

SACRED HEART CATHOLIC SCHOOL

1411 Lecaron Avenue, Sarnia, ON, N7V 3J1 Ph: (519) 344-1601 Fax: (519) 344-3886 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 25, 2019

<u>Monday, February 25</u>

- Monday Liturgy 12:20pm
- Senior Girls' BB practice at lunch hour
- Senior Girls' BB AWAY game at St. Anne's School at 3:05pm

Tuesday, February 26

- Lego League after school to 4:30pm
- Senior Boys' BB practice at lunch hour
- Senior Boys' BB HOME game 3:05 4:15pm
- Chess Club at lunch recess

Wednesday, February 27

• "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

Thursday, February 28

- KinderSTARt 9:00am to 5:30pm
- Chess Club at lunch recess
- St. Pat's Drama Team visiting Grade 8 students 12:20pm 2:00pm

Friday, March 1

• Dairy Farm Presentation to Grade 7/8; 6/7 classes

Attachments:

- 1. Parents' Guide to Substance Use and Mental Health
- 2. Sacred Heart Spring Fundraiser

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 <u>childmind.org</u> 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.

READ MORE ►



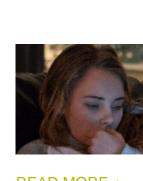
Teen Vaping: What You Need to Know

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

READ MORE 🕨



How they can exacerbate insecurity, anxiety and depression.



READ MORE ►



1.

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Sacred Heart Two SPRING Fundraisers

- All proceeds from these Fundraisers will go to support our Muskoka Woods trip and School Technology
- ORDERS DUE BY MARCH 22ND (CASH or CASH-ON-LINE)
 - PRAIL's Coupons: Prail's Greenhouse (1508 Blackwell Rd, Sarnia) (519) 542-3371
 - \$10.00 coupons (Valid from May 1st to June 15th)
 - To be used at the Prail's store to purchase bedding plants or hanging baskets

2. EASTER / SPRING Signs:



Option B:

(6x12) signs \$20.00 each

Option A: (8x8) signs \$12.00 each



Sacred Heart Catholic School Fundraiser All orders and money due in the office by FRIDAY, MARCH 22nd

Student Name:

Teacher:

| Name | Phone Number | Prail's Coupon \$10.00 | Option #A1 \$12.00 | Option #A2 \$12.00 | Option #A3 \$12.00 | Option #B1 \$20.00 | Option #B2 \$20.00 | Option #B3 \$20.00 | Option #C1 \$40.00 | Option #C2 \$40.00 | Total \$ Amount | Payment Type | |
|-------|-----------------|------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------|--------------|--------|
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Deliveries are available for pick up at the school on Thursday, April 11th from 8:30am to 5:30pm

