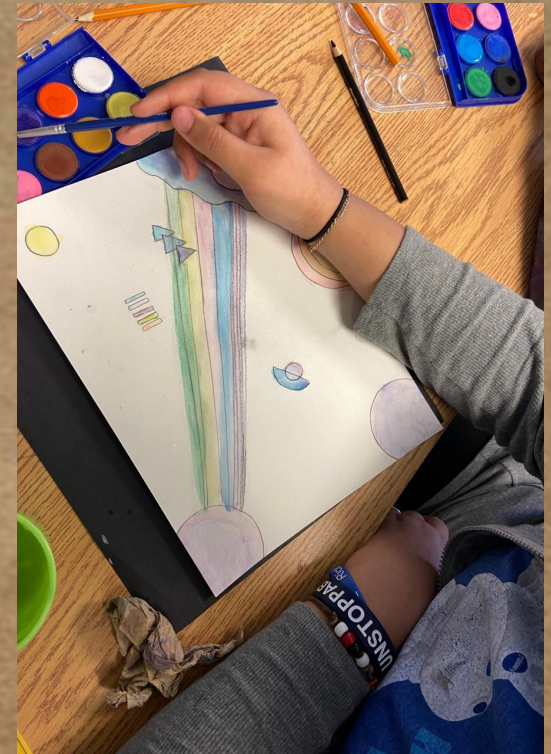
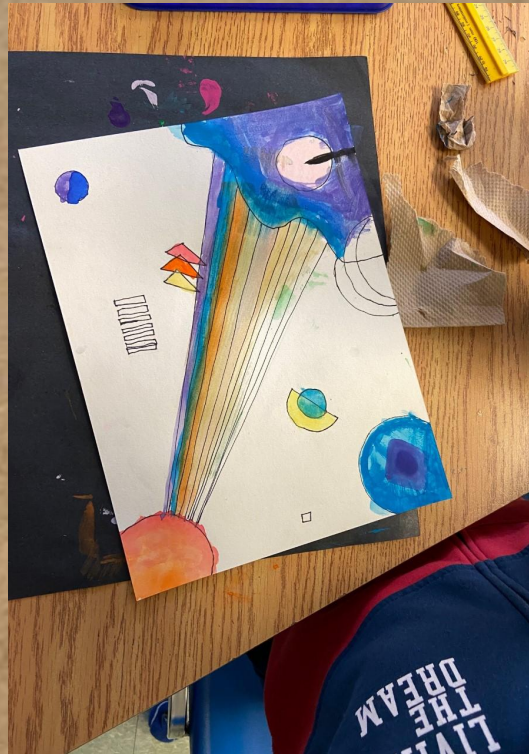
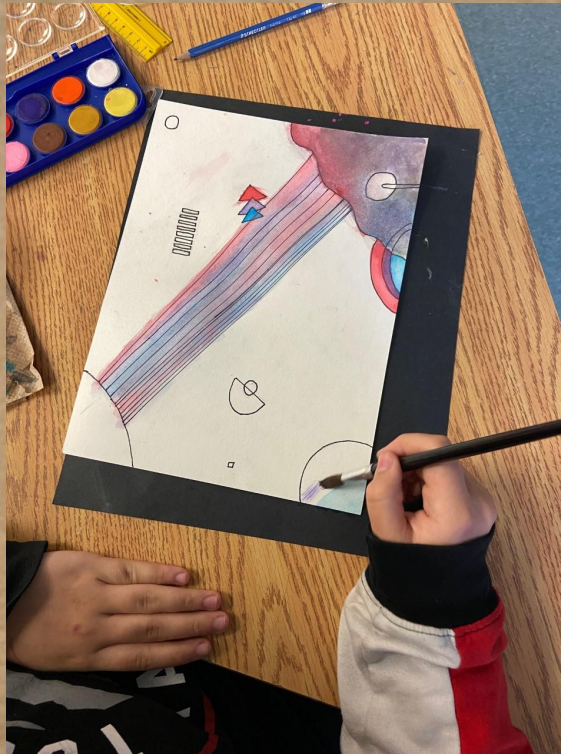


ARTISTS AT WORK



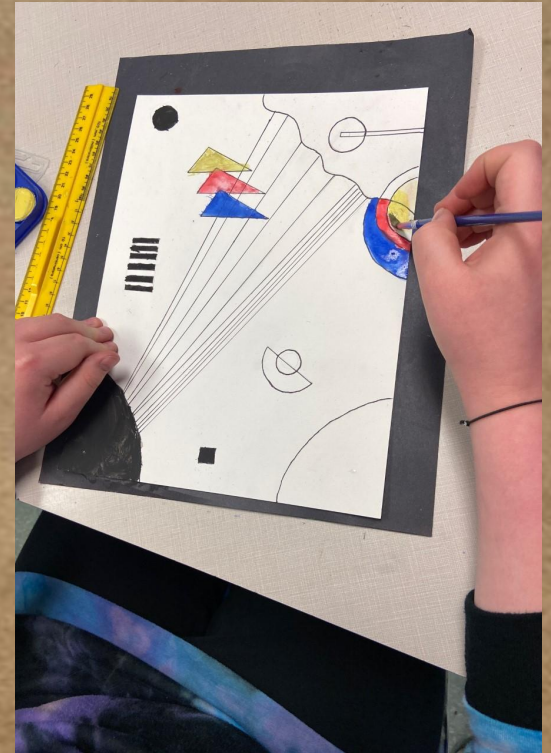
WORKSHOP #2

ARTISTS AT WORK



WORKSHOP #2

ARTISTS AT WORK



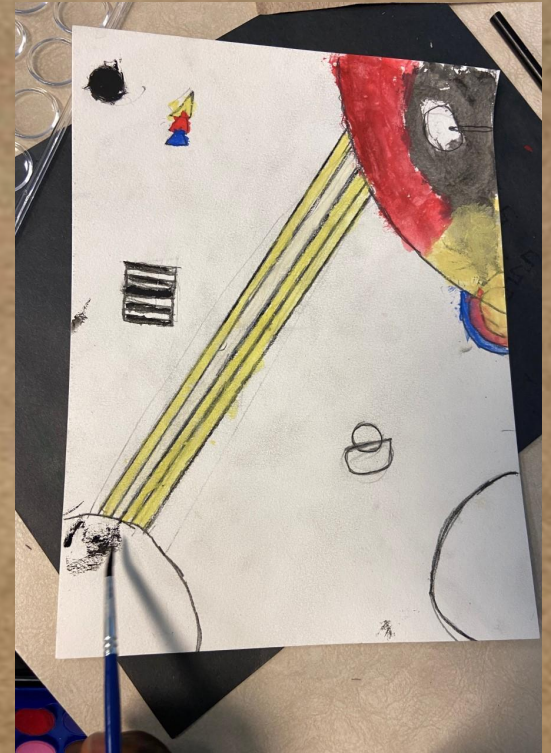
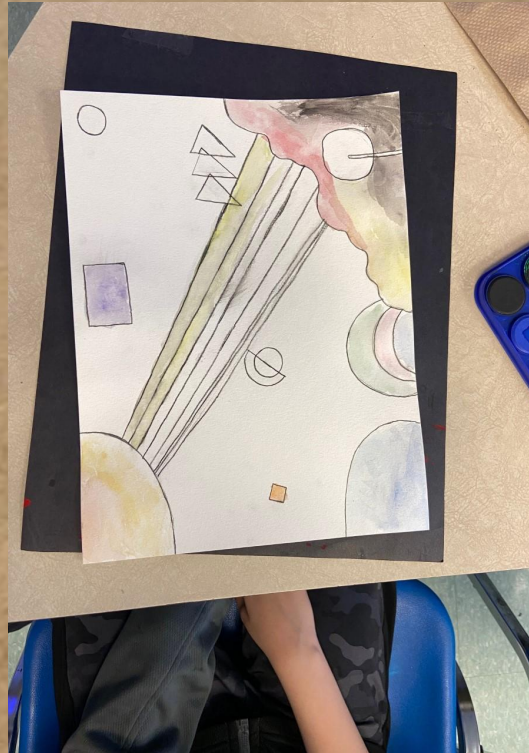
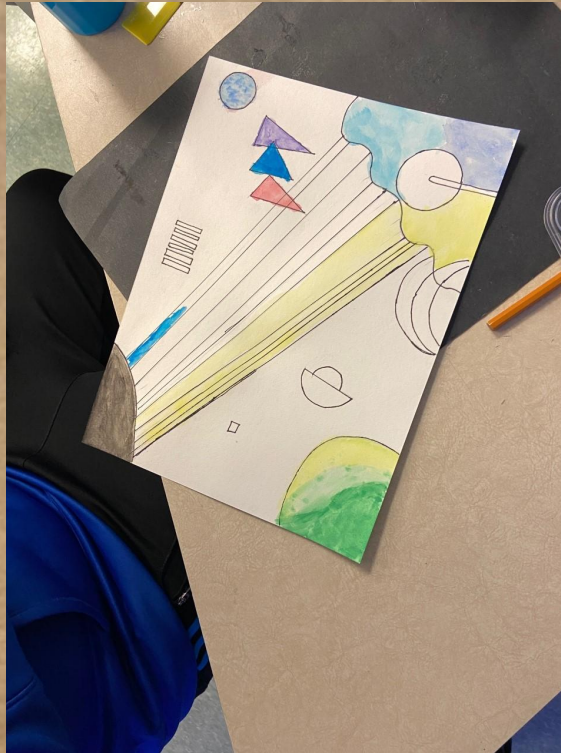
WORKSHOP #2

ARTISTS AT WORK



WORKSHOP #2

ARTISTS AT WORK



WORKSHOP #2

WHAT WE'RE LEARNING IN...

HEALTH/PHYS-ED

- In health, students begin our new health unit, focusing on substance use, addictions and related behaviours. We will explore the use of and effects of various substances, such as alcohol and nicotine, and potential influences behind their use. We will also discuss peer pressure, and how to make healthy, assertive, personal choices.
- In phys-ed, we continue with badminton. Students are building their skills of serving, attacking and defending through partnered warm-ups and matches.

→ Long-Term Effects of Alcohol

In addition to the immediate effects, long-term use of alcohol can be very damaging to your health. Although alcohol is legal to purchase for adults, the effects are very serious.



Consuming large quantities of alcohol over long periods of time can have a damaging impact on the brain. Alcohol consumption can lead to memory loss. It also can contribute to brain problems like dementia.



Long-term use of alcohol can cause problems for your heart and circulatory system. High blood pressure, heart attacks, and strokes can all be linked to alcohol abuse.



The liver plays an important role in your body by filtering out toxic substances in your body. Long-term alcohol use puts a strain on your liver. This can lead to liver disease.



Alcohol use can damage the lining of your stomach. This can lead to ulcers (a hole in your stomach lining) and it can worsen the symptoms of an ulcer that already exists.

→ Underaged Cannabis Use



On October 17, 2018, recreational cannabis became legal across Canada. However, it is illegal for anyone under the age of 19 years old in Ontario to buy, possess, use, or grow cannabis. However, many parents and caregivers are still able to access cannabis. It is up to you to make smart decisions about cannabis consumption.

Anyone under 19 who uses, buys, grows, or possesses (that means even just holding cannabis) is breaking the law. That means they can be or indeed, *are* in jail. To protect you and to help with cannabis, you can be charged under the Youth Criminal Justice Act for possession over 3 grams of or sharing with anyone under 18.

A suspension from school may be considered for a student under the influence or in possession of cannabis. A suspension is required and an expulsion may be considered if a student gives cannabis to someone under 18.

The use of cannabis for medical purposes is not restricted by age, but there are still rules on buying and the amount that can be in your possession. To qualify for medical cannabis, you must have a medical document given to you by a doctor.

What could happen if you are caught with cannabis at school?

Why do you think someone under 19 would choose to try cannabis?



AND OF COURSE, WE ARE ALWAYS LEARNING TO BE A TEAM AND TO HAVE



FUN!

**SHELDON
MARCH 2022**





**That's what
friend are
for.**





We did it!



We shoot! We score!



Baaaa!



WHAT?! There's more?



Marshmallows anyone?



Hmm....how does this work?