



OAK GROVE WELLNESS NEWSLETTER OCTOBER 2009

October is all about being drug free. There are students all over the world that are committed to being DRUG-FREE. **ARE YOU COMMITTED TO BEING DRUG-FREE???** There are a lot of benefits to being DRUG-FREE!!! You perform better academically and physically in sports. You have a better home life. I asked some teachers and students how they felt about being DRUG-FREE:

Claire Sikes, a 7th grader, said that she feels proud to be DRUG-FREE. She also said, “Doing drugs is the stupidest thing anyone could ever think of doing.”

Ms. Lanham, a 7th grade math teacher, said she feels good about being DRUG FREE! She said, “I have accomplished my goal and fulfilled the plans I have for myself.” Being DRUG-FREE allows her to be happy and healthy. She also wants to encourage everyone to be DRUG-FREE!!!

Mrs. Sumrall, a 7th grade language arts teacher, said “I love being DRUG-FREE!” She stated, “Life is much too exciting to miss a minute of it due to drugs and/or alcohol.”

If you want to learn more about being DRUG-FREE log on to Google and search “Students against Drugs and Alcohol” or “Students being Drug-Free.”