

Frontenac Secondary School Newsletter

May 30, 2025

Dear Parents and Guardians,

Monday will see the beginning of the final month of the 2024-25 school year. Frontenac student athletes will be proudly wearing the garnet and grey at soccer, rugby and track and field championships throughout the province. Other clubs and activities will also be celebrating with final performances and banquets to wrap up the school year. It is never too early to start preparing for [exams and final culminating activities](#). The light at the end of the tunnel is getting brighter, but we are not quite there yet!

You may have heard that Mr. Bonham-Carter will be retiring as Principal at Frontenac Secondary School at the end of this school year. We look forward to welcoming our new incoming principal, Ms. Shannon Tyner, who will be joining us in September 2025. Ms. Tyner brings many years of school leadership experience, including most recently being Principal at Ernestown Secondary School. We are looking forward to welcoming her to the team!

Administrative Announcements

The June exam schedule is available. Hard copies were sent home with midterm report cards and has also been posted online [here!](#) We are aware that a handful of students have an exam conflict (i.e. two exams at the same time). If you are in this situation, please contact Ms. Morris-Pocock (morrispocob@limestone.on.ca) to make alternative scheduling arrangements.

FSS Student Council



On May 21, staff and students enjoyed another amazing day at Olympiad. Thank you to our awesome student council for putting together such an incredible event. Retiring staff L-R, Rob Leggett, Tina Schaefer, James Bonham-Carter, Nicole Kasserra and Rhea Lynn proved that they still have plenty left in the tank as participants in the Jurassic Classic race at Olympiad. The winner of the event was Falcon Spirit! A special thank you to Domino's Pizza that was a major sponsor at the event. Your generosity is appreciated.



FSS School Council

School Council will conduct their final meeting Wednesday, June 11th, 6;30 pm at the Loyal Oarsmen. All are welcome.

FSS Arts

Frontenac Presents: **The 2025 ARTS BANQUET**



COME DRESSED AS A FAMOUS ARTIST OF ANY KIND

The End of Year music celebration will take place 7:00 to 8:30 pm on Tuesday June 10th (this is a revised date) in the cafeteria. This concert will showcase all current music classes and the various music ensembles and groups including members from Acadie! Admission is free, but we are asking folks to bring some money to participate in the 50/50 draw to help fundraise for the music program. The FSS arts banquet will be Friday, June 13th and will take place in the cafeteria from 4:00 to 6:00 pm.

FSS Athletics

Our Varsity girl's rugby team qualified for the OFSAA AAA tournament in Aurora from June 2nd to 4th. The girls punched their ticket with a hard fought 7-5 victory over the Kingston Bears. The junior boy's rugby team qualified for the KASSAA championship with a 15-12 road victory over Napanee. Although they came up short in the final, the boys showed tremendous grit until full time.

Junior girls' rugby continued their unbeaten streak in the city with a convincing 36-7 victory over Sydenham in the semi-final. In the final, the girls proved to be the class of the field in the city with an impressive 48-0 win over the Lasalle Black Knights.



The FSS Ultimate Team had a great season that brought together a mix of new and more experienced players. They competed in three tournaments at Queen's this season, culminating in a third-place finish in KASSAA. Many graduating students are planning on playing ultimate at the postsecondary level next year, and the junior students are excited to take on a leadership role on the team next season.

It's been an exciting season in the field & on the track for the Falcons this spring. There were a remarkable 85(!) students representing Frontenac at the KASSAA Championships at CaraCo Field on May 14th/15th. 35 students & 5 relay teams ended up qualifying for EOSSAA in Brockville last week. And although there are too many highlights to mention, the Falcons came away with many Top 5 finishes, including 1st place performances by Peyton Campbell (Triple Jump), Declan Cowan (Discus Throw), Leah Covert (Pole Vault), and double-first place finishes (in the 100m/200m sprints) for Riley Topping, Olivia Brassard, and Wyatt Lee. 18 individuals & 2 relay teams are competing this week in Ottawa at the East Regionals competition, where the Top 4 in each category will qualify for the OFSAA Championships at York University from June 5th - 7th. Go Falcons!



FSS School to Community

The PAL gym class went to the movies! We saw Lilo & Stitch and had a wonderful time. We're not sure who was more excited about the trip, the School to Community students or the PAL buddies, but everyone had a great time.



FSS - Central European Adventure - March 2026

For students interested in international travel next year: We still have a few spaces available on next year's March Break of Central Europe!

This March Break trip will explore the history, culture, and literature of Central Europe and will visit Germany, the Czech Republic, Slovakia, and Austria, including sites such as the Marienplatz and Olympic Stadium in Munich, the medieval city & castle in Bratislava, palaces in Prague & Vienna, and the Dachau Concentration Camp Memorial Site. The itinerary includes art museums, open air markets, concerts, and lots more.

EF Tours has discounted the tour price by \$150 and frozen this promotional rate until May 31st. If you are interested, please see our tour page (<https://www.eftours.ca/tour-website/2893818VH>) or reach out to Ms. Cavers or Mr. Conway for more information!

FSS Math

The junior mathletes competed at two different math challenge tournaments this past week at both Regi and Bayridge. All teams had great results highlighted by a third-place finish by the Gr10 team at the QLSMA math challenge. Congrats to the Gr10 team of Emily Paul, Mika Beaulieu and Charlie Walker on the podium finish!

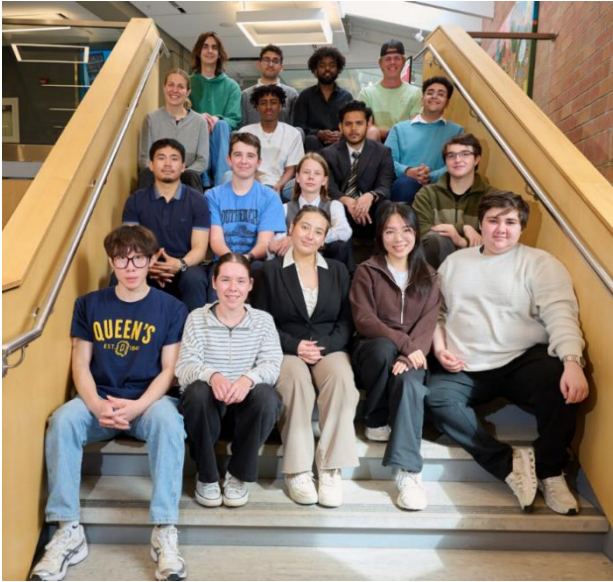


Social Science Department

The Frontenac Science and Social Science Departments combined to take students from biology, anthropology, sociology and psychology classes to the Toronto Zoo in mid May. Many animals were observed on the field trip, but none were harmed!



FSS Business



Congratulations to Kerelos Gayed for being selected for the 2025 Summer Company program, run by Kingston Economic Development! This competitive program supports young entrepreneurs aged 15–29 with business training, mentoring, and funding to help launch their own ventures. Kero will be using this opportunity to develop *AeroMaps*, a drone-based business offering imaging, 3D mapping, and cinematic video services for real estate, land surveying, events, and business promotions. His inspiration comes from his own experiences moving frequently growing up, sparking a passion for capturing places in dynamic and creative ways. We're proud to see Kero turning vision into action! The photo of the winners from Kingston and area is below and Kerelos is 3rd row on the far right. Well done!

FSS Computing

On May 8, FSS brought 4 teams to the second annual St Lawrence College Coding Contest. Our team members ranged from grades 9 to 12, and we earned another set of medals! This time it was Case Brown, Maxim Cameron, Declan Jones, and Katie Lauay's team earned a bronze, though they believed, given 3 more minutes, they could have beaten the gold-medal team. Another team was close to a medal as well, but most importantly, everyone had a fun time.



Student Services Updates

- **Summer Session** registration will continue throughout the month of June. If students are still considering taking a course or doing a co-op, they should connect with their Guidance Counsellor sooner than later.
- **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 Events

This week we enjoyed our annual grad breakfast to celebrate the Class of 2025. It was an awesome event celebrating this great group of students!



- **Graduation Ceremony** – Thursday, June 26th – 12 noon in the St. Lawrence College Gymnasium
 - Additional tickets can be purchased after this date by cash or card up until June 25th directly from Vicki Gower in the main office.
 - Please note, the majority of seating will be in the Gymnasium bleachers.
 - Tickets must be presented at the door.

KFL&A Public Health News

Stem Cells
for Life



**Canadian
Blood
Services**
BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

Bring Hope to Alexa.

Alexa is an honor roll student with plans to begin University this fall with the goal to become a dentist. Alexa has two passions – family and hockey. She is proud to have played for the U18AAA Notre Dame Hounds as well as represented Team Saskatchewan National Aboriginal Hockey Championship.

In 2023, Alexa was diagnosed with Primary Myelofibrosis and will require a stem cell transplant. Each year, hundreds of patients in Canada with life threatening diseases need a stem cell transplant to save their life. For indigenous people, it is more difficult as just over 1% prospective donors are on the Canada's stem cell registry. If you are between the ages of 17-35, please consider joining.



Join Canada's Lifeline

Register today at blood.ca/match4alexa

*A cheek swab kit will be mailed to you.
You must be between 17-35 years of age to register.*

*Not everyone who registers will be matched to a patient and asked to donate,
but each registrant provides hope for those waiting.*



Help your child have a healthy relationship with food.



Children and teens get many messages about health and body image. These messages can be helpful or harmful.



As parents and caregivers, it's not about being perfect with healthy behaviours and positive attitudes. It's about recognizing that you have the power to inspire and influence your child's choices.



Make being active a daily routine. Take part in physical activity to feel good and strong, and to have fun.



Help your child have a healthy relationship with food. Avoid using terms like "good food" or "bad food"; these words can create judgement around food choices. Instead, call foods by their names or describe them by commenting on their colour, texture, or flavour.

Create a welcoming environment by speaking positively about all body shapes and sizes.

kflaph.ca/HealthyEating



FSS Upcoming Dates and Events

June 10 - FSS Music Celebration – 7:00 pm cafeteria

June 12 - Athletic Banquet – 4:00 pm main gym

June 13 - Day 1 EQAO grade 9 math students

June 13 - FSS Arts Banquet – 4:00 pm cafeteria

June 16 - Day 2 EQAO grade 9 math students

June 17 - Grade 12 exams begin

June 19 - Grade 9-11 exams begin

June 26 - FSS Graduation Ceremony – 12 noon in the St. Lawrence College Gymnasium