

Frontenac Secondary School Newsletter

March 7, 2025

Dear Parents and Guardians,

As the calendar turns to March, we look forward to the warmer weather and a chance to enjoy more outdoor activities. Tryouts for spring sports teams will be starting soon after the break while the final sports of the winter season wrap up their OFSAA competitions immediately after the break. Frontenac Arts students are perfecting their dramatic and musical performances for late March and early April. We hope you have a great March Break to rest and recharge with family and friends.

Administrative Announcements

School Attendance

We aim to improve student achievement and well-being through better punctuality and attendance. Many parents/guardians are using phone and email instead of the *Safe Arrival app*, sometimes days after an attendance report. This method is time-consuming and requires further investigation by staff and has been leading to data inconsistencies. Where possible, parents should report absences and lates using *Safe Arrival* on the day they occur and can report until 9:00 PM to ensure accurate reporting.

Lunch time study hall will continue twice a week from 11:10-11:45 am: Tuesday (for absences and lates from the previous Tuesday, Wednesday, and Thursday) and Thursday (for absences and lates from the previous Friday and Monday). This lag ensures data accuracy and allows parents to discuss issues with their students.

Vape Detectors Update

For the past few weeks, we have been monitoring washroom air quality using vape detection devices and have been visiting these locations to notify students when the vape sensors have been set off. The data clearly indicates that students are still vaping in our washrooms. As a result, we have begun sending letters home to parents when a vaping event occurs, and we suspect specific a student(s) may be involved or were aware that it was happening. Our hope is that these parents might also have conversations at home about the [health risks associated with vaping](#). If you have these conversations, please share that the detection devices are very sensitive, and the school is aware every time students vape. We are hoping to convince our students to make better choices for their health and to improve the safety in our school washrooms. Please note that vaping on school property may lead to discipline including suspension, and or a fine 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](#).

Halt the Haze



When: March 19, 2025, 7:30 p.m.

Link to free registration: [Halt the Haze Webinar Registration](#)

Thousands of Canadian teens are hooked on vaping – an addiction so dangerously discreet, the adults who care for them often feel out-of-the-loop.

Enter the Lung Health Foundation's Halt the Haze Learning Series, where we'll prove that you don't have to be a vaping expert to make a difference – just a caring adult with a little evidence-based knowledge and a lot of heart.

Halt the Haze has been made possible thanks to a formal partnership between the Ontario Ministry of Education and the Lung Health Foundation, and it's all driven by Quash.

A WEBINAR FOR PEOPLE WHO CARE FOR ONTARIO'S YOUTH

In this final session, we're addressing the top questions we've received from parents, educators, coaches, school administrators and other caring adults throughout the Halt the Haze learning series. Reserve your spot now to learn how awareness, advocacy, and action are the key to beating the youth vaping epidemic!

Learning chapters include:

- Refresh on the vaping landscape today and how to navigate a conversation about vaping with your teen
- How to Have Effective, Ongoing Conversations with Teens
- Supporting Your Teen in Quitting Vaping and What to Do When Things Don't Go as Planned
- The Role of Advocacy, Policies, and How to Get Involved in Combating Vaping

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.

Parent/Teacher Interviews

Parent-Teacher interviews are on Wednesday, April 9th from 7:00-9:00 pm. Booking opens by lunchtime on Wednesday, April 2nd. The interviews will be held in the gymnasiums.

Host an International Student – Be a Part of Kingston's Global Community

Limestone is proud of our long tradition of hosting students from other countries, and with the demand for Kingston, and Canada, as a learning destination rapidly expanding, we are looking to expand our program. We currently have 15 students on our waiting list that have applied to Limestone for the 2025-2026 school year and need a home. They range from one semester to one year stays and are from Germany, Spain, Japan, Brazil, Slovakia, Czechia, and Denmark.

Host families will be paid a tax-free monthly stipend to host students. All students in the program attend local intermediate or secondary schools and range in age from 12 to 17 years old. Our International Education team works hard to make a great match for your family, that can last a lifetime.

Families can learn more by visiting [Limestone's International Education website](#) or phoning the International Education offices at 613-544-7745 ext. 290.

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 & Technology



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!

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.

DramaFest

The [NTS DramaFest](#) is a high school theatre festival hosted by the National Theatre School of Canada (NTS), where students from across the country can showcase their theatrical work through play productions, providing a platform to develop skills like teamwork, empathy, and creative expression while fostering a sense of community among young performers; it was originally founded by Ken Watts and was previously known as the Sears Ontario Drama Festival.

Key points about the NTS DramaFest:

- 1) The festival is primarily designed for secondary school students to participate in all aspects of theatre production, from writing and directing to acting and design.
- 2) The DramaFest aims to create a space for students, teachers, and theatre professionals to connect and collaborate, fostering a sense of community through shared experiences.
- 3) Participants can develop important skills like problem-solving, empathy, and teamwork through the process of creating and performing a theatrical production.
- 4) The festival aims to make theatre accessible to all Canadian youth by encouraging participation from diverse communities.

FSS will be competing on March 24th-26th but we will have a buyout show on March 20th period 3 as well as an evening show on March 20th at 5:00pm for interested parents and community members. The cost for the show is free, but donations are appreciated to offset costs.

Skills Competition



Frontenac students excelled at the 2025 Limestone Skills competition! Seventeen Falcons competed in the Cabinetmaking, Coding, Individual Carpentry, Carpentry Team of 2, Team of 4 Home Building, Plumbing, Electrical, and Brick Masonry competitions bringing home twelve medals including three golds. Mathew Jackson, Hudson Wornes, and Nate Leary will be advancing in May as members of Team Limestone to the Skills Ontario Competition in Toronto."

Pictured above: Emmet Ottney and Harrison Nichols with their Carpentry Team of 2 project

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 DECA

Earlier in February, students from Frontenac qualified and attended the DECA Provincials business case competition in Toronto. The students did an excellent job showcasing their business skills!



FSS Trivia

Congratulations to the Trivia Team on their impressive 4th place finish at the Consensus finals this year. The podium is in sight for the upcoming Reach for the Top Bay of Quinte regionals on the 28th.



FSS Athletics

Frontenac successfully hosted 18 of the top basketball teams from around the province this past week. Thank you to tournament convenor Duncan Cowan and his dedicated group of basketball enthusiasts including teaching staff, community volunteers and student helpers for the hours required to host a top-notch event. We are also very appreciative of the generous donations from our community partners and to St Lawrence College for providing a venue for the banquet and game action. Our boys finished 4th in the province, out of roughly 330 teams that comprise AAA competition.



Pictured above: FSS 2024-2025 Senior Boys Basketball team following their fourth-place finish at the OFSAA AA competition



Back from OFSAA Snowboarding, our FSS athletes were amazing. Day 1 action had Jenna Martin placing 12th out of 129 athletes, only 6 seconds behind the leader. Tyson Hopkins placed 31st, out of 125 athletes, only 7 seconds behind the leader and Presley Moore placed 68th, out of 125 athletes, 12 seconds behind the leader.

On Day 2, both Jenna and Tyson were top contenders on their team. Tyson's team placed a close 4th, and Jenna's EOSSAA team came out with an OFSAA Bronze medal. Congratulations to all of them!

Pictured left: Jenna Martin and her OFSAA Bronze team

Our Senior Boys Hockey team lost a heartbreaker to Sydenham in the KASSAA championship game by the score of 2-1. Despite the loss, the boys are the top ranked AAA team in Eastern Ontario and have qualified for OFSSAA in Windsor. The competition begins March 18th.

Over 900 wrestlers met in Kitchener this past week for OFSAA. Our brand-new wrestling team sent four wrestlers to the event. A big thank you to our coaches Mike Chapman, Charlie Tremblay and community volunteer Jason Howes.

Left to right – Mike Chapman, Jenna Martin, Jenna Gallivan, Neil D’Souza, Jason Howes. (Missing Wyatt Chase)



Frontenac swimmers return from the Toronto Pan Am Sports Centre after their two-day OFSAA championships featuring over 2,500 athletes, with 18 coming from Frontenac. Our Open Girls Medley Relay: Skylar Kalverda, Corran Shearer, Jordan Noonan and Olivia Serson competed in the finals placing 7th overall in the province and first amongst EOSSAA. Greta Kalverda raced in the finals finishing 17th out of 80 in her Individual Medley. Chelsea Ellacott could not be stopped, competing in the finals in all her events. Started with winning her final heat in the 50 free to claim the 10th fastest time onto shedding seconds off her 50 fly to place 4th overall. The Senior Girls medley relay featuring Chelsea with Elizabeth Creighton, Lyla MacIsaac and Evelyn Moore managed to take 7 seconds off their time, sending them to the finals to finish 17th in the province. Battling nerves, illnesses and missed warm up times, several Falcons went on to achieve their personal bests while battling the best in Ontario. We are proud of all our swimmers for their representation at the OFSAA championship this year. And we'll see you in the pool next year!



Our girls curling team won the EOSSAA curling championship and have qualified for OFSAA to be held in Sarnia, Ontario beginning March 19th.

Photo L-R (Athletes: Ella Rowsome, Grace Berry, Alexandra Wowk, Leah DaCosta, Coaches: Bilal Islam, Matthew Skilton)

English Department FSS

AP English Exam Prep Sessions began Thursday, February 27th. We will meet from 2:45 - 3:45 pm 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!

Bon Voyage to our Ireland travelers, who are touring Dublin, Galway, Derry, and Belfast over the March Break. Follow @fsstravels on Instagram for real-time updates of our Irish adventure!

Student Services Updates

Course Request Wrap-Up

Thank you to students and families for your diligence in completing your course requests for the 2025/26 school year. MyBlueprint submissions are now closed, and students are no longer able to submit or make changes to their requests on their own. Over the coming weeks, counsellors will continue to follow-up with students regarding their requests. If you have any questions or require a course request change, please contact your Guidance Counsellor.

New Appointment Booking System

Starting after the March Break, our Student Services department will be moving over to an electronic appointment booking system for students. Students will be able to book appointments with our Guidance Counsellors and Co-op Teachers using the link found on the Student Services page of our website or using the following

link: <https://outlook.office365.com/owa/calendar/FSSStudentServices@limestoneschools.onmicrosoft.com/bookings/>

Students will receive an email confirmation with their appointment date and time along with a reminder email the day before their appointment. If students require immediate assistance, they can drop-in to Student Services when needed. We're here to help!

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!](https://bit.ly/2025TravelForCredit)

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 order distribution	March 4, 2025
Suspension period	April 8- May 7, 2025 (20 days)

FSS Upcoming Dates and Events

- March 10-14- March Break
- March 19- School Council Meeting. 6:30 pm FSS Library
- March 20- National Theater School DramaFest- Buy out at FSS
- March 31- PA Day
- April 2- Coffee House, 7:00 pm FSS Library
- April 7-9- DELF exams
- April 9- Parent Teacher Night, 7:00- 9:00 pm FSS Gyms
- April 15-18- DELF interviews
- June 26- FSS Graduation Ceremony