

ARGYLE ALTERNATIVE HIGH SCHOOL

JANUARUY 2023 NEWSLETTER

30 Argyle St. Wpg, MB. - Phone: 204-942-4326 - Website: <https://www.winnipegssd.ca/Argyle>

January Important Dates to Remember

Thursday, January 6th
School Re-Opens

Tuesday, January 10th
Argyle Community
Gathering - 5:00 pm

Monday, January 16th
Non-Instructional - No
Classes

Tuesday, January 17th
Quad 2 / Block 4

Wednesday, January 18th
Grad Lunch

Thursday, January 19th
Open House

Wednesday, January 25th
Bell Let's Talk Mental
Health Day

Thursday, January 26th
February Bus Pass Sign-
Up

Tuesday, January 31st
February Bus Pass Pick-Up

Happy New Year,

Welcome back. I hope everyone had a restful winter break and found time to do things you enjoy. Staff at Argyle look forward to continuing the work started prior to the break. We would like to once again remind students and families of the importance of attending school daily. Argyle's quadmester system is set up for students to focus on earning 2 credits per quad. Since quads are only 10 weeks long, being in class daily is very important.

Thank you to the students and families who joined us for our Winter Solstice celebration on December 21st. We held a pancake breakfast and sacred fire among other activities, to help celebrate the start of the new season.

A few dates to keep in mind for January are: January 16th- Non Instructional day- No school for students. January 19th – Open House- please share this information with anyone you may know who is thinking about attending Argyle Alternative High School. This is an opportunity to stop by and see what we offer.

As always, if you have any questions or concerns, please reach out to me at the school.

Keith Bousquet, Principal

STUDENT SUPPORT SERVICES

Anna-Maria C. – Guidance Counsellor

Sarah Y. - CSS/Psychologist

Linda M. – Inclusive Education Resource Teacher

Kathy L. – Work Experience Coordinator

Rosetta T. - Substance Abuse Counsellor

Tanis K. – Build from Within Coordinator

ARGYLE BREAKFAST PROGRAM

Students are welcome to come to school early for a **free nutritious breakfast/snack**. Limited items are available from 8:30 am - 9:15 am at the breakfast cart

BUS PASS SUBSIDY PROGRAM

Each month, students have the opportunity to purchase a monthly bus pass at a subsidized rate. This year, the cost will be **\$55.00**.

Approval is dependent on the last month's attendance.

Sign up with your morning class teacher!

ARGYLE COMMUNITY GATHERING

When: January 10th 5:00pm (we meet monthly)

Where: Virtual or in person at Argyle

Who: All parents, grandparents and caregivers of Argyle Alternative High School

What: A chance to gather as a community to find out what is happening at Argyle, share your voice and support the school.

[Winnipeg School Division Student Accident Insurance](#)

Information regarding Voluntary Student Accident Insurance from Old Republic Insurance Company of Canada are now available. Those parents/guardians with an active email address will receive the information via School Messenger. Printed copies of the brochure are available through the school office. For more information visit: <https://manitobastudentinsurance.ca/> or by calling 1-800-463-5437.

Counsellors Corner...

Calming Techniques

Using deep belly breaths. Find a comfortable seated position. Close your eyes or look down at one point on the floor. You can rest your hands gently on your stomach. Inhale through your nose for 3 seconds, hold for 4 seconds and then slowly breathe out through your mouth for 8 seconds (and repeat several times). Can you feel your stomach rising and falling with every inhalation and exhalation? What happens when you focus on your breath? How does your body feel before deep belly breaths? How do you feel after?

Begin a gratitude practice. Every day, try to focus for one minute on three things for which you are grateful. Try to select new and different things each day. You may be worried about running out of things for which to be grateful. However, it is a common experience that the more you look for experiences to be grateful for, the more you find.

“I am grateful for waking up this morning.

I am grateful to see the sun shining today. I am grateful for my feet that take me everywhere I go.”

Set intentions. Challenge yourself to set a weekly or daily intention in a journal.

Examples include joy, creativity, empathy, gratitude, well-being, happiness, peace and connection. By focusing on your thoughts on a desired outcome, you can constantly come back to your intention throughout the day!

Today I am going to set my intention on peace and work on peace within myself and in my mind and body.

Pause for peace. When you are feeling stressed, overwhelmed, or just need a moment to catch your breath, stop what you are doing and pause. Take a deep breath and focus on your physical sensations. Remember that you are surrounded by other beings who are alive and breathing just like you. Incorporate pauses when you are walking in the hallway, before class begins, on your way to the bathroom or before you enter the school.

Take in the good. Negative self-talk playing in your head? It happens to the best of us. There are good things happening around us all the time, we just may not notice. Actively look for good news throughout the day.

Calm is a great application for students, which can:



- Improve Sleep
- Lower stress levels.
- Lower anxiety with guided meditations

The Application offers:

- Sleep stories
- Stretching exercises and relaxing music

Top psychologist, therapists, and mental health experts recommended calm.

ART CLUB

Art Club is a great way to meet new friends and make gifts for them too. Join us every Wednesday in the art room at lunch to chat and create! See Tracy for more information.

YOUNG MEN'S GROUP

Are you interested in joining Argyle's Young Men's Group? We will meet every other Thursday over the lunch hour in room 101 - Please contact the school office for upcoming dates.

YOUTH IN PHILANTHROPY

(Y.I.P.) is a student led group who meets every Wednesday to discuss how to allocate funds generously donated through the Winnipeg Foundation. Students have the opportunity to learn and support local charities in our community using these funds. Contact the school for more information!

CAREER CAFE

Career Café is a chance for students to meet community members, learn about their careers, training required, and gain advice for those considering the career.

The speakers will visit the library over lunch hour on every other Wednesday.

Sessions are 30 minutes, which allows time for questions and answers.

Parents are welcome to attend! Contact the school for more information. If you are interested in being a speaker, contact Kathy Foley-Licandro, our Workplace

Coordinator at klicandro@wsd1.org by calling the school office.

CHESS CLUB

Are you interested in joining Argyles chess club? We meet every Tuesday over the lunch hour in Dave's room (102)

GUITAR CLUB

Are you interested in joining Argyles guitar club? We meet every Monday over the lunch hour in Dave's room (102)

BOARD GAME CLUB

Are you interested in joining Argyles board game club? We meet every Thursday over the lunch hour in Shannon's room (120)

CROCHET/KNITTING CLUB

Are you interested in joining Argyles crochet and knitting club? We meet every Friday over the lunch hour in the Art room (122)

PARENT ADVISORY COUNCIL

We are looking for parents who are interest in joining our Parent Advisory Council. Meetings will be held once a month virtually or in person. Please contact the school for more information

RESUME BUILDING ON MY BLUE PRINT

Do you have a resume or cover letter? Exploring careers is easy on my blue print!

Creating an online portfolio is a great way to stay on top of your educational goals!

See Kathy for more information

ARGYLE'S INFANT LAB

Argyle's Infant lab has spots available for students with young children!

Sign up for Argyle's infant lab! We accept children from ages 2 months-24 months!

MITTEN/MOCCASIN MAKING

Mitten and Moccasin making is happening!

Please come see Kathy in the library and she will teach you and provide all the supplies required to complete your project



CLASS OF 2023

You're Invited Grad Lunch



Why: To prepare for your graduation in June 2023

Where: Multipurpose room

What: Free lunch and resources will be shared

When: Wednesday, January 18th, 2023 at 11:00 a.m.

Things to consider:

What are your goals after graduation?

Do you intend to join the workforce?

Do you have a resume?

Have you ever had a job interview?



Are YOU graduating in June 2023?

Please send her a message or sign up in her office to come in to meet with her and discuss next steps.

What courses do you need to finish school and graduate? Let's create a plan.

If you are planning to get a scholarship or bursary for university or college, what do you need? Go and meet with Anna-Maria!

If you need a job? Resume? Cover letter? Mock interview? Go and see Kathy!

Did you know there are post-high options that are free or minimal costs for you to explore and try something new at Tec-Voc or at RB Russell? Go and see Kathy or Anna-Maria.

Please Make An Appointment with Anna-Maria!

2023 ARGYLE ALTERNATIVE HIGH SCHOOL OPEN HOUSE

Thursday January 19th, 2023

1:00PM - 6:00PM

Argyle Alternative High School

30 Argyle St Winnipeg, MB

Join us to learn about our accepting,
supportive & flexible learning
environment

For more information please contact
(204) 942-4326 | argyle@wsd1.org

GENERAL INFORMATION
SESSIONS: 1PM TO 6PM

STUDENT LED
PRESENTATIONS AND Q&A

MEET OUR STUDENTS AND
SEE THEM LEARNING IN
PRACTICE

CONNECT WITH STAFF

REFRESHMENTS
AVAILABLE



WINNIPEG SCHOOL DIVISION

After School HUB

After School HUB

Every Monday,
Tuesday and Thursday

3-6 pm every week

ART ROOM

What is an after school HUB? It's a place to hang, a place to eat, a place to do homework, a place to find resources, a place to meet friends, a place to make art, a place to be healthy, a place where you can belong. Come join Rosetta and Tracy in the art room every Monday, Tuesday and Thursday after school. The HUB is a place where you can come and go as you wish and access anything you might need to make your life a little easier. Why take homework home when you can do it at the HUB. Keep on track to graduate by completing the courses you are enrolled in within the QUAD by using the HUB to finish the work you started during

the day. Need help getting job? The HUB can help. Need resources so you can move out on your own? No problem. If you are struggling emotionally or just need a place to relax after school look no further. The HUB is the place for you.

See Tracy or Rosetta if you need more details, or just come on down after school to the art room and check it out.

See you there!

ARGYLE GREEN TEAM



MEETS IN KIMS ROOM AT LUNCH ON FRIDAYS

**JOIN AND HELP MAKE ARGYLE A MORE
ENVIRONMENTALLY FRIENDLY PLACE**

AFTER SCHOOL LEADERS

DANCE: MOVEMENT AS MEDICINE

OCTOBER 18 –
JANUARY 26 2022

FOR HIGH SCHOOL
STUDENTS AGED 14-21

4-7PM TUES. & THURS.

AT STUDIO 393
IN PORTAGE PLACE MALL

LEARN FREESTYLE
DANCE TECHNIQUES
ALONGSIDE AN
EXPLORATION OF
FORAGING, GARDENING,
AND MENTAL HEALTH.

IMPROVE MIND, BODY, AND
SOUL CONNECTION THROUGH
MOVEMENT-BASED PRACTICES
IN COMMUNITY.

FOR QUESTIONS EMAIL

INFO@GRAFFITIGALLERY.CA

VISIT [GRAFFITIGALLERY.CA](https://www.graffitigallery.ca) TO REGISTER

Manitoba 

GRAFFITIART
PROGRAMMING INC.

Studio393
create downtown
a satellite of graffiti art programming inc.

Mental Health

Resources for Winnipeg

The Canadian Mental Health Association Manitoba and Winnipeg is dedicated to helping you navigate the mental health system. If you need help, call or visit our website:

FREE - 23rd Edition - 2020



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Mental Health Definition

"The capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face..."
(Public Health Agency of Canada)

204-982-6100
mbwpg.cmha.ca



- Looking for Frequently Called Numbers? See back page.
- New to Canada? Check out our "Newcomer and Refugee" section, centre spread.

RECOVERY IS POSSIBLE

"[Recovery] is a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even within the limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness."
- Anthony 1993

Mental health is not defined by an absence of mental illness but rather by the discovery of hope, purpose, and meaning in daily living. It is possible to enjoy positive mental health and live the life you want while dealing with mental illness and addictions. In fact, you can take steps toward a life of meaning and purpose today. The experience of recovery is rarely an event that happens in a single moment. Most often, it is a journey that takes place over a period of time. Sometimes this journey is brief, other times it may be lifelong; however, it all starts with a single, hopeful step towards better health.

Whether you are just beginning this journey or well on your way to better health, managing

change, reaching goals, and maintaining hope requires personal effort as well as support from knowledgeable and trustworthy connections. The resource and service providers listed in this directory are committed to building healthy communities by partnering with you and your family to:

- Manage symptoms on your terms,
- Find places to live, learn, and work that fit your life,
- Develop supportive relationships and connections in your community,
- Discover, develop, and apply personal strengths,
- Support yourself, a loved one, or others on the same journey.

As you search through the content on the following pages, our hope is that you find the opportunities, resources, and support you and your loved ones need to live well. If you need help with navigating the mental health system, please do not hesitate to contact the **Canadian Mental Health Association** via phone: 204-982-6100 or online: www.mbwpg.cmha.ca/about-cmha/contact-us/

In any given year, one in five people in Canada experiences a mental health problem or illness... Mental Health Commission of Canada

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GENDER-INCLUSIVE LANGUAGE

Why inclusive language?

Inclusive language is speaking about people, both individually and in groups, in a way that does not use any gendered terms. Avoid using gendered terms unless you are certain about a person's family structure, identity, or relationship orientation.

	AVOID	USE INSTEAD
FAMILIES	Mom; Dad Brother; Sister	Caregiver(s); Parent(s); Guardian(s); Sibling(s)
IDENTITIES	Boys; Girls Ladies; Gentlemen Guys	Everyone; Everybody; Y'all; Folks/Folx; Students; They/Them/Theirs
RELATIONSHIPS	Boyfriend; Girlfriend Husband; Wife	Partner; Date; Spouse

Pronouns

We strive for our spaces to be places where everyone is respected and feels safe being who they are. By being aware of and conscious of pronouns, we demonstrate respect for all people, whether they are transgender, gender nonconforming, nonbinary, or cisgender.

The following are some ways you can normalize the use of pronouns in your life:

- Use your pronouns when introducing yourself (e.g., Hi, my name is Tal. My pronouns are they/them.)
- Ask others for their pronouns when you meet them
- Share pronouns in meetings with colleagues
- Provide opportunities for others to update you on their name and pronouns
- Include your pronouns in your email signature, Zoom name, name tags, etc.



PRONOUNS	HOW TO USE PRONOUNS (EXAMPLES)		
He / Him / His	He joked.	I laughed with him.	That joke is not his.
She / Her / Hers	She joked.	I laughed with her.	That joke is not hers.
They / Them / Theirs	They joked.	I laughed with them.	That joke is not theirs.
Ze / Hir / Hirs	Ze joked. (Pronounced 'zee')	I laughed with hir. (Pronounced 'here')	That joke is not hirs. (Pronounced 'heres')