talk to Shona Ribbel (the Adolescent Care Worker) or Garrett McCrea (the Social Worker), visit the confidential [LDSB Online Self Referral Form](#).

NOTE: This is not a crisis services. If you need help right away, call Kids Help Phone at 1-800-668-6868 or text CONNECT to 686868 or call 911 or go to your nearest emergency room.

School to Community and PAL Recreation Leadership Class at FSS

On Tuesday, April 29th, the PAL gym class and the School to Community class headed to The Bunker to try out some sports simulators. A great time was had by all!





The School to Community class hosted our third annual board-wide Soccer-Baseball tournament on Wednesday, April 23rd. The tournament was umpire-free and just for fun, and everyone had a blast! Special thanks to Mr. Cowan's Kinesiology class for organizing the tournament bracket, to Ms. Pixley's PAL gym class for joining in the fun as well as running our canteen, and of course to our amazing Educational Assistants for helping the day happen. We are already looking forward to next year!

FSS Athletics

Our spring teams have been working hard to perfect their craft and represent the Falcons with pride. Please visit kassaa.ca for schedule updates for all spring sports.

The Junior Girls soccer team are not only great players, but endless spirit as demonstrated in their support for the senior girl's team during their recent tournament in Welland, Ontario.

English Department FSS

AP English Exam Prep Sessions:

Just a reminder to all students writing the AP English Exam this spring: we have our final prep session Tuesday, May 6th. Please join us one final time for snacks, discussion, and strategies to get that level 5 on the AP Literature Exam!



Social Science Department

Grade 9 Geography classes are heading on to the land at Gould Lake on May 26 and May 27 depending on the teacher. Please see School Day or get in touch with your student's teacher if you haven't yet signed them up.

The Grade 11 Anthro/Psych/Soc classes are heading to the Toronto Zoo on Wednesday, May 14 to explore biological anthropology, trying to understand human evolution and culture. We are planning to meet the Gorilla Guardians to learn more about primate behaviour.

Student Services Updates

- **Summer Session** registration is happening now! Students are encouraged to see their Guidance Counsellor before the equal consideration window closes on **May 14th**. Registration will still be available up until June 26th by availability.
- **Dual Credit** applications for Fall 2025 are now open! Current grade 10 and 11 students who are interested in taking a Dual Credit course at St. Lawrence College are asked to see their Guidance Counsellors for options and to complete an application before the **May 23rd** deadline.
- **Volunteer Opportunities** are plentiful over the next couple of months! More detailed information can be found in the grade specific Google Classrooms. Be sure to check them out and encourage your students to get their 40 hours of Community Involvement Graduation requirement done!
- **Stay Connected** by following along in our grade specific Google Classrooms where our Guidance Counsellors post all kinds of important information and announcements. Here are the links:
 - Grade 9: <https://classroom.google.com/c/NzE2MDcwOTM1OTU5?cjc=pszlqqk>
 - Grade 10: <https://classroom.google.com/c/NzM2MTA0ODgyMDA3?cjc=tx7skex>
 - Grade 11: <https://classroom.google.com/c/NzE1ODI1NjAzNzAy?cjc=s4kifs7>
 - Grade 12 & Returners: <https://classroom.google.com/c/NzA1NjIzNzAzMjYz?cjc=zbezhaa>

Graduation 2025

It's official! This year's Graduation Ceremony to celebrate the Class of 2025 will be held on **Thursday, June 26th at 12:00 noon** until approximately 2:30 PM in the **St. Lawrence College Gymnasium**. Here are some additional details:

- Grad Fee payments and Ticket purchases can be made on School-Day until May 21st.

- Additional tickets can be purchased after this date by cash or card up until June 25th directly from Vicki Gower in the main office.
- If families of Graduates are unable to access School-Day, please connect with Krista Lackey or Vicki Gower.
- Please note, the majority of seating will be in the Gymnasium bleachers.
- Tickets must be presented at the door.
- Tickets and Gowns will be distributed at the Grad Breakfast which is taking place on the morning of May 28th.

Girls Flip the Script Program with EAAA



Challenge the scripts that tell us our needs, desires, and safety aren't important

May 31st - June 1st
9:30-4:30

SAC Kingston
400 Elliott Ave

- ★ learn self-defense tactics
- ★ build the skills and confidence to communicate and defend our bodies and boundaries.
- ★ enjoy free lunch and snacks
- ★ earn 12 volunteer hours

pre-registration is mandatory

www.sackington.com/girlsflipthescript
stephanie@sackington.com

Girls flip the Script with EAAA is a healthy relationships and evidence-based sexual assault resistance program for self-identified girls ages 14-18. Registration is open of the upcoming session of this program. Participants will:

- Learn self-defense tactics
- Build the skills and confidence to communicate and defend their bodies and boundaries.
- Enjoy free lunch and snacks
- Earn 12 volunteer hours

For more information and registration see Shona, Ms. Grover, or Ms. Pixley and for more details visit: **www.sackington.com/girlsflipthescript**

FSS Upcoming Dates and Events

May 7-29 - 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