

# ARGYLE ALTERNATIVE HIGH SCHOOL

## MARCH 2022 NEWSLETTER

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

### March Important Dates to Remember

**Wednesday, March 2<sup>nd</sup>**  
Quad 3 / Block 3

**Wednesday, March 16<sup>th</sup>** Grad  
Lunch

**Friday, March 18<sup>th</sup>**  
No Classes

**Monday, March 21<sup>st</sup>**  
Quad 3 / Block 4

**Monday, March 21<sup>st</sup>**  
April Bus Pass Sign-up

**Monday, March 21<sup>st</sup>**  
P.J Day

**Tuesday, March 22<sup>nd</sup>**  
Dress as a Character/Celebrity

**Wednesday, March 23<sup>rd</sup>**  
Dress as a Meme/Pun

**Thursday, March 24<sup>th</sup>**  
Throwback Thursday

**Friday, March 25<sup>th</sup>**  
Crazy Hair Day

**Friday, March 25<sup>th</sup>**  
Bus Pass Pick-up

**Friday, March 25<sup>th</sup>**  
Last Day of School

### Principal's Message

Well, we made it to March! I do not remember a February as harsh as the one we just endured, and I lived through the great blizzard of 1966!! We did not have that much snow; however, snow season is not over yet. I am ready for spring; how about you?

Although February was challenging, we had many great learning moments and found ways to connect with families. Honorable mention goes to Rec and Read, Food Hampers, Take Home Meals on Wednesdays, Metis Day with Shirley Russell Delorme, Black History Month and I Love to Read – to mention a few. As well, the Build From Within program joined us bringing 24 new students into our school, classes, and hearts. These students are working to become Teachers in the future. We are happy to have them with us.

March promises more learning opportunities. It is important to note that March is the final month in our 'optimal learning time'. January, February and March are when the conditions are perfect for learning and completing assignments. It's also a time to connect with students who are eligible to graduate and support them as they strive to complete their courses. We have a Grad Lunch planned for March 16 in the library. Please encourage your child to attend, work hard, and complete their credits. The last few months of school fly by really fast!!!

Argyle Alternative High School has an ongoing focus to **improve attendance**. Attendance improves success for our students so they can participate in a variety of learning opportunities that take place in and out of the classroom. **The Bus Pass Incentive Program** will be a focus to support improved attendance. Only students who attend regularly will be eligible to purchase a bus pass. The school will provide bus tokens (1 to get home and 1 to return to school) at the end of the day (2:50 pm) and also if students have parental permission to leave the school, to those who do not attend regularly. Students can qualify for reduced rate Bus Passes once attendance improves. If you have any questions or concerns, please contact me at 204-942-4326

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## STUDENT SUPPORT SERVICES

**Anna-Maria C.** – Guidance Counsellor

**Adam H.** - CSS/Psychologist

**Linda M.** – Special Education Resource Teacher

**Kathy L.** – Work Experience Coordinator

**Rosetta T.** - Substance Abuse Counsellor

**Desi-Rae A.** – Build from Within Coordinator

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## 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- 9:00 am in the cafeteria

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## 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 **\$50.00**.

Approval is dependent on the last month's attendance.

Please sign up for your **April** bus pass no later than **Monday, March 25<sup>th</sup>**

Payments are due on or before **Monday, March 25<sup>th</sup>**

***Sign up with your morning class teacher!***

**March Bus Pass Pick-Up day is Friday, April 29<sup>th</sup>**

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### [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 or Chantelle for more information.

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## **YOUNG MEN'S GROUP**

Are you interested in joining Argyle's Young Men's Group? It will be every other Thursday over the lunch hour in room 120 - Please contact Ian or Keith for dates and more information

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## **YOUTH IN PHILANTHROPY**

(Y.I.P.) is a student led group who meets two times a month 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. The next meeting will be held on February 8 in room 122 during lunch hour (11:25-12:25) See Tracy for more information.

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## **CAREER CAFE**

Career Café is a chance for students to meet community members, learn about their careers, their career journey, the training required, and give advice to students considering the career. The speakers will visit the library over lunch hour on Wednesdays. Sessions are 30 minutes, which allows time for questions and answers.

Parents are welcome to attend the information sessions!  
Contact the school for more information.

If you're interested in being a speaker at a sessions, contact Kathy Foley-Licandro, our Workplace Coordinator at klicandro@wsd1.org, or you call the school at 204-942-4326.

## **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 though Microsoft teams

## **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!

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

For information, call us at 204-942-4326

## **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

# ARGYLE ADDICTION AWARENESS WEEK



## LET'S HELP END THE STIGMA!

April 04 - 06, 2022

We are holding an **Addictions Awareness Week** at Argyle to help end the stigma of addiction.

Most people know someone that is affected by addiction.

Addiction does not care if you are rich or poor, what your gender is, where you came from, where you live or the color of your skin.

The good news is that there is help and that asking for help is okay!

As a community, it is so important we support one another.

We would like to invite you and your family to be part of this experience with us!

- If you or someone you love is struggling with addiction and you would like to talk to someone or need information or resources you can call and make an appointment to have your own session with our Addictions Counselor during Addiction Awareness Week. This session can be in person, over the phone or virtually. All sessions are kept confidential.

Then:

- On Wednesday April 6<sup>th</sup> we are having a **Lunch and Listen** event with a special guest speaker. There will be a free lunch served if you attend in person or you can watch the speaker virtually from the comfort of your own home or workplace.  
For Further Information please call Rosetta @ 942-4326 extension 516



ARGYLE ADDICTION AWARENESS  
WEEK

# LUNCH & LISTEN

**With Special Guest:**

2017 Manitoba Hero

Author.

Boxer.

Recovered.

ROLAND VANDAL

Free Lunch  
for  
everyone!



Draws &  
Prizes!

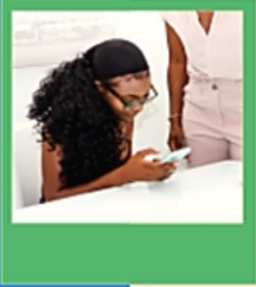
APRIL 6TH, 2022  
11:30 A.M - 12:30 P.M

If you are interested in attending this event please email Rosetta at [rtroia@wsd1.org](mailto:rtroia@wsd1.org)



NorWest Co-op  
COMMUNITY HEALTH

# Youth Hub Counselling



- **now accepting** counselling clients ages 12-29
- open to all Manitoba youth
- *contact us to book an appointment -*  
*available over phone, Zoom, or in person\**  
*\*spots are limited for in-person sessions*

**Counselling is...** talking to a mental health professional about things going on in your life

**Topics you can talk about:** relationships (family, friends, dating), mental health, gender identity, health concerns and more!

**Counselling is also...** confidential. This means that nothing is shared with family/friends/etc. without your permission.

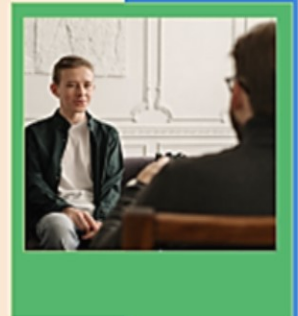
**The only exception is...** if there is a serious safety risk to yourself or to others.



**204-221-9800**



**[youthhub@norwestcoop.ca](mailto:youthhub@norwestcoop.ca)**





## 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
<b>FAMILIES</b>	Mom; Dad Brother; Sister	Caregiver(s); Parent(s); Guardian(s); Sibling(s)
<b>IDENTITIES</b>	Boys; Girls Ladies; Gentlemen Guys	Everyone; Everybody; Y'all; Folks/Folx; Students; They/Them/Theirs
<b>RELATIONSHIPS</b>	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)		
<b>He / Him / His</b>	<b>He</b> joked.	I laughed with <b>him</b> .	That joke is not <b>his</b> .
<b>She / Her / Hers</b>	<b>She</b> joked.	I laughed with <b>her</b> .	That joke is not <b>hers</b> .
<b>They / Them / Theirs</b>	<b>They</b> joked.	I laughed with <b>them</b> .	That joke is not <b>theirs</b> .
<b>Ze / Hir / Hirs</b>	<b>Ze</b> joked. <small>(Pronounced 'zee')</small>	I laughed with <b>hir</b> . <small>(Pronounced 'here')</small>	That joke is not <b>hirs</b> . <small>(Pronounced 'heres')</small>



# COVID-19 Screening Questions



## Symptom and exposure screening questions (check all that apply)

A. Do you have a new onset, or worsening, of any ONE of the following symptoms?		Yes	No
<input type="checkbox"/>	• Fever > 38°C or subjective fever/ chills		
<input type="checkbox"/>	• Cough		
<input type="checkbox"/>	• Sore throat/ hoarse voice		
<input type="checkbox"/>	• Shortness of breath/ breathing difficulties		
<input type="checkbox"/>	• Loss of taste or smell		
<input type="checkbox"/>	• Vomiting or diarrhea for more than 24 hours		
<b>If "yes" to any one of the above, DO NOT ENTER</b>			
B. Do you have a new onset, or worsening, of any TWO of the following symptoms?		Yes	No
<input type="checkbox"/>	• Runny nose		
<input type="checkbox"/>	• Muscle aches		
<input type="checkbox"/>	• Fatigue		
<input type="checkbox"/>	• Conjunctivitis (pink eye)		
<input type="checkbox"/>	• Headache		
<input type="checkbox"/>	• Skin rash of unknown cause		
<input type="checkbox"/>	• Nausea or loss of appetite		
<input type="checkbox"/>	• Poor feeding (if an infant)		
<b>If "yes" to any two of the above, DO NOT ENTER *</b>			
<p>* If you have only one symptom in section B and it has been less than 24 hours since it started, stay home and avoid contact with others. Re-evaluate after 24 hours, and use the on-line COVID-19 Screening Tool. <a href="https://sharedhealthmb.ca/covid19/screening-tool/">https://sharedhealthmb.ca/covid19/screening-tool/</a>.</p>			
Exposure history		Yes	No
1.	Have you traveled outside of Canada in the past 14 days and are required to self-isolate (quarantine)?**		
2.	Are you waiting for COVID-19 test results?		
3.	Have you tested positive (with a rapid antigen test or laboratory based test) in the past 10 days?		
<b>If "yes" to any of the above, DO NOT ENTER. Take the online screening tool</b> <a href="https://sharedhealthmb.ca/covid19/screening-tool/">https://sharedhealthmb.ca/covid19/screening-tool/</a>			

\*\* All returning/arriving international travellers, except those excluded from current Public Health Orders, are required to self-isolate (quarantine). Exemptions are posted on the Government of Canada site (<https://travel.gc.ca/travel-covid#ua>)

If the checklist advises you Not to Enter: stay home, isolate and refer to the **online COVID-19 Screening Tool** at <https://sharedhealthmb.ca/covid19/screening-tool/> or call Health Links – Info Santé at 204-788-8200 or toll free at 1-888-315-9257 for further guidance.

If you have questions about exposures not listed here or about your specific situation, check the **online COVID-19 Screening Tool** or call Health Links – Info Santé.

Up to date information on COVID-19 can be found at: [www.manitoba.ca/covid19/index.html](http://www.manitoba.ca/covid19/index.html)