

How many of you like to start a new year at school, with new clothes, shoes, pencils and books? It is like having a brand new start. Many people make New Year Resolutions or promises of things that they would like to do differently in the New Year. One of the best resolutions you can make is to keep your body clean - clean on the outside and clean on the inside by making sure that you do not put things into your body that will cause wrong thinking, disease or death. Commence at the word **START** and find your way through the maze to discover a great New Year's Resolution. Why not make and sign the Drug Free Kids promise on page 4 and ask your friends to make it too? Enjoy a clean start for 2019!

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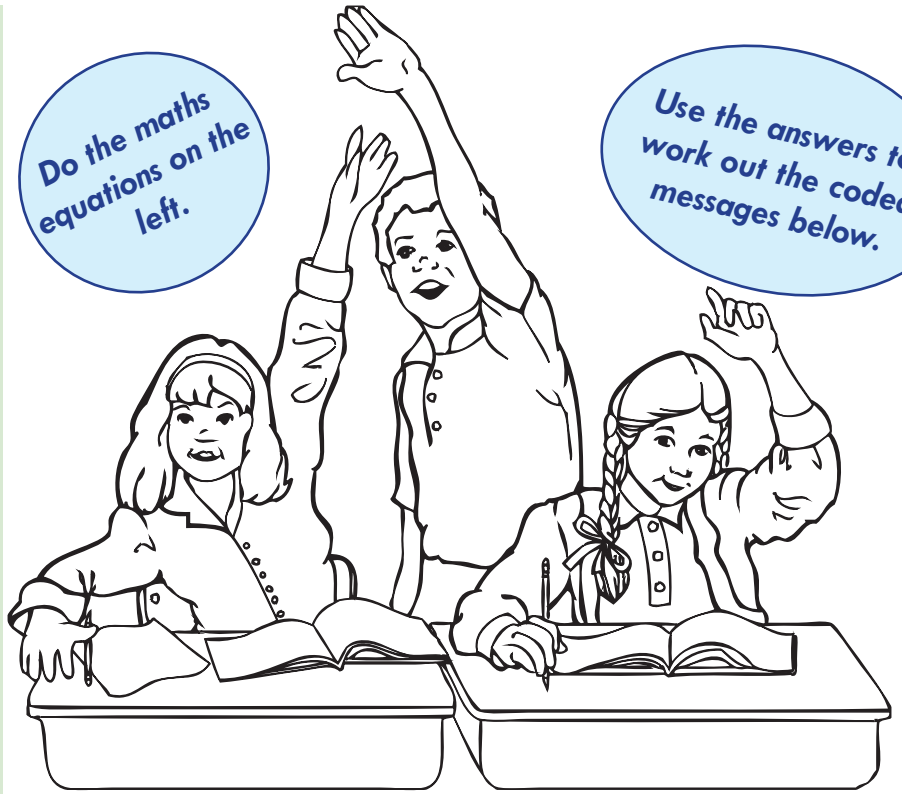
Website:
<http://www.dfk.com.au>

Page 1

- A** $3+5+8+2=$
- B** $6+2+5+1=$
- C** $6+2+5+8=$
- D** $4+5+1+5=$
- E** $7+9+2+8=$
- F** $5+4+6+5=$
- G** $2+1+3+4=$
- H** $5+2+3+2=$
- I** $8+4+8+4=$
- K** $8+7+8+7=$
- L** $9+3+6+9=$
- M** $4+2+9+1=$
- N** $7+7+7+2=$
- O** $9+8+7+1=$
- P** $3+2+4+2=$
- R** $7+4+3+5=$
- S** $7+6+5+4=$
- T** $3+1+2+7=$
- U** $6+6+2+3=$
- V** $8+9+3+8=$
- W** $7+7+8+9=$
- Y** $7+6+7+9=$

Do the maths equations on the left.

Use the answers to work out the coded messages below.



18.27.21.25.12.25.27 21.18.23 22.13.25.11

21.12.24.27.15.19.26.23 20.19.25.16

12.18.28.24.23.10 18 10.25.25.15

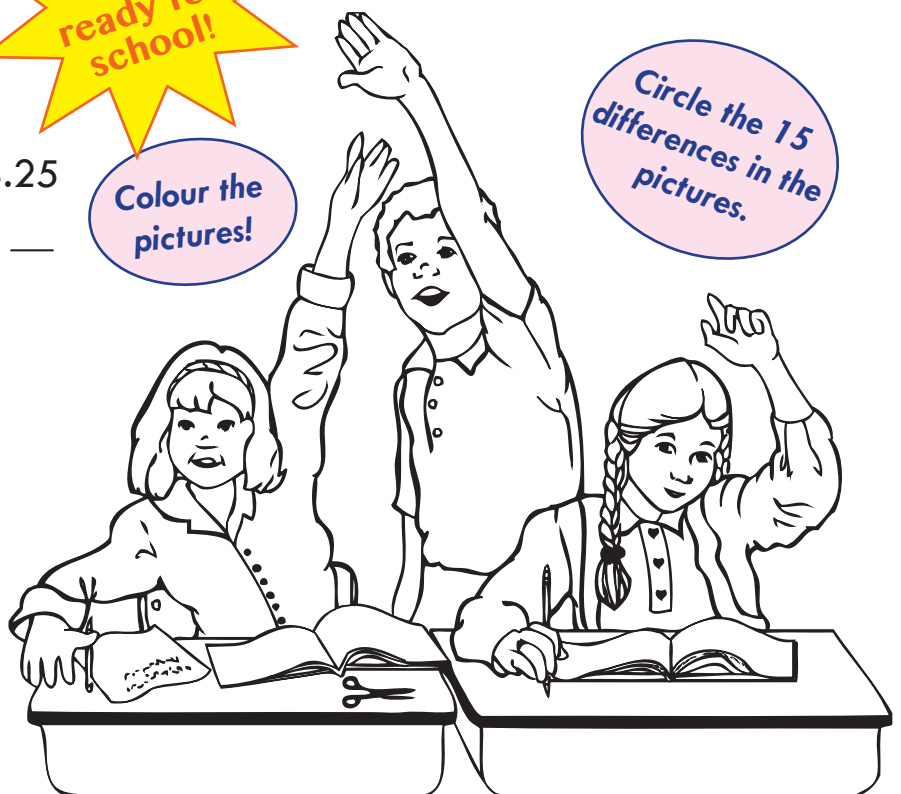
26.15.17.21.18.13.24.25.23!



Colour the pictures!

Circle the 15 differences in the pictures.

23.25

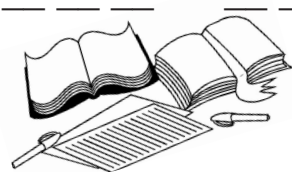


19.26.22.25.17.19.21.26.22

20.25.19 14.25.25.30.22

25.19

11.26.23.21.24.27.22



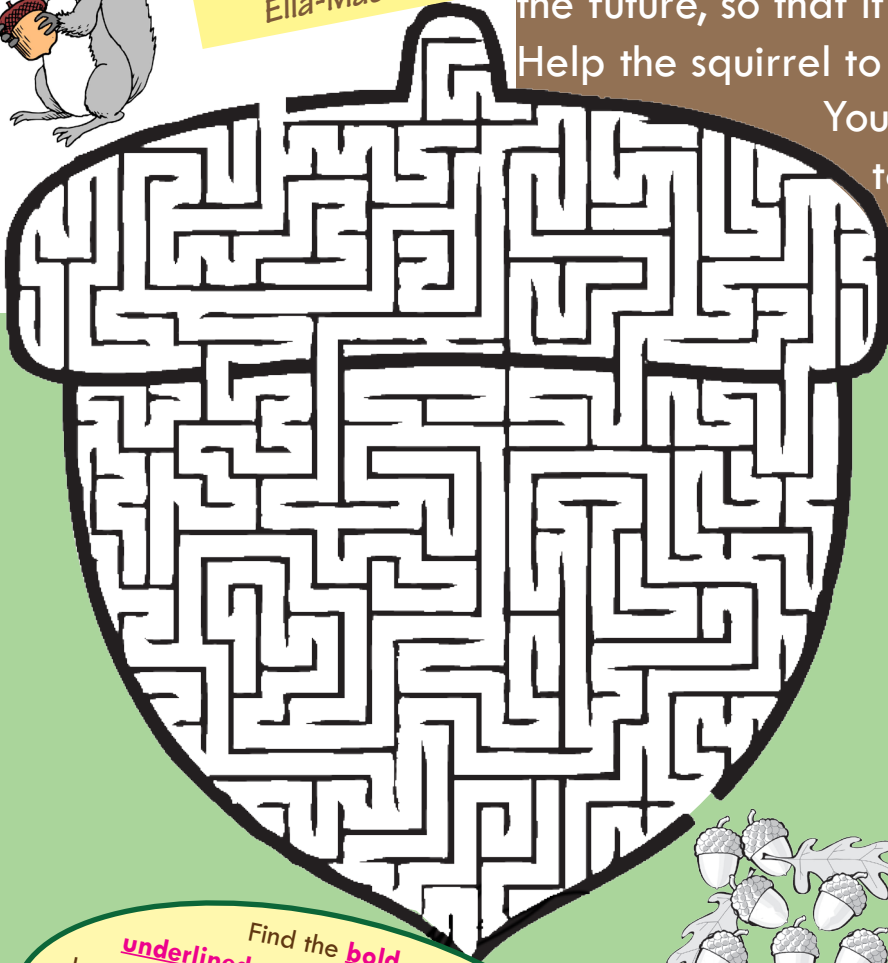


Maze sent in by Ella-Mae S

This little squirrel knows that it must prepare for the future, so that it will have food.

Help the squirrel to find the acorns it needs.

You can prepare for your future too, by working well in school and keeping your mind clear and free from drugs.



CHOICES

I have the **choice** each day to:

1. Eat **healthfully** of **vegetables, fruits, nuts, grains, legumes** and **protein** foods.
2. **Drink** 1.5 - 2 litres of **water**.
3. **Sleep** at least **eight hours**.
4. **Shower** or bathe to keep my **body clean**.
5. Be **active** and **exercise**.
6. Say "NO!" to things that could affect my **mind** or body. (**Alcohol, drugs, wrong use of media**)
7. Be **happy** and a good **friend**.
8. Be **helpful** in my **home, school** and **community**.



Find the **bold, underlined words** in the word find below. When you have found them all see if you can work out the secret message hidden in between the words in the squares you did not use. There are 21 words hidden in the message.

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

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.

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

webmaster@dfk.com.au

or post this cut out section to:

**Drug Free Kids,
c/- 32/22 Alton Road,
COORANBONG NSW 2265**

or for NZ

**Drug Free Kids,
PO Box 301817
ALBANY Auckland 0752**

When you choose to join the club, always get your parent or guardian's permission as your names appear on our website and in this Fun Page.

Name of person who asked you to join DFK Club:

.....

Signed:

Date: ____/____/____

First Name:

Surname:

I live at:

.....

..... Postcode:

I was born on:

Day ____/ Month ____/ Year ____



2018 Awards!

The following DFK members received awards for work sent in during 2018.

- Ella-Mae S, Ariah S, Caleb S, Joshua V, Kesani H, Bree-Anna M, Bernice M, Bethany M, Jordan T, Bram M, Akaylia H, Samarah P, Caleb C, Gabriella V & Amelia S

Well done to all of you!



You can now join Drug-free Youth.

We congratulate these members listed on the left who turn 13 between February & April or after they joined and we pray that you will continue to have happiness, success and the courage to stay drug-free during your teenage years. Other club members who celebrate a birthday during these months are listed on our webpage:

www.drug-freeyouth.org
I'm Worth It - Teens Facebook group

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