

ARGYLE ALTERNATIVE HIGH SCHOOL

OCTOBER 2022 NEWSLETTER

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

October Important Dates to Remember

Thursday, October 6th

Rachel Vertone Indigenous Police Officer at Career Café

Friday, October 7th

Bernadette Smith MLA for Point Douglas at Career Café

Monday, October 10th

Thanksgiving - No Classes

Tuesday, October 11th

Safe Workers of Tomorrow presenting at 1:00 p.m. in MPR

Wednesday, October 12th

Quad 1 / Block 2

Addictions/Mental Health Info/Support Group

Friday, October 14th

Bus Evacuation Exercise 1:15 p.m.

Thursday, October 20th

Diane Roussin - Boldness Project Executive Director at Career Café
Grad Night Dinner 5:00-7:30 pm & Opportunity Fair 6-7:30 pm

Friday, October 21st

Non-Instructional - No Classes

Wednesday, October 26th

The Salon Academy at Career Café
November Bus Pass Sign-up

Thursday, October 27th

Quad 1 / Block 4

Picture Day

Friday, October 28th

Food Handlers Training - All day

Monday, October 31st

Bus Pass Pick up

Greetings Everyone,

It is hard to believe that one month of school has already passed and we are into October. We hope that the first month of school has been successful and positive for students and families. I have been impressed with how responsible and respectful students have been. It has made for a great start!

In October, we will continue to focus on creating student success. Teachers have been working hard to provide engaging learning experiences for all students. For this reason, it is important that students attend class every day.

I would like to invite all parents/caregivers to join us for our monthly parent gatherings. This is an opportunity to meet (virtually or in person), hear about what is happening in the school and share your voice. If you are interested in meeting with us, please email me and I will add you to the invite list. Our next meeting will take place on November 8 @ 5:00.

Argyle is in full swing and have already accomplished quite a bit, starting with our first whole school field trip On September 21st, staff and students attended the Portage La Prairie Residential School as part of our ongoing commitment to take action on the learning for Reconciliation and being a part of Downie Wenjack Legacy School.

We hope that you will be able to join us at the school for our upcoming Opportunity Fair on October 20th. This will be a great chance to gather as a school community and explore post-secondary opportunities, community supports and other exciting opportunities.

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.



SAVE THE DATE

What: Argyle Alternative's Vision To Reality

Graduation information dinner

Why: We NEED to prepare for your child's

graduation this upcoming June 2023

Where: Argyle Alternative High School

What: Dinner will be provided, guest speakers and resources will be shared

When: Thursday October 20th, 2022- 5-7:30pm

Child Care Provided!

Things to consider:

What are your child's goals after graduation?

Do they intend to join the workforce?

Do they have a resume?

Have they ever had a job interview?

Is there volunteer experience on their resume?

Entering a Skilled Trade?

Are they considering post-secondary education?

Post-Secondary education costs money, how will they pay for it?

Scholarships and Bursaries are great options; do they know how to write a Biography?

Do they know how to fill out a scholarship or bursary application?

Youth Tuition Waivers are available at many post-secondary institutions, what are they?

Do they have the correct courses to attend post-secondary?

RSVP: argyle@wsd1.org or 204-942-4326

You are invited!

Opportunity Fair 2022!

Argyle Alternative High School is hosting an opportunity fair for you to enjoy a night out with a FREE dinner, guest speakers and many resources shared

Thursday, October 20th, 2022 - 6:00-7:30 p.m.

These are just a few of our presenters for the evening:

- R.B Russell
- Tec-Voc
- Urban Circle
- CDI College
- Volunteer Manitoba
- Ma Mawi Chi Itata Center
- SEED
- Aveda Beauty College
- Canadian Military
- Manitoba Harvest
- RRC Polytec
- University of Manitoba
- University of Winnipeg

Please RSVP by October 17, 2022

to argyle@wsd1.org or call 204-942-4326 for attendance and dietary restrictions. Free childcare upon request

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 Chantelle for more information.

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 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 or if you are interested in joining!

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 every other Wednesday. 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.

CHESS CLUB

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

GUITAR CLUB

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

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

ARGYLE'S VERTICAL GARDEN

Sending out a BIG THANK YOU to all the students and staff who have helped create and shape our new vertical garden! More ideas and volunteers are always welcome. Speak to Kim or Linda to get involved.



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')