

Kings East Newsletter  
June



Annapolis Valley  
Regional Centre for Education

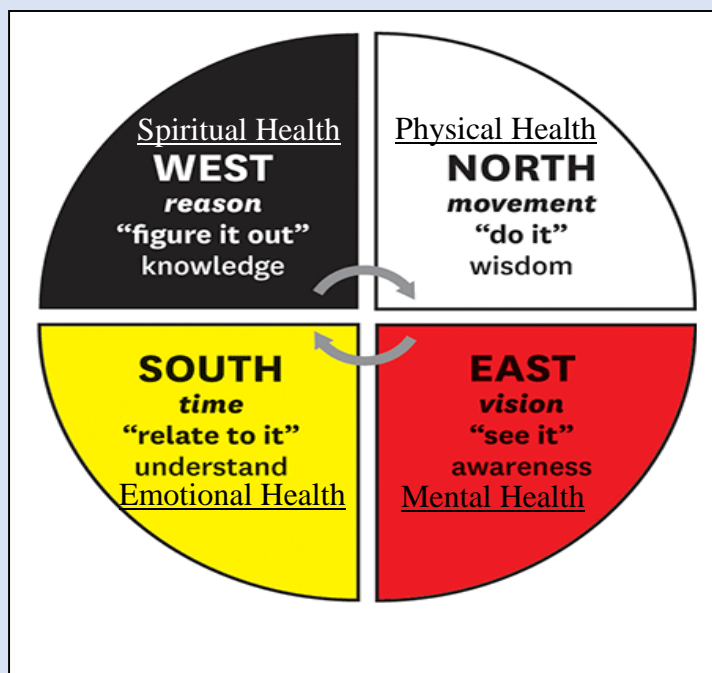


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The Medicine Wheel



When we consider our health from a holistic point of view, we look at the whole person and how he or she interacts with the environment. It is not about looking through a microscope at a specific illness or part of the body. It is simply a recognition that there is a connection between one's Mind, Body, and Spirit.

By tuning into the wisdom of the Medicine Wheel, we do not have to be First Nations nor believe in a specific spiritual practice to benefit from its insights. We all exist on a planet that is governed by universal laws. For example, whether you believe in gravity or not, it still keeps you from floating out into the universe.



# Volunteer Appreciation Tea

Glooscap Elementary School hosted an Appreciation Tea Event on May 31st to celebrate all the hard work of our volunteers. Volunteers enjoyed refreshment, student's presentations and variety of door prizes donated by local businesses.



Denise  
Aspinall  
~ Aspinall  
Pottery



Golden Touch Hair Design







# FLYING SQUIRREL ADVENTURES

All Ages Nature Program in the Annapolis Valley

## June Outing: Going deeper in the Ravine

Date: Saturday June 15, 2019

Time: 9:45 am - 12:15 pm

Location: Kentville Ravine, 32 Main Street Kentville (parking lot at the top of the hill behind the Research Station)

Come on a guided hike with us in the Ravine. We're going to cover more ground than usual and visit the waterfall. We'll also be introducing our community-built field guide project and let you know how you can get involved. And for the kids, we'll be exploring the water in different ways (weather permitting).

Event updates are posted here: <https://www.facebook.com/events/329166057780172/>

For more info about Flying Squirrel Adventures: <https://valleyflyingsquirrel.wordpress.com/>

## Grandparents - Second Time Around!

### Upcoming sessions:

- Tuesday, June 11<sup>th</sup>
- Tuesday, June 25<sup>th</sup>



### Location:

*Louis Millet Community Complex,  
Room 119*

Time: 10 - 12

*New Members welcomed!*

*Need more info? Call: 902 698 9272,  
email: [marketa.glenn@avrce.ca](mailto:marketa.glenn@avrce.ca)*

## Cannabis: What Parents/Guardians and Caregivers Need to Know

### What are the unique 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. Youth who use cannabis early and often for months or years, are at risk of long-term health and social problems. 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.
- 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.
- Difficulties with relationships – at home, school or work.
- Physical health harms – including lung and respiratory problems from smoking cannabis.
- Addiction – cannabis can be addictive, especially for youth.



### Did You Know?

There is a range, or spectrum, in how people use substances:<sup>8,9</sup>

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.<sup>8,9</sup>

Problematic use – is substance use that causes negative health and social consequences.<sup>8,9</sup> 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.<sup>9</sup> A young person may be showing an addictive relationship with cannabis if they feel unable to control or reduce their use.



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