

HJC LAKERS



Dates to Remember

- March 10: Collaboration Day, No School
- March 22: Parent Teacher Interviews
- March 24: Non Instructional Day
- April 7: Good Friday, No School
- April 10: Easter Monday, No School
- April 11-14: Spring Break, No School



The grade 9 girls basketball team is hosting CWAJHAA this Friday & Saturday.

**Next Athletic Society
Meeting - April 19th @
6:30 in the Learning
Commons.**





Every year on March 21, people all around the world come together to celebrate World Down Syndrome Day by wearing brightly colored, mismatched socks. March 21 is symbolic because people with Down syndrome have 3 copies of their 21st chromosome. Socks were chosen because the karyotype of Ds chromosomes actually looks like mismatched socks! This year (and in years to come) we too will be celebrating diversity here at HJ Cody School by educating students about Down Syndrome and by encouraging staff and students to "ROCK YOUR SOCKS" on March 21. We hope you will join us and sport your funky mismatched socks on this day

Junior Forest Rangers

The Junior Forest Rangers is a 7-week summer work experience program that aims to showcase careers in Natural Resource Management to High School students across Alberta. Students are placed on a crew, live on a wildfire base for the summer and meet with different professionals to take part in hands-on work projects and educational experiences. Some of these opportunities include trail building, stream assessments, touring a lumber mill, helicopter rides, tree planting, wildfire training, bird banding, habitat restoration

and so much more. If you are between the ages of 16-18, a full time Albertan High School student and interested in a Career in Forestry, Wildfire, Conservation, Wildlife or Environmental Stewardship, check out our website for more information on how to apply. www.albertajfr.ca





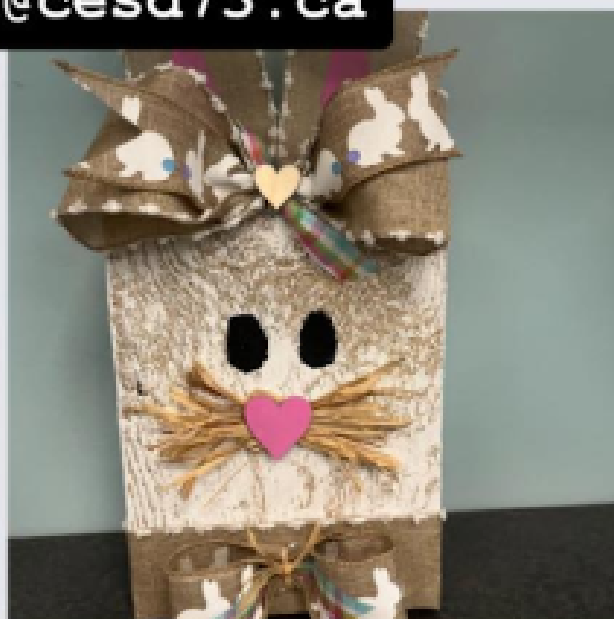
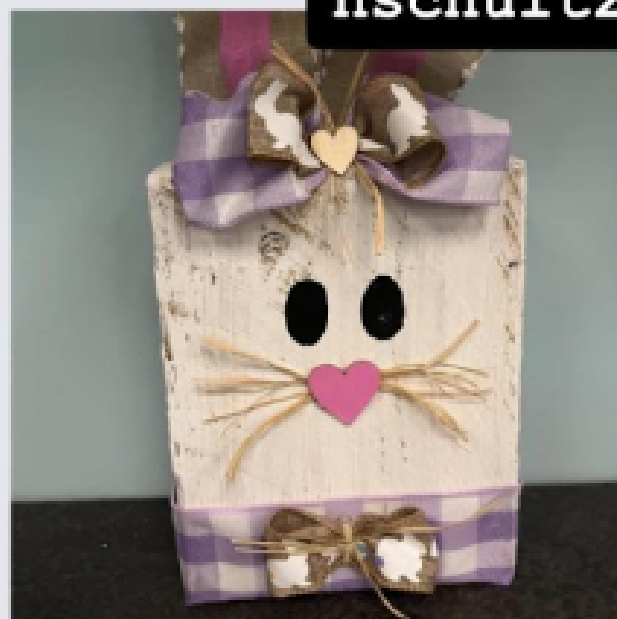
Échange étudiant 2023



A second group of H.J. Cody students visited Quebec in February. This time they visited Saint-Raymond, about 45 minutes from Quebec City. What an adventure! We look forward to hosting our twins in May!



Creative Gems will be selling these hand crafted bunnies again this year. Sets of 3 for \$40. If you're interested please email Holly @ hschultz@cesd73.ca





What Alberta Parents and Caregivers Need to Know

This fact sheet on non-medical cannabis is for Alberta parents and caregivers of youth in grades 6 to 12. It provides information about cannabis and its legalization, risks, signs of a problem, how to help your child and where to get more information and support.



Bottom Line

- All forms of cannabis are illegal for use by anyone under the age of 18 in Alberta.
- Although most youth in Alberta do not use cannabis, even occasional use has risks.
- For youth who use cannabis often and over time, it can be addictive, can affect brain development and may increase the risk for mental health problems.
- Youth are especially vulnerable to the effects of cannabis since brain development is not complete until about the age of 25.
- Parents and caregivers play an important role in their child's life – stay connected by talking to your child, knowing their friends and being prepared to answer questions.

What is cannabis?

Cannabis, also called marijuana, weed and pot, is a drug that comes from a plant with common strains that include *Cannabis sativa* and *Cannabis indica*. It consists of dried flowers, fruiting tops and leaves that are greenish or brownish. Different ways to use cannabis include:¹

- Smoked as a cigarette, called a joint, spliff or a blunt
- Smoked or vaporized (sometimes called vaping) through a pipe, bong or an e-cigarette
- Mixed into a drink or food, such as tea, brownies, gummies and candies, called edibles
- Consumed as a cannabis oil or tincture (alcohol-based extract) on its own or added to food or drinks
- Heated and inhaled (called dabbing) as oil, wax, or in a form called shatter that is made from cannabis resin or hash

In Alberta, 16% of students in grades 7 to 12 say that they have used cannabis at least once in the past year.² It is important to remember that most students in the province have not used cannabis at all in the past year.

How does cannabis make you feel?

Cannabis contains THC (tetrahydrocannabinol), a chemical that causes the mental and physical effects known as feeling “high”.¹ Cannabis can make some people feel relaxed and happy, but it can also cause confusion, drowsiness, forgetfulness, panic, delusions and distorted perceptions.³ Studies show that the average potency of THC in cannabis today is almost 10% higher than 30 years ago.⁴

When cannabis is smoked or vaporized, the effects begin right away and last at least six hours. The effects of edibles may begin between 30 minutes and two hours after taking them, and can last 12 hours or longer.³ Although edibles don't harm the lungs and respiratory system like smoking cannabis, it can take longer for their effects to be noticed. This can cause a person to consume more in a short amount of time, intensifying the effects.⁵

What does cannabis legalization mean for youth?

Across Canada, cannabis is a legal substance that is strictly regulated.⁶ The minimum age to use, buy, possess and grow cannabis is 18. This is the same minimum age for tobacco and alcohol use and sales.⁷

Consuming non-medical cannabis is not allowed on public properties in Alberta, like hospitals, schools and childcare facilities. It is prohibited near public places often visited by children and youth, like playgrounds, sports field, skateboard and bicycle parks and outdoor pools.⁷ Check with your municipal government for more information.

Strict rules are in place for cannabis-impaired driving among all Albertans, including youth.⁸



Did You Know?

There is a range, or spectrum, in how people use substances:^{9,10}

Substance use – people use different kinds of drugs, like caffeine, alcohol and cannabis, for many reasons; some use it to relax or feel good. Depending on the substance and how often someone uses it, it may or may not lead to problems.^{9,10}

Problematic use – is substance use that causes negative health and social consequences.^{9,10} For instance, youth who often use cannabis may experience problems with attendance and may have difficulties in their studies at school. They may experience problems with memory, concentration, and thinking and may have difficulties with relationships.

Addiction – is when substance use becomes uncontrollable. When someone has an addiction, they often have a strong desire to use a substance, even when it is causing them difficulties in their life or they want to quit.¹⁰ A young person may be showing an addictive relationship with cannabis if they feel unable to control or reduce their use.

What are the risks of cannabis use for youth?

Trying cannabis is unlikely to cause serious problems, but even occasional use has harms. For instance, driving after using cannabis may double the risk of having a car accident.¹¹ Youth who use cannabis early and often for months or years, are at risk of long-term health and social problems.^{1,3,4} Here are a few examples:

- **Increased risk of harm to the brain** – such as problems with memory, concentration, thinking, learning, handling emotions and decision-making^{3,4}
- **Increased risk of mental health problems** – such as psychosis or schizophrenia and, possibly, depression, anxiety and suicide, especially if there's a personal or family history of mental illness^{1,3,4}
- **Difficulties with relationships** – at home, school or work³
- **Physical health harms** – including lung and respiratory problems from smoking cannabis³
- **Addiction** – cannabis can be addictive, especially for youth⁴

Using cannabis in combination with alcohol, tobacco, or prescription drugs may result in greater harms, such as increased impairment and risk of injury³ and nicotine dependency.

What are the signs my child may have a problem with cannabis or other substances?^{1,12}

- Ignoring responsibilities at work, school, or home
- Giving up activities that they used to find important or enjoyable
- Using more cannabis, more frequently
- Feeling unable to cut down or control cannabis use
- Changes in mood (e.g., feeling irritable and paranoid)
- Changing friends
- Having difficulties with family members
- Being secretive or dishonest
- Changing sleep habits, appetite, or other behaviours
- Borrowing money or having more money than usual

It is sometimes hard to detect a problem with cannabis use. Some signs of a cannabis problem can look like typical youth behaviour.¹⁴ Talk to your child and find out if there's a problem.



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What can I do to help prevent cannabis from doing harm to my child?



Stay connected: Adolescence is a time when your child may want to pull away. Respect their independence, but stay connected at the same time. Build a strong relationship with your child by participating in activities with them and getting to know their friends. Having a healthy relationship will increase the likelihood that you can help them to make informed and safer choices.¹³



Talk about it: Have open, ongoing talks so your child understands the effects of cannabis and the legal risks of having, using, selling, or sharing it. Pick a time when you're both calm. Let the discussion happen casually or ask your child to let you know when they're ready to talk.¹



Be positive: When talking about cannabis, avoid trying to frighten, shame or lecture your child.¹⁴ Build trust with active listening skills, such as repeating back what they say, using the language they use, asking for clarification and thanking them for sharing.¹



Focus on safety: Let your child know about safer choices when it comes to cannabis and work with them to establish limits and understand consequences.^{1,14} Be there to help even if cannabis is involved, such as if they need a ride because they don't want to get in a car with someone who has used cannabis.



Be informed: Your child may be learning about substances in school and through other parts of their lives. Be prepared with facts about cannabis so you can respond to questions they may have.¹³



Be supportive: Youth use cannabis for many reasons: to fit in, to feel good, or to cope with stress.¹⁴ Be ready to help your child find healthier coping strategies or professional help if needed.¹⁴ See the next page to find resources to support you and your child.



Be an example: Reflect on your own use of substances. If you use alcohol as a stress reliever, you might be giving the message that substance use is an appropriate way to handle life's challenges.^{1,14} Try using other coping strategies, like going for a walk after a stressful day.¹ If your child asks about your substance use, you can be honest but use the opportunity to discuss why people use substances, the dangers of substance use and how your child can avoid making mistakes you may have made.

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Where can I get more information and help?

The resources below offer more information and help for parents/caregivers and youth:

- For vital information on reducing harms of drugs and alcohol, visit [DrugSafe.ca](https://www.drugsafe.ca)
- For more ideas on how to talk to your child about cannabis, check out Drug Free Kids Canada's [Cannabis Talk Kit](#) with scripts and talking points
- To learn about Alberta's approach to cannabis legalization, visit [Alberta.ca/cannabis](https://alberta.ca/cannabis)
- To learn about safer use of cannabis, see Canada's Lower-Risk Cannabis Use Guidelines – [youth version](#) or [public version](#)
- For information on safer use of alcohol, see Canada's [Low-Risk Alcohol Drinking Guidelines](#)
- For information about treatment options in your community, talk to your doctor or contact the [Addiction Helpline](#) (Alberta Health Services): 1-866-332-2322
- Youth looking for help can contact [Kids Help Phone](#): 1-800-668-6868



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CAREERS YOUTH & PARENT INFORMATION NIGHT



CAREERS is opening doors for Alberta youth to explore local career options in skilled trades, ICT, agriculture, health, and more.

Come learn about how you can gain valuable work experience, earn credits, and make money! Students can start applying on the spot. CAREERS alumni will also be joining us to share their experiences.

MARCH 15
• 7PM

RED DEER POLYTECHNIC



REGISTER HERE

for information
CAREERScentral@nextgen.org
1.888.757.7172
careersnextgen.ca



CAREERS
take on the future



CAREERS YOUTH & PARENT INFORMATION NIGHT



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MARCH 22
• 7PM

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