



## 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*

### Monday, February 25

- 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 [childmind.org](https://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.

[READ MORE ►](#)



### Teen Vaping: What You Need to Know

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

[READ MORE ►](#)



### What Selfies Are Doing to Girls' Self-Esteem

How they can exacerbate insecurity, anxiety and depression.

[READ MORE ►](#)



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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 22<sup>ND</sup> (CASH or CASH-ON-LINE)**
- 1. **PRAIL's Coupons:** Prail's Greenhouse (1508 Blackwell Rd, Sarnia) [\(519\) 542-3371](tel:5195423371)
  - \$10.00 coupons (Valid from May 1<sup>st</sup> to June 15<sup>th</sup>)
  - To be used at the Prail's store to purchase bedding plants or hanging baskets



### 2. EASTER / SPRING Signs:



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



**Option B:**  
(6x12) signs  
\$20.00 each



#C1



#C2

**Option C:**  
Large sign  
(12x24)  
\$40.00 each

# Sacred Heart Catholic School Fundraiser

## All orders and money due in the office by **FRIDAY, MARCH 22<sup>nd</sup>**

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	
												Cash	Online
TOTAL Orders													

**Deliveries are available for pick up at the school on  
Thursday, April 11th from  
8:30am to 5:30pm**

