



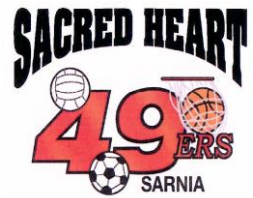
## SACRED HEART CATHOLIC SCHOOL

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

March 25, 2019

#### Monday, March 25

- Knitting Club at the Church at lunch hour
- Junior Boys Basketball tryouts at lunch hour

#### Tuesday, March 26

- Lego League after school to 4:30pm
- Chess Tournament at St. Matthew School (9am to 2pm)
- Junior Girls Basketball tryouts at lunch hour

#### Wednesday, March 27

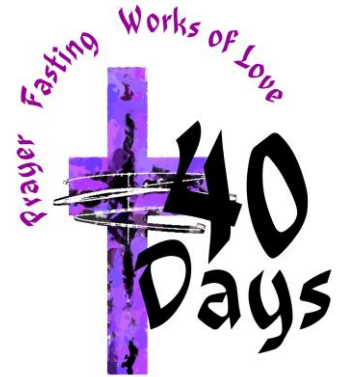
- “Newsies” rehearsal after school to 4:30pm  
Act 1: Scenes 1-9 (Jack, Crutchie, Newsies :(Georgia H., Alexa S., Lena H., Autumn K., Mya M., Piper C., R., M.J. O., Ella W., Fallon M., Allie G., Jocelyn T., Ella B., Grace N., Taeah T., Jillian T., Lily G., Lily N., Keely R.), Nuns, Pulitzer, Seitz, Bunsen, Hannah, Medda, Bowery Beauties, Davey, Les, Katherine)
- April Food Day orders due
- Junior Boys Basketball tryouts at lunch hour

#### Thursday, March 28

#### Friday, March 29

#### Attachments:

1. [CBD and Children: What Parents Should Know](#)



# Have a Great Weekend!



## CBD and Children: What Parents Should Know

The buzz about CBD is inescapable. We're hearing claims that CBD helps alleviate everything from stress to cancer. Some people are even giving it to children to treat things like anxiety, inattention and behavior problems. Though it is extracted from marijuana or hemp, CBD doesn't make you high. But that doesn't mean it's risk-free for children.

This week on [childmind.org](http://childmind.org) we explore [what we know and don't know about CBD](#) (short for cannabidiol), and what the risks are in giving it to kids. The only drug containing CBD the FDA has approved, Epidiolex, is used to treat a form of epilepsy in children as young as two. While the preliminary research on other uses is promising, it hasn't been proven to be effective for mental health symptoms. We also don't know how much CBD unregulated products on the market actually contain, what *else* they might contain, and how CBD might interact with other medications a child is taking. That's why our expert recommends waiting for the science to catch up with the enthusiasm before giving it to kids.

Caroline Miller, Editorial Director | [✉](#)



### CBD and Children

Parents are giving it to kids to combat anxiety and other problems. But there are risks, and little research to support it.

[READ MORE >](#)



### Teen Vaping: What You Need to Know

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

[READ MORE >](#)



### Behavioral Treatment for Kids With Anxiety

Kids learn to handle the bully in the brain.

[READ MORE >](#)



### How to Avoid Passing Anxiety on to Your Kids

Help yourself, and them, by learning techniques to manage stress in a healthy way.

[READ MORE >](#)



### Best Medications for Kids With Anxiety

Antidepressants trump all others as the most effective evidence-based choice.

[READ MORE >](#)



### What to Do (and Not Do) When Children Are Anxious

How to respect feelings without empowering fears.

[READ MORE >](#)