

# WICOM Health Newsletter

March 2014



## My kid on drugs: What can I do?

It's important for you to know that many young people experiment with some sort of drug; it's part of growing up. But most don't become dependent. In fact, the majority of young people cope very well without drugs in this stressful time in their lives. Although illegal drugs receive the most publicity, alcohol is much more likely to be the drug kids try first.

Here are some signs that may indicate your kid has a problem:

- Your kid shows a sudden change in behavior, change in appearance, or a change in attitude to you or other family members.
- Your kid may become more secretive and less helpful at home.
- School grades drop, or you find money missing
- Your kid has a new group of friends, or doesn't bring friends home any more.

These could be warning signs that your daughter or son is involved in drugs. But remember, adolescence is naturally a time for change; there may be other causes for these changes. Try not to jump to conclusions.

What do you mean, don't panic?

Guilt, fear, and anger are natural reactions when you suspect your kid is on drugs. But wait. Calm down before discussing your concerns with your child. Approach drug use the same way you would approach any other issue with your child.

My kid doesn't listen to me.

Listening is a two way street. Are you listening to your kid? Are you paying attention to what she's saying? Lecturing an adolescent is seldom effective.

How serious is it?

Find out what you're dealing with—the type of drug or drugs being used, and the extent and frequency of use.

What if my kid denies using drugs?

Don't turn it into a confrontation. Leave the discussion to another time. Show you have some confidence in your child. Praising him when he does things well can improve his self-esteem.

Why my kid?

Drug use can affect any family. It doesn't mean you have failed as a parent.

Are my own actions affecting my kid's behavior?

Although you have let your child know that you are opposed to drug use, your own use of

alcohol, cigarettes, or pills may be sending mixed messages from you as a role model.

I don't know anything about drugs  
Parents who know about drugs—how they're used, what their effects are, and what the law is—are both more confident and more believable as information sources for kids.

You can find out more @ [www.camh.ca](http://www.camh.ca) or  
ConnexOntario 1-800-565-8603  
(Adapted from [www.camh.ca](http://www.camh.ca))

### Happy Birthday!!!!

Debbie Leckner	March 2
Chad Brown	March 2
Conan Pitchenese	March 3
Logan Shabaquay	March 3
Kathy McIvor	March 9
Taliah Williams	March 10
Margaret Williams	March 12
Donna Chief	March 13
Krissy Brown	March 19
Teresa Lacroix	March 30
Cori Brown	March 31

### Recipe of the Month Mini Chicken Pot Pies

#### What U Need!

- 1 chopped cooked chicken
- 1 cup frozen mixed vegetables (carrots, corn, peas), thawed
- 1 tub of Herb and Garlic Cooking cream
- 1 can country biscuits
- ½ cup Double Cheddar shredded cheese

#### What 2 do!

- Heat oven to 375 F
- Combine chicken, vegetables and cooking cream
- Separate biscuits. Press biscuit onto bottom and up side of each 10 muffin pan cups sprayed and top with cheese
- Bake 20-22 mins or until biscuits are golden brown. Cook in pan for 5 minutes before serving

### Weird but True Health Fact

Garlic rubbed into the soles of the feet can be detected later in your breath.

([www.onlinesurgicaltechnicianscourses.com](http://www.onlinesurgicaltechnicianscourses.com))

### Thanks!!!!

- To Shiela and Crystal for planning and organizing the Family Day Fish Derby – especially with the weather conditions. THANKS!!!!!!

### FYI.....

- Family Spring break Camp – March 10-14 (see attached schedule)
- Blue Box Recycling Day – March 20<sup>th</sup>
- Community Trust Meeting – March 18<sup>th</sup> @ 4:30 pm

### Quote of the Month

The greatest miracle on earth is the human body. It is stronger and wiser than you may realize and improving its ability to self heals is within your control.

- Dr. Fabrizio Mancini

HAPPY ST. PATRICK'S DAY

# March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Parents & Tots Cooking Night 4-6 pm	5 Learning Centre Swim Day 1-3 p.m. Open Gym (ages7-12) 4-5 pm Open Gym(ages 13-18) 6-8 pm	6	7	8
9	10 Family Springbreak Camp Begins	11	12	13	14 Last Day of Family Springbreak Camp	15
16	17	18 Open Fitness Room 4-6 pm Head Check @ School	19 Learning Centre – Swim Day 1-3 pm Open Gym (ages7-12) 4-5 pm (ages13-18) 6-8 pm Elder's Night 4-7 pm	20 Learning Centre- Movie Night 4-6 pm Open Fitness Room 4-6 pm	21	22
23	24	25 Learning Centre – Parent & Tot Cook Night 4-6 Open fitness Room 4-6 pm Movie Night (ages 7-12) 7-9 pm	26 Learning Centre – Toy Library & Swim Day 10-3 Cooking 4 Life Classes 4-6 pm Open Gym (ages 7-12) 4-5 pm (Ages 13-18) 6-8 pm	27 Learning Centre – Craft Night 4-6pm Walking Derby 4- 5:30 pm Movie Night 7-9 pm (ages 13-18)	28	29
30	31					



#### Monday- March 10th

- ± Dryden Ski Hill, Lunch Provided
- ± Bus Leaving at 9:00am from the School, and returning 3:30pm

#### Tuesday - March 11th

- ± Lion's Den, Movie at the Centre Auditorium, Subway Lunch Provided
- ± Bus Leaves from School at 9:00am, and returning 3:30pm

#### Wednesday - March 12th

- ± Indoor Games-Bucket Bozo, Pudding Challenge, Outdoor Ice Baseball
- ± Breakfast starting 9:00am, Lunch Provided at 12:00pm
- ± Prizes

#### Thursday - March 13th

- ± Swimming at Dryden Pool & Fitness, Bowling, Pizza Lunch Provided
- ± Bus Leaves at 9:00am, Returning 3:30pm

#### Friday - March 14th

- ± Snow Sculpting Contest. Spray bottles available for pick up March 14th @ 9am, but there is no time limit to sculpting. Start now!
- ± Judging starts at 1:00pm. 2:00pm-3:00pm Wrap up and Prizes

**\*All Band members and community members encouraged to attend\***

**\*Children ages 0-12 must be accompanied by an adult\***