

# Substance Abuse Prevention Collaborative

March 27

Hello everyone, we are here to support you in any way we can during these challenging times. This newsletter is designed to provide your family with a variety of educational links, activities, and resources on overall wellness and substance abuse, on a weekly basis.

## Botvin LifeSkills

<http://www.lifeskillstraining.com/msweb/>

Rather than just teaching the dangers of drug abuse, social emotional learning (SEL) helps our youth develop greater self-esteem and stronger skills to effectively cope with anxiety and other factors that may eventually lead to substance abuse.

Several of our communities are teaching a version of Botvin LifeSkills Training (LST) program. LST has been proven to reduce drug use rates by 75% in many instances. Rather than merely teaching information about the dangers of drug abuse, LST helps students develop greater self-esteem and effectively cope with anxiety. The link above provides you with free activities for parents to teach your middle school or younger youth, as well as a separate module for your child/children to do independently.



## Talking to Kids

### About Coronavirus

It's good to talk to your child about Coronavirus, this gives you the ability to regulate factual information which your child receives. However, ensure age appropriate information and vocabulary. Ensure to use your child's feedback and responses to gauge your responses and encourage your child to share what they've heard. Continue to be reassuring and express hope with your child. Ensure to be aware of your own anxiety and try to be calm with your child, as to not pass on un-needed anxiety to them. For more information visit:

[www.childmind.org/article/talking-to-kids-about-the-coronavirus/](http://www.childmind.org/article/talking-to-kids-about-the-coronavirus/)  
<https://adaa.org/learn-form-us/from-the-expert/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>

## WHO ARE WE?

### SAPC

*SAPC is a coalition of eight communities working together to help reduce substance abuse with specific intentions for youth below the age of 18.*

Communities include:

BillERICA—Mike Higgins  
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WESTFORD—Jeff Stephens  
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WILMINGTON—Samantha Reif  
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# Exercise & Spelling

## *Suitable for Elementary and younger*

Practice spelling while getting out some energy. Spell out your name, your favorite character's name, a family pet, your favorite animal, your town/city, or anything else to encourage spelling, awareness, and fun!

<b>A</b>	jump up & down 10 times	<b>N</b>	pick up a ball without using your hands
<b>B</b>	spin around in a circle 5 times	<b>O</b>	walk backwards 50 steps and skip back
<b>C</b>	hop on one foot 5 times	<b>P</b>	walk sideways 20 steps and hop back
<b>D</b>	run to the nearest door and run back	<b>Q</b>	crawl like a crab for a count of 10
<b>E</b>	walk like a bear for a count of 5	<b>R</b>	Walk like a bear for a count of 5
<b>F</b>	do 3 cartwheels	<b>S</b>	bend down and touch your toes 20 times
<b>G</b>	do 10 jumping jacks	<b>T</b>	pretend to pedal a bike with your hands for a count of 17
<b>H</b>	hop like a frog 8 times	<b>U</b>	roll a ball using only your head
<b>I</b>	balance on your left foot for a count of 10	<b>V</b>	flap your arms like a bird 25 times
<b>J</b>	balance on your right foot for a count of 10	<b>W</b>	pretend to ride a horse for a count of 15
<b>K</b>	march like a toy soldier for a count of 12	<b>X</b>	try and touch the clouds for a count of 15
<b>L</b>	pretend to jump rope for a count of 20	<b>Y</b>	walk on your knees for a count of 10
<b>M</b>	do 3 somersaults	<b>Z</b>	do 10 push-ups

JLS Fitness and Beyond / JLT Gymnastics

## Next Week Look For:

Stay tuned for future dates on topics such as the new vaping/tobacco laws becoming effective June 2020.

We will be hosting virtual speaking events, interested in a specific topic? Let us know (Maria: 978-382-4989)