

## **Frontenac Secondary School Newsletter**

May 16, 2025

Dear Parents and Guardians,

The warm weather this past week has been pleasant and the celebration of Victoria Day on Monday is the unofficial start of the summer season. Last Friday, midterm report cards were sent home with students as well as a copy of the semester two exam schedule. Any students that have exam concerns or conflicts are asked to notify the school as soon as possible so that the necessary changes can be made.

### **Administrative Announcements**

The LDSB sent a newsletter home this week relaying information related to “Senior Assassin”, a game popular amongst graduating students. We are not allowing this game to happen on school property and thank you in advance for helping to support this board wide decision.

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 Frontenac 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](mailto:setizr@limestone.on.ca).

### **FSS Arts**

The End of Year music celebration will take place 7:00 to 8:30 pm on Friday June 6<sup>th</sup> 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.

### **FSS Athletics**

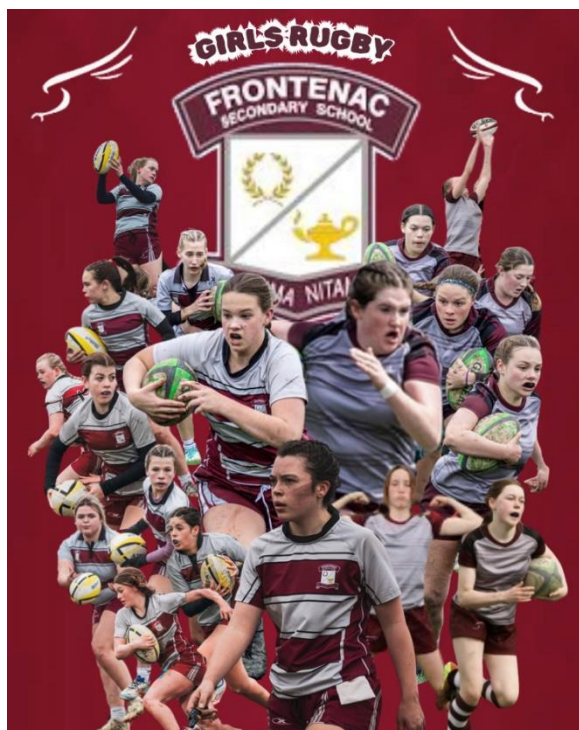
The spring sports season is the busiest and shortest season on the KASSAA schedule. We had the full compliment of 12 teams from Frontenac participating this year in KASSAA sports. This means we had over 350 student-athletes proudly wearing the colours of garnet and grey on the pitch, diamond, track, court and fields to participate. A shout out to our athletic department for coordinating and a special thank you to the 31 staff and



community coaches for volunteering their time and talents to promote education through sport.

Our Senior girl's soccer team will be playing in the KASSAA finals on Tuesday, May 20<sup>th</sup> against the Lasalle Black Knights.

Our Varsity girl's rugby team was playing their semi-final/ OFSAA qualifier today and if successful will be playing in the KASSAA championship next week. Junior rugby teams were finishing league play this week before playoffs begin after the Victoria Day weekend. Please check <https://kassaa.ca/> for all sports schedules, start times and locations.



Congratulations to all our tennis players who represented Frontenac at the Junior and Senior Championships this past week. Well done Xavier Roy for moving on to EOSSAA for Junior Boys singles play.

We will have more sports updates in the next newsletter to cap the 2024/25 school year. A reminder to save the date for our annual athletic banquet Thursday, June 12th. We will have more details in the next newsletter.

### **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.

## **Student Services Updates**

- **Dual Credit** applications for Fall 2025 are due May 23rd! 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 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 Events**

- **Grad Breakfast** – Wednesday, May 28<sup>th</sup> – Periods 1 & 2 in the cafeteria
  - All Graduates are expected to attend this event
  - To kick things off, we'll be serving a pancake breakfast for all Grads
  - The Grad Breakfast is also where Grads will receive important messages about the graduation ceremony, complete their comment cards, sign the grad mural, vote for their valedictorian, and receive their tickets & gowns!
- **Graduation Ceremony** – Thursday, June 26<sup>th</sup> – 12 noon in the St. Lawrence College Gymnasium
  - 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.

## Girls Flip the Script Program with EAAA



 **GIRLS-  
FLIP THE  
SCRIPT**  
WITH EAAA®  
For self-identified girls ages 14-18

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

 May 31<sup>st</sup> - June 1<sup>st</sup>  
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](http://www.sackington.com/girlsflipthescript)  
[stephanie@sackington.com](mailto: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-defence 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](http://www.sackington.com/girlsflipthescript)

## KFL&A News

As warmer weather arrives, families often spend more time outside. This month, we are sharing tips to protect against Lyme and other tick-borne diseases.



-  Stick to well-groomed paths when outdoors.
  -  Use an insect repellent that contains DEET or Icaridin.
  -  Perform a full-body tick check at least once a day.
- Contact your doctor or pharmacist if you have had a tick attached for more than 24 hours and monitor for symptoms of tick-borne diseases.

**FSS Upcoming Dates and Events**

May 19 - Victoria Day

May 21- Olympiad

May 28 - FSS Grad Breakfast – 8:15 am cafeteria

May 30 - PA Day

Jun 6- FSS Music Celebration- 7:00 pm cafeteria

June 12- Athletic Banquet- time TBD

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