

ARGYLE ALTERNATIVE HIGH SCHOOL

NOVEMBER 2022 NEWSLETTER

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

November Important Dates to Remember

Thursday, November 3rd

Linda's PM class going to
Inner City Science Centre

Tuesday, November 8th

Indigenous Veterans Day
Parent gathering - 5:00 p.m.

Wednesday, November 9th

School trip to MTYP - 12-2 p.m.

Thursday, November 10th

Remembrance Day service

Friday, November 11th

Remembrance Day

Tuesday, November 15th

Quad 2 / Block 1

Mural Project - Artist coming

Thursday, November 17th

Student led parent teacher
conference

Friday, November 18th

Non-instructional - No classes

Monday, November 21st-25th

Addictions Awareness Week

Monday, November 21st

Report cards

Friday, November 25th

December bus pass sign-up

Monday, November 28th

Picture day re-takes

Wednesday, November 30th

Quad 2 / Block 2

December bus pass pick up

Greetings,

What an amazing two months of school we have had at Argyle Alternative High School! With the nice fall weather, it is hard to believe it is already November. Having said that, we know the cold and snow will soon be here. This weather can often lead to a drop in attendance. Let us continue to work as a team to encourage all students to brave the cold and come to school. There is always free breakfast, coffee and hot chocolate waiting to warm them up.

October was once again a great month of learning at Argyle. One of the highlights was our Vision to Reality Grad Evening. We had an opportunity to share a meal with our potential grads and families. During the evening, they heard from Argyle Graduate (2019), Ashley Fisher. Ashley talked about how her experiences at Argyle Alternative High School had a positive impact on her and allowed her to find success in starting and running three businesses.

November brings more learning and opportunities for us to gather. Please consider joining us virtually or in person for our Parent Gathering on November 8 @ 5:00pm. To confirm your attendance or get more information, please email or call the school.

November also bring the end of Quadmester one and the start of Quadmester two on November 15th. On November 17th, students, parents and teachers will have the opportunity to reflect back on the learning that took place during the first Quad. Parents/caregivers are invited to join us for parent teacher conferences during this evening. We look forward to connecting with families to celebrate student learning and plan for future success!

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!

[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 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. 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 though Microsoft teams - 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



Christmas Cheer Board Applications are Open November 7, 2022

Anyone in need living in Winnipeg and St. Norbert may apply for a hamper. All hamper applications are taken by phone at Hamper Application Call Centres. 2022 Christmas Hamper applications **start November 7**. See call center phone numbers below.

Christmas hampers include:

- Traditional Christmas packaged foods
 - An appropriately sized turkey based on the household size (individuals receive a chicken)
 - A gift for children 14 and under
- **Hamper pickup starts** Saturday, December 7 at the Christmas Cheer Board warehouse.

Volunteers deliver hampers between December 7 and December 21. As they rely on volunteer drivers, delivery date and time cannot be provided. Hamper delivery is attempted two times, on the second unsuccessful attempt an information sheet is left explaining you must go to the warehouse to pick up your hamper.

If your hamper is sponsored, the sponsor will contact you directly for delivery date/time. Hamper Application Call Centers are extremely busy; please have patience when calling, thanks.

Employment Income Assistance (EIA) applicants: Please call **204-948-2022** to apply. Please have your EIA case number ready. The Christmas Cheer Board has volunteers located at the EIA office taking applications by phone. EIA hamper application hours: Monday – Friday 9am - 4pm

Low income, pensioners, students, new Canadian applicants:
Please call **204-989-5683** to apply. Please have your Manitoba Health card information available for all adults in the household.

It is important that you provide current complete information for each adult and child in your household when applying for a hamper. Personal household contact information and income and expense information is required. All children 18 and under are recorded as well.

Christmas Cheer Board application phone lines are open when the *Office/Warehouse is open*. Please see the following link for details:

<https://www.christmascheerboard.ca/how-to-apply>

Argyle Addiction Awareness Week November 21st – 25th, 2022



- **Argyle Alternative High School** will be holding its second annual Addiction Awareness week to coincide with the National Addictions Awareness Week.
- The purpose of this week at Argyle is to bring awareness, end the stigma and allow mental health and addiction to be a regular part of our conversation in the school community. The theme for this year is: **Community , Caring & Connection.**
- Human Connection, connecting to resources and finding ways to add positive supports in an individual's life is often the key to finding healthier ways to cope rather than using substances.

We will have some great events for the students! Keep an eye out for your invite, information and chance to enter for some prizes!

Help end stigma

Take these important steps to help reduce stigma:

- Do not define any person by their drug use
- Be respectful, compassionate and caring to those who use drugs
- Educate your friends and family - pass on facts and challenge stereotypes
- Remember that addiction is a treatable medical condition, not a choice, and is deserving of care just like any other medical condition
- Be aware of your attitudes and behaviours because they may be influenced by stereotypes, negative stories and images about people who use drugs



If you require information on substance use, connections to resources and support, which is confidential, safe and non-judgemental please feel free to reach out me:

***Rosetta Troia
Substance Abuse Counsellor
Argyle Alternative High School
204-942-4326
Email: rtroia@wsd1.org***

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') |