

November 2015

Sun

Mon

Tue

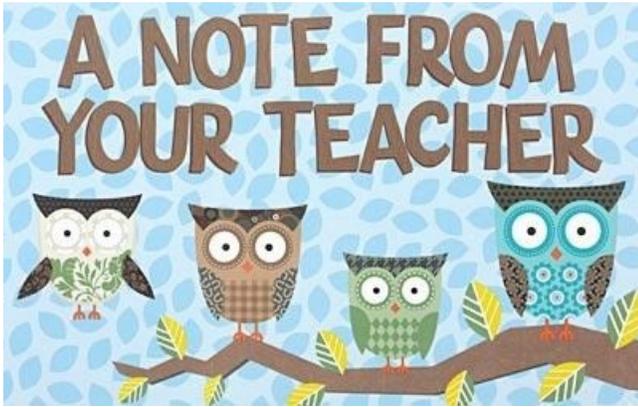
Wed

Thu

Fri

Sat

1	2	3	4 <i>EHS Socialization Southbridge</i>	5	6	7
8	9	10	11 <i>Veterans Day- No school</i>	12	13	14
15	16	17 <i>Policy Council- Southbridge 5pm</i>	18	19 <i>Parent Breakfast 8:45 Auburn</i>	20	21
22	23 <i>Parent Teacher Conferences</i>	24 <i>Parent Teacher Conferences</i>	25 <i>1/2 Day</i>	26 NO	27 <i>School</i>	28
29	30					



Education Theme:
Harvest

With the winter coming, please make sure you have coats, hats, and gloves for your child. If you need assistance obtaining these items, please contact Candi.

If your child is going to be absent, please call Candi or MaryLou BY 9am. We need to have a lunch count submitted by 9:15am.

(774)318-0994 Candi

(774)318-8042 MaryLou

THANK YOU for completing the homework we sent!
We appreciate it because every one we get back gets
our program money!

Classroom 1; Ms. Marilyn

They will be covering pumpkins, owls, and harvest related items

Classroom 2: Ms. Cindy & Ms. Lila

They will be doing harvest theme activities and continue working on the journals they made.

Classroom 3: Ms. Marianne & Ms. Ann

They also will be covering pumpkins and harvest. They will be sending home a book with a bear and asking you to read the book and complete the journal that comes with it.

What is drug and substance abuse?

Substance abuse is the overindulgence in and dependence on an addictive substance, especially alcohol or a narcotic drug. Also called *chemical abuse*, substance abuse is a pervasive problem in the United States today. The substances abused can be illegal drugs such as marijuana and cocaine, or legal substances used improperly, such as prescription drugs and inhalants like nail polish or gasoline. A 2004 survey conducted by the Department of Health and Human Services found that an estimated 19.1 million Americans aged 12 or older were using illicit drugs.

Drug addiction can be emotional and psychological, or have a predominantly biochemical basis, or both. The Substance Abuse and Mental Health Services Administration refers to psychological dependence as “the subjective feeling that the user needs the drug to maintain a feeling of well-being,” whereas physical dependence is characterized by *tolerance*—the need for increasingly larger doses in order to achieve the initial effect—and *withdrawal* symptoms when the user stops.

How does drug abuse differ from addiction?

The Mayo Clinic defines drug addiction as “compulsively seeking to use a substance, regardless of the potentially negative social, psychological and physical consequences.” Addiction to drugs and other substances always involves lack of control and repeated inability to take personal responsibility for behaviors. Not every one who tries drugs becomes a drug abuser, and the differences are often subtle. Charles Roper, Ph.D., the coordinator of alcohol and drug education for the University of Texas at Austin, gives some behavioral differences between drug abuse and addiction on his website Alcohol & Drug Abuse.com

What are general signs and symptoms of drug addiction?

Addiction to any drug may include these general characteristics:

- Feeling that you need the drug on a regular basis to have fun, relax or deal with your problems
- Giving up familiar activities such as sports, homework, or hobbies
- Sudden changes in work or school attendance and quality of work or grades
- Doing things you normally wouldn't do to obtain drugs, such as frequently borrowing money or stealing items from employer, home or school
- Taking uncharacteristic risks, such as driving under the influence or sexually risky behavior
- Anger outbursts, acting irresponsibly and overall attitude change
- Deterioration of physical appearance and grooming.
- Wearing sunglasses and/or long sleeve shirts frequently or at inappropriate times
- No longer spending time with friends who don't use drugs and/or associating with known users
- Engaging in secretive or suspicious behaviors such as frequent trips to storage rooms, restroom, basement, etc.
- Needing to use more of the drug of choice to achieve the same effects
- Talking about drugs all the time and pressuring others to use with you
- Feeling exhausted, depressed, hopeless, or suicidal

Adcare Hospital

107 Lincoln St. Worcester MA

(800)345-3552

Alcoholics Anonymous

(508)752-9000

Spectrum Health Systems

105 Merrick St. Worcester, MA

(508)797-6100 X5100

November is Diabetes Awareness Month.

Did you know these 10 facts about diabetes?

Diabetes is a disease in which the body is unable to properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream — causing one's blood glucose (sometimes referred to as blood sugar) to rise too high.

There are two major types of diabetes. In type 1 (formerly called juvenile-onset or insulin-dependent) diabetes, the body completely stops producing any insulin, a hormone that enables the body to use glucose found in foods for energy. People with type 1 diabetes must take daily insulin injections to survive. This form of diabetes usually develops in children or young adults, but can occur at any age. Type 2 (formerly called adult-onset or non insulin-dependent) diabetes results when the body doesn't produce enough insulin and/or is unable to use insulin properly (insulin resistance). This form of diabetes usually occurs in people who are over 40, overweight, and have a family history of diabetes, although today it is increasingly occurring in younger people, particularly adolescents.

Diabetes can occur in anyone. However, people who have close relatives with the disease are somewhat more likely to develop it. Other risk factors include obesity, high cholesterol, high blood pressure, and physical inactivity. The risk of developing diabetes also increases as people grow older. People who are over 40 and overweight are more likely to develop diabetes, although the incidence of type 2 diabetes in adolescents is growing. Diabetes is more common among Native Americans, African Americans, Hispanic Americans and Asian Americans/Pacific Islanders. Also, people who develop diabetes while pregnant (a condition called gestational diabetes) are more likely to develop full-blown diabetes later in life.

1. About one third of all people with diabetes do not know they have the disease.
2. Type 2 diabetes often does not have any symptoms.
3. Only about five percent of all people with diabetes have type 1 diabetes.
4. If you are at risk, type 2 diabetes can be prevented with moderate weight loss (10–15 pounds) and 30 minutes of moderate physical activity (such as brisk walking) each day.
5. A meal plan for a person with diabetes isn't very different than that which is recommended for people without diabetes.
6. Diabetes is the leading cause of blindness in working-age adults.
7. People with diabetes are twice as likely to develop heart disease than someone without diabetes.
8. Good control of diabetes significantly reduces the risk of developing complications and prevents complications from getting worse.
9. Bariatric surgery can reduce the symptoms of diabetes in obese people.
10. Diabetes costs \$174 billion annually, including \$116 billion in direct medical expenses.

The Barton Center for Diabetes
30 Ennis Road North Oxford MA
(508)987-2056

Joslin Diabetes Camp
150 Richardson Corner Charlton, MA
(508)248-5220