



SACRED HEART CATHOLIC SCHOOL

1411 Lecaron Avenue, Sarnia, ON, N7V 3J1

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Principal: Mr. Wm. Nelson

Secretaries: Mrs. T. Green; Mrs. J MacDonald

Director of Education: Mrs. D. Crawford Board Chair: Mr. J. Van Heck

Superintendent: Mrs. L. Demers Trustees: L. Ward / J. McCann



Week at a Glance for Families

February 18, 2019

Monday, February 18

- Happy Family Day

Tuesday, February 19

- Report cards come home
- Lego League after school to 4:30pm
- Senior Boys' BB practice at lunch hour
- Senior Boys' BB HOME game 3:05 – 4:15pm
- Grade 7/8 and Grade 6/7 classes have "Let's Talk Science" Crime Lab workshop in their classes
- Chess Club at lunch recess



Wednesday, February 20

- Senior Boys BB practice at lunch hour
- Senior Boys' BB AWAY game at Holy Rosary 3:05 – 4:15pm
- "Newsies" rehearsal after school to 4:30pm
Scenes 1-8 (Jack, Crutchie, Newsies : (Georgia H., Alexa S., Lena H., Autumn K., Mya M., Piper C., R., M.J. O., Ella W., Fallon M., Allie G., Jocelyn T., Ella B., Grace N., Taeah T., Jillian T., Lily G., Lily N., Keely R.), Nuns, Pulitzer, Seitz, Bunsen, Hannah, Medda, Bowery Beauties, Davey, Les, Katherine)
- Chess Club at lunch recess
- Grade 8 students attending St. Pat's Open House 9:30am – 12:15pm
- St. Pat's OPEN HOUSE for all families. 6:00pm to 8:30pm

Thursday, February 21

- Parent/Teacher Interview night
- Senior Girls BB practice at lunch hour
- Chess Club at lunch recess
- PIZZA DAY

Friday, February 22

- Senior Girls BB practice at lunch hour
- Grade 6/7 class – New France Day
- Grade 3 class – Pioneer Day

Attachments:

1. Parents' Guide to Substance Use and Mental Health

Have a great weekend, everyone!



Parents' Guide to Substance Use and Mental Health

Teenagers who are anxious or depressed often turn to pot or alcohol to make themselves feel better. It's easy to get, their friends are doing it, and there's no stigma attached. It may actually help with their symptoms in the short term. But substance use can also delay and undermine their ability to get effective, lasting help and put them on a collision course with addiction.

This week on childmind.org we feature a comprehensive guide to substance use and mental health disorders, developed in collaboration with the Partnership for Drug Free Kids. In it we examine how substance use interacts specifically with disorders in adolescents and young adults — how does it affect symptoms, behavior, treatment, and long-term prognosis? The guide is for both parents and teenagers themselves, it's downloadable, and we hope it will enable families to make decisions that will be effective for them, now and in the future.

Caroline Miller, Editorial Director | 



Parents' Guide to Substance Use and Mental Health

The risks for teenagers and young adults.

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Teen Vaping: What You Need to Know

Use of the highly addictive e-cigarette JUUL is skyrocketing among young people.

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What Selfies Are Doing to Girls' Self-Esteem

How they can exacerbate insecurity, anxiety and depression.

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