

Frontenac Secondary School Newsletter

January 10, 2025

Dear Parents and Guardians,

We hope everyone had a great winter holiday with friends and family. With the break over, we turn our attention towards wrapping up culminating activities, EQAO test writing for our grade 9 math students and final examinations. There are only eight more days until exams begin. We sincerely wish everyone well as they make their final preparations to finish well. ☺

Administration Announcements

It is with mixed emotions that we announce that Vice Principal Sheri Jones will be moving to Bayridge Secondary School for semester two. While we are sad to see her go, we know that the students in the Bayridge community will benefit from her support and caring in the years to come. Frontenac/Acadie will have a new Vice Principal starting February 3rd. Bonney Morris-Pocock will join us from Kingston Secondary School where she is currently the head of Student Services.

Black and Racialized Student Affinity group

Interested in an Affinity group at FSS for Black and Racialized Students? Affinity spaces are for racialized students to celebrate their identity and amplify their voices and the voices of others in the group. The group will meet at the dates listed on the poster to discuss Black History Month and how they would like to recognize the month at FSS. Please join Equity and Inclusion Consultant Andrea Barrow on Thursday, January 16th

Semester 1 Exams

As communicated previously, semester 1 exams run from January 23rd-29th, with the inclement weather day on January 30th. We have needed to make changes to the location of the exams (date and time of exams remains the same) due to work being finished in the gym. Exams will now be held in the cafeteria and some classrooms. Students were made aware of these changes at our grade forums this week. Please see below for the revised schedule which lists the new locations. Please note if buses are cancelled due to inclement weather, exams scheduled on that day will be rescheduled to the next exam day. Subsequent exams in the exam schedule will also be rescheduled accordingly. Schools will communicate with families if the exam schedule needs to be adjusted due to inclement weather and bus cancellations. Students are expected to be present and available to write exams during the entire exam period, from January 23rd through January 30th. These days are incredibly



important, and students must attend their scheduled final exam days. Families are therefore requested to NOT book holidays that may conflict with these dates. With the number of courses running, organizing an exam schedule that allows for a fair and equitable experience is our priority.

[Revised Exam Schedule January 2025](#)

LDSB News

Halt the Haze Webinar: Building a Vape-Free 2025

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* program, this school year, 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 driven by [Quash](#).

When: Wednesday, January 29, 2025 at 7:30 p.m. - 8:30 p.m., the week following National Non-Smoking Week 2025.

Where: Parents and guardians can register for this free webinar at: [Halt the Haze Webinar Registration](#).

FSS School Council

Our next school council meeting will be held Wednesday, January 29th in the Learning Commons at FSS. The meeting will begin at 6:30 pm. All parents and guardians are welcome to attend.

Student Services Updates

Post-Secondary Applications

This is the LAST CALL for Grade 12s and Returners to apply for post-secondary schools! The deadline to apply to **Ontario Universities** is **Wednesday, January 15th**, while the deadline to apply to **Ontario Colleges** is **Saturday, February 1st**. Students intending to put in an application are encouraged to do so ASAP! Please connect with Ms. Lackey in Student Services or by e-mail if you have any questions.

Grade 8 Information Night

We are gearing up to welcome our Future Falcons and their families at our Grade 8 Information Night on Wednesday, January 15th from 6:30-8:00 PM. There will be a presentation followed by an

open house where families can tour the school and meet staff. We are looking forward to meeting the FSS Class of 2029!



WELCOME FUTURE FALCONS



ACADEMIC EXCELLENCE & AP
Enriched courses leading to AP Calculus, English & Physics; Robust French program leading to the DELF Exam



ARTS PROGRAMS
Thriving arts scene featuring numerous bands, Improv, coffee houses, & school productions!



ATHLETIC GREATNESS
Our provincially recognized Athletics program fields 50+ competitive and recreational teams a year!



CLUBS & GROUPS
Mathletes, eSports, Ophelia, SAGE, Trivia, DECA, Interac, D&D, Model UN, and more!



EXPANDED OPPORTUNITIES
Co-op, Dual Credits, OYAP, and SHSM's in Arts & Culture, Construction, and Health & Wellness

LEARN MORE



Instagram: fssprops2.0
Twitter: FSSprops

FOLLOW US

At Frontenac, there's something for everyone!

Semester 2 Timetables

As we wrap up Semester 1, students are asked to check their Semester 2 timetables on ASPEN. This can be accessed through their Minds Online accounts. If students need to make any changes, they should make an appointment in Student Services to see their Guidance Counsellor as soon as possible. Printed schedules will be distributed in Homeroom the first day of Semester 2 on Monday, February 3rd.

Dual Credits

Semester 2 Dual Credit acceptances are in! Students should connect with their Guidance Counsellor to see if they got in and to make any necessary adjustments to their Semester 2 timetable.

Semester 2 Co-op

We've got over 115 students signed up to take Co-op Semester 2! Many are looking to do full-time placements within the trades. If you or your employer would be willing to take on a Co-op student in the trades or otherwise, please connect with Aaron Kenney [kenneya@limestone.on.ca], Bruce Patry [patryb@limestone.on.ca], or Dale Bennett [bennettd@limestone.on.ca].

Frontenac Social Sciences

Frontenac to Europe

London's calling, and Paris too! Current Grade 9 and 10 English AP, French Immersion, or those planning to continue with Core French classes are invited to join us over March Break 2027 for an 8-day trip to Europe! Students will see Buckingham Palace, Stonehenge, take in a West End theatre show, travel by Chunnel, visit Versailles, the Louvre, and so much more. Please contact Michelle Lee for more information at leemc@limestone.on.ca.

KFL&A Public Health

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
Parents/guardians or students to report to public health.	
Suspension order distribution	March 4, 2025
Suspension period	April 8 (suspension day) to
20 school days.	May 7, 2025



ATTENTION

Parents/caregivers!

Students in Ontario are required to have up-to-date immunization records submitted to Public Health. Your child will receive a notice if they are missing immunizations.

Submit your child's immunization record here:
kflaph.ca/ImmunizationReporting

If your child requires an immunization appointment and does not have a health-care provider visit **kflaph.ca/Appointments**.

kflaph.ca
2020-01-08



For parents and guardians that need to update immunizations, KFL&A will be hosting a clinic January 31, 2025. Please use the link within the posters to update your immunization records or to book an appointment online with KFL&A.



P.A. day vaccine clinic

Keep your child up-to-date



Friday, Jan. 31



KFL&A Public Health
Kingston Office
221 Portsmouth Ave., Kingston

Routine immunizations for those four to 18 years of age and by appointment only.

Book online: **kflaph.ca/routineimmunizations**

kflaph.ca
2020-01-08



Host an International Student with Limestone!



Have you ever considered welcoming a student from another country into your home? The Limestone DSB have a proud tradition of hosting students from other countries, and we are looking to continue this growth during the 2025-2026 school year. Hosting an international student is a highly rewarding experience! Limestone schools host more than 120 international students each year from countries such as Brazil, Italy, China, Germany, Czech Republic, Thailand, Hong Kong, Japan, Korea, Mexico, Spain, Turkey, Vietnam, Rwanda and others. Many life-long friendships have developed out of Limestone's international student homestay program. Some students come for one semester to improve their English and experience living in a new culture; others come for a longer period to prepare for entering a Canadian college or university. International

students range in age from 12 to 17 years old.

We are currently looking for host families within the Kingston area for all lengths of stay ranging from four months to two years. Participating families are compensated with a monthly stipend of **\$1050/month**, paid tax-free at the beginning of each month. You must have a free bedroom in your home and be prepared to have a student enter your family.

For more information please call (613) 544-7745 (ext. 290)



Upcoming Events

January 15- Frontenac Hosts Grade 8 Night 6:30 pm

January 16- Day 1 EQAO assessment for grade 9 math students

January 17- Day 2 EQAO assessment for grade 9 math students

January 23-January 30 – Exams

January 29- Parent Council Meeting

January 31 – PA Day

February 3 – Second Semester starts

