



Drug Free Kids

For girls and boys aged 6 to 12

**SOMETHING
FOR
MUM!**



FRONT



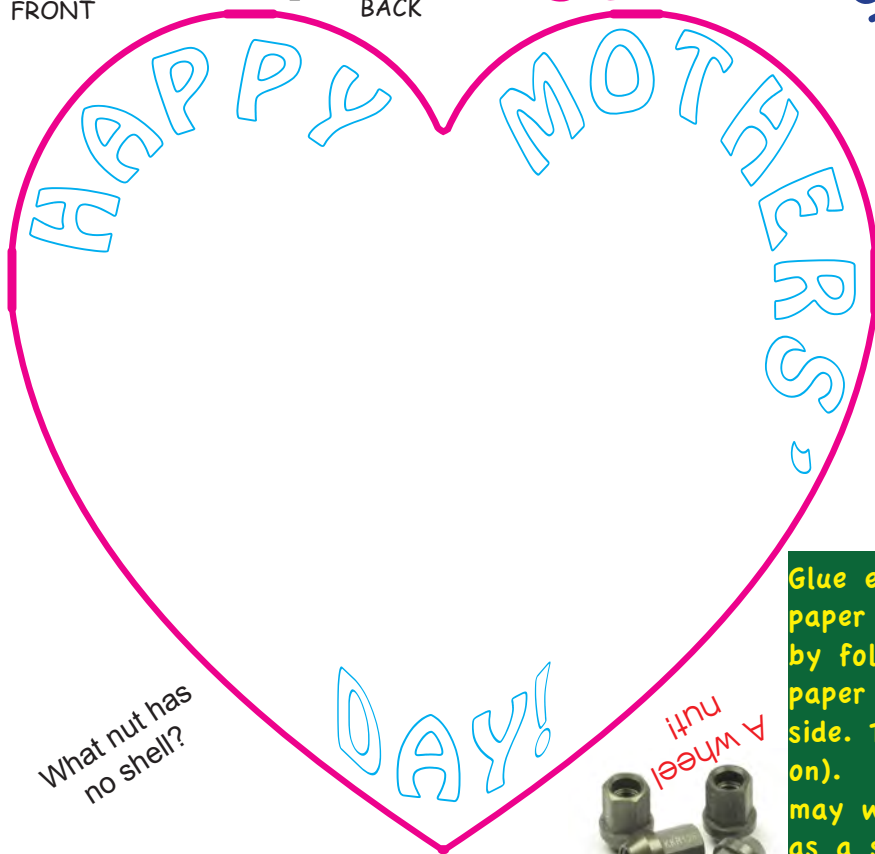
BACK

**NUCEAIMRAUELS
TYPOEM**

Start here
You can choose which message you want to use.

**UHRHIEOLVLEEDBRMU!YT
MHMOAYTNHHEEFAROR,
RTYAFOW**

Start at the arrow in each shape and use every third letter or punctuation to find a message to give to your mother. You will go around the shapes 3 times.



What nut has no shell?



Colour in the letters on the heart and find a pretty picture to glue in the centre of the heart e.g. flowers. Cut the heart out. Use the heart shape to trace another heart on a plain piece of paper and cut it out. Write one of the messages that you have decoded on it.

Glue each heart, one on each side of a paper doiley. (You can make a paper doiley by folding a plain or coloured piece of paper and cutting small shapes around the side. Then open out and glue the hearts on). Give to Mum for Mothers' Day. You may want to make the muffins on page 2 as a special treat for her, too.

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Email:
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 http://www.dfk.com.au

Make every day World No Tobacco Day.

www.who.int/tobacco



31 MAY

Nicotine is found in tobacco plants, tomato plants and other nightshade family plants. It is an addictive drug which is absorbed through the lungs, the lining of nose and mouth and the skin, so it may be smoked, chewed or applied in patches. Smoking cigarettes is the most common way and quickly delivers nicotine to the brain.

Nicotine is an extremely toxic substance. It affects the chemistry of the brain. It is a stimulant and causes the smoker to feel a sense of pleasure so they want more.

Cigarettes also contain a mixture of 4000 chemicals including 43

substances that cause cancer. Cigarette smoke includes tar and gases, such as carbon monoxide which hinder the blood from supplying oxygen to the cells. Heart disease, breathing problems, gangrene and cancer are a major threat to those who smoke. People who don't smoke can also be affected by secondhand smoke from those who do. This is called passive smoking. Young children are at risk when their parents smoke at home or in the car.



Find the 14 differences in these pictures of the mother with her three children.

Try making these blueberry muffins for your mother on Mothers' Day.

Ask an adult to help you and surprise your mum.

These muffins also freeze well.

BLUEBERRY MUFFINS for MUM!

- 2 cups sifted flour
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup sugar
- 1 egg
- 1 cup milk or soy milk
- 1/4 cup melted butter or oil
- 1 cup blueberries (fresh or frozen)

- Sift flour, baking powder, salt and sugar together.
- Beat egg, milk and butter or oil together.
- Pour into flour mixture and stir just enough to moisten ingredients.
- Fold in blueberries and pour into greased muffin tins.
- Bake at 200° C for 25 mins.



What did one raspberry say to the other raspberry?

We shouldn't have got into this jam.



What nuts are used in houses?



Walnuts



Dear Mum,
To the world
you may be one person,
but to me you are the world!
Your Child

S	M	O	K	E	H	L	C	M	D	A	S	Y	C	S
T	I	S	C	T	R	H	U	N	W	M	O	A	N	E
I	R	L	U	C	I	U	A	N	E	D	R	B	I	H
M	N	O	O	L	A	H	S	L	G	B	T	R	C	C
U	M	O	D	K	D	B	B	A	O	S	B	E	O	T
L	A	R	S	N	S	O	O	N	E	C	C	A	T	A
A	E	I	O	M	R	O	M	T	D	L	A	T	I	P
N	R	C	O	P	Y	O	C	H	O	O	P	H	N	S
T	E	K	E	G	N	I	K	O	M	S	T	I	E	C
S	E	O	B	O	R	E	C	N	A	C	P	N	G	H
D	E	S	X	G	A	S	E	S	M	O	A	G	Y	E
K	E	I	G	N	U	O	Y	R	A	C	S	T	X	M
F	D	C	I	G	A	R	E	T	T	E	S	O	O	I
E	G	A	N	G	R	E	N	E	R	E	I	X	E	S
B	S	S	L	A	C	I	M	E	H	C	V	I	S	T
N	R	A	D	E	W	E	H	C	A	Y	E	C	H	R
I	O	A	E	R	A	D	D	I	C	T	I	V	E	Y
K	N	S	I	S	A	O	T	O	C	I	G	M	A	A
S	R	E	E	N	I	T	T	E	S	O	A	R	N	
D	S	M	O	K	I	D	N	G	Q	H	Q	U	T	J



Rules for Safe Internet Use



Some letters have done a swap and mixed up the rules. Use the computer code on page 4 to unswap the letters. Colour in the internet users.

1. I will not give out my **fwddagesd** to anyone (even my best friends) other than my parents.



2. I will be aware that there is "**dcewhore swfore**" online and people are not always who they **tkwmi** to be. I will not give out personal **mhpgeiwcgmh** nor agree to meet anyone without my parents' permission and presence.



3. I will be a good online user and not do anything that **nbeccd** other people or **swiword** their character or is against the **kwa**.



4. I will obey the **ebkrd** our family agrees on for using the internet.



Good Family Internet Rules:

1. Use the internet in the family area, (not in a bedroom) where **wkk twh drr** what is done.



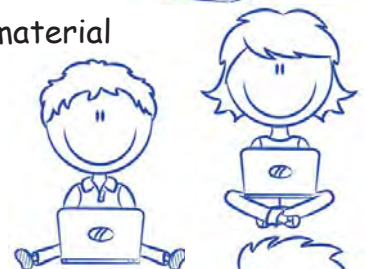
2. Have **drc cmird** for accessing the internet and an agreed length of time spent online.



3. Know what information or **fmtcberd** can be **dnwers** and what is not to be shared.



4. **Tnrtl** with parents before software or material is **sgahkgwsrs** so that the computer and family privacy is protected.



5. **Lhga** which sites can be visited and inform parents immediately if anything is seen that makes you feel **bhtgipgecwukr**.



6. Do not respond to any **irwh erddword** or ones that make you feel uncomfortable. **Crkk** your parents right away.



Make up a Family Internet Use Contract.
See <http://www.safekids.com/kids-rules-for-online-safety/>
Clipart from <http://www.123rf.com>

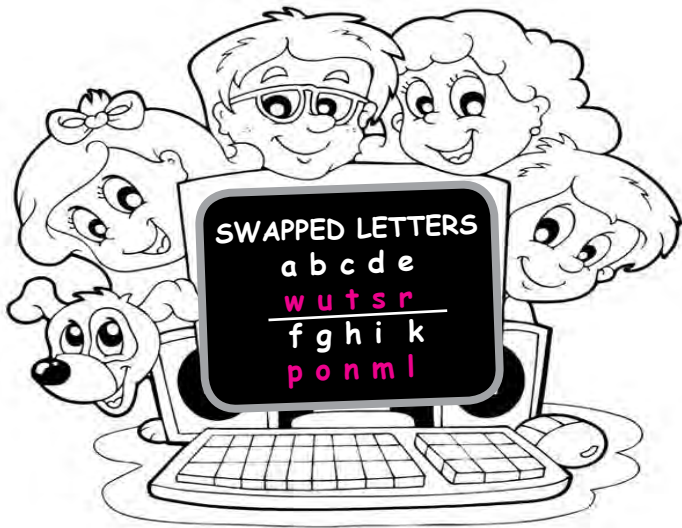
Find the **bold, underlined** words from the paragraphs on page 2 in the WORD FIND above.

The words will go up, down, across, diagonally and backwards. There is a hidden message when you have found them all.

HIDDEN MESSAGE:

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Club members who celebrate a birthday between May & July are listed on our webpage:

http://www.dfk.com.au/web_pages/birthdays.html

May God bless each of the 13 year olds listed below with happiness and success and give them courage to stay drug-free, the wisdom to make good choices and the power to keep their promises.



HAPPY 13TH BIRTHDAY!
You can now join Drug-free Youth.

Check out the webpage:

www.drug-freeyouth.org

Link up with

and like the

Facebook group:

I'm Worth It - Teens

JOIN THE CLUB - SIGN THE PROMISE!

I CHOOSE not to drink alcohol, smoke, use or experiment with any other drug not prescribed by my doctor.

Signed:..... Date: ___/___/___

To join the Drug Free Kids club (children aged 6 - 12), sign the promise above and email your details below to:

webmaster@dfk.com.au

or post this cut out section to

**Drug Free Kids, PO Box 4044
WOODRISING. NSW 2284**

Ask your parents or guardian for permission first.

First Name:

Surname:

I live at:

State: Postcode:

I was born on:

Day ____/ Month ____/ Year ____

Full name of person who invited you to join the DFY Club:

We had a number of new members join the club over the last three months. Remember to always get your parent or guardian's permission to join as your names appear on our website and in this Fun Page.



Esther & Ethan Adams,
Eligh & Mikayla Beaty,
Ava & Ethan Burger,
Chevy & Naomi Cooke, Kaleb Dally,
Olivia & Ella Davey,
Benjamin Rippingale,
Ariah & Ella-Mae Slack,
Laura & Harry Smith,

Mattias & Reuben Talpan.

Welcome to the club! Why not join in the fun and send a riddle, maze, poem or puzzle for others to enjoy too! Make sure you include your name and address when you send things in.

Email: webmaster@dfk.com.au

Most of the new members were invited by their DFK friends. Why don't you invite your friends to be a club member too? 5 points are given to you for each child who joins through your invitation. Get them to write your name on the bottom of the form so you can earn the points. The following children earned points in the last quarter from inviting friends or by sending in letters or their completed fun pages.

Evlyn Carter - 35 points (7 friends joined: WELL DONE!);
Rhy Hoschke - 14 points;
Bobby-Jae McDonald 10 points (2 friends: GOOD JOB!);
Ariah Slack - 10 points; Ella-Mae Slack - 10 points;
Daniel Tafirenyika - 7 points; Darryl Tafirenyika - 8 points