

ARGYLE ALTERNATIVE HIGH SCHOOL

SEPTEMBER 2022 NEWSLETTER

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

September Important Dates to Remember

Wednesday, September 7

First Day Of Classes
Quad 1 / Block 1 Begins

Wednesday, September 14

Addictions/Mental Health
Info/Support Group

Monday, September 19

Non-Instructional No Class

Wednesday, September 21

Day of learning - Portage La
Prairie

Thursday, September 22

Meet the staff BBQ

Friday, September 23

Quad 1 / Block 2 Begins

Monday, September 26

October Bus Pass
Sign-up/Deadline

Thursday, September 29

Picture Day
Count Yourself in Prize Day!
October Bus Pass Pick-Up

Friday, September 30

National Day of Truth and
Reconciliation - No Classes

Principals Message;

Greetings,

Welcome to the 2022-2023 school year to all our students and families. We are so happy that you are a part of Argyle Alternative High School. I would like to take this opportunity to introduce myself. My name is Keith Bousquet. I am the new principal at Argyle. I look forward to getting to know the students, parents, caregivers and entire community here at Argyle.

We have a few important dates approaching that I would like to remind/inform you about. On September 21st, our entire school will be visiting the Portage La Prairie Residential School Museum. This will be an important day of learning, reflecting and creating paths towards reconciliation. All parents/caregivers are invited and encouraged to join us on this day of learning.

On September 22nd, we will have our Meet the Staff BBQ. This will take place after school, exact times to be determined and communicated with all as soon as possible.

Picture Day will be on Thursday, September 29th. More information to follow as the date draws near. A number of activities will occur on September 29th, including a free lunch for all students. Be Here – Win Gear Day!! September 29th, this is an important day for students to attend.

Student attendance remains an important goal at our school. We require students to be at school every day to benefit from a rich learning environment and optimal learning.

If you have any questions or concerns, please do not hesitate in contacting me.

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- 9:00 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 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.

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!

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'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.





RB Russell Vocational School

Pre Industry Training Adult Programs

Fall 2022 Intake Information Sessions

Wednesday May 25, 2022 from 9am-12pm

Intake sessions are by appointment only. Please contact Grace Johnston gjohnston@wsd1.org by email or call the school office at 204-589-5301 to make an appointment for the intake session.

4 credits free if you live within the Winnipeg School Division

Please inquire about our high school programs and registration *



Culinary Arts

1 year level 1 Cook accredited program. 4 credit program

September 2022 - June 2023

Monday Friday 7:30am-1:30pm

For program info contact

Instructor: Chef Michael Lindberg

mlindberg@wsd1.org



Healthcare Aide

September 2022- June 2023 In class theory and labs from September to January

9:00am to 2:20 pm. Practicum starts in February - June 7:00am-3:30pm

For program info contact

Instructor: Cheryl Lecuyer

clecuyer@wsd1.org



Hairstyling

20 months (Sept. 2022-June 2023 & Sept. 2023- June 2024)

Monday - Friday 9:00am-2:20pm. 12 credits in the 1400 hour accredited program. With successful completion, you will be eligible for the MB apprenticeship practical examination.

For program info contact

Instructor: Barbara Parkin

bparkin@wsd1.org



Child Care Assistant

Program runs September 2022 to January 2023 or February 2023 to June 2023. Students participate in 4 credit courses and a practicum placement. Upon successful completion they receive their CCA Certificate . Program fee applies

For program info contact

Instructor: Barbara Eddie

beddie@wsd1.org

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

CONTENTS

- 1 Recovery is Possible
- 2 Crisis Response Centre
- 2 Crisis Services
- 3 Help for Families
- 3 Housing
- 4 Employment
- 4 Income Assistance
- 4 Recovery and Empowerment
- 5 Addictions
- 5 Child, Adolescent, and Youth Mental Health
- 6 Stress Tips
- 7 Mental Health Act
- 7 Rights
- 8 Counselling or Therapy
- 8 Alternative Therapies
- 9 Social and Recreational
- 9 Skill Building
- 10 Self-Help Organizations
- 11 Medication
- 12 Mental Illness
- 12 Frequently Called Numbers
- 12 Index



Coming back to school may be hard...

These are some ways to make it a little easier on yourself



Some things look different to keep us safe

- You may be asked screening questions to make sure you're healthy.
- Students will be asked to wash and/or sanitize their hands often.
- There will be arrows on the floor to show you the way.
- You will be asked to maintain physical distancing from others.
- Masks will be worn by students and teachers when maintaining distance is not possible.



Emotions



- We all experience MANY emotions each and every day!
- Pay attention to the emotions that you are experiencing.
- Some feelings may be uncomfortable. Naming feelings allows them to move through you, instead of getting stuck.
- Remember that feelings don't last forever. They are only temporary.



Routine

- Sleep
 - Get 8-10 hrs of sleep each night.
 - Go to bed and wake up at the same time every day, even on weekends!
 - Create a calming bedtime routine. Avoid looking at screens and social media before bed.
- Engage in daily physical activity!
- Make healthy food choices.
- Avoid using drugs and alcohol to cope with stress.
- Connect with others!



Thoughts

- Pay attention to your thoughts and self-talk.
- Identify unhelpful thoughts.
 - E.g., "I got to school late again today, I can never do anything right."
- Changing unhelpful thoughts to helpful thoughts can help to calm your mind.

- Examples of **helpful thoughts** are:
 - I can make it through this.
 - There are people who I can call who will help me.
 - This won't last forever.
 - I am doing the best I can.
- How we think about things matters. Certain ways of thinking can keep us really stuck or make problems seem even bigger than they are.



Self-Kindness

- Coming back to school is a HUGE adjustment. Be kind to yourself as you get used to being back.
- Remember to treat and talk to yourself as you would a good friend.
- Take time for yourself and do things you enjoy!



Gratitude

- Research shows that people who practice gratitude feel happier and less stressed.
- Try writing or thinking about three things that you are thankful for, or that went well each day.
- The three things don't have to be big, they can be small things, like, "the sun is shining" or "I got to school on time."

Focus on what you CAN control

I CAN control:



- Doing my homework
- Following a routine
- The friends I choose to have
- Taking care of myself
- Asking for help

I CANNOT control:



- What the rules are at school
- If others follow the rules
- How long this will last



Common Signs of Stress

- Feeling jittery or on edge
- Upset or fluttering stomach
- Headaches
- Restlessness or fidgeting
- Crying
- Difficulties sleeping
- Lashing out/yelling
- Not wanting to see other people
- Difficulty concentrating

If you or a friend are having a hard time, reach out to an adult for support.

Ways to Calm your Mind and Body



- Take slow, deep breaths



- Imagine a calm place or your favourite place



- Squeeze your fists tight, hold, relax, and let the energy go



- Go for a walk outside



- Ground yourself by noticing things you see, hear, feel, smell, and taste.

- Sketch, draw, or paint



- Write about your day and/or your thoughts in a journal



When You Need to Talk

Kids Help Phone

- <https://kidshelpphone.ca>
- 1-800-668-6868
- Text 'CONNECT' to 686868

Teen Klinik

- (204) 784-4090
- Drop-in hours on Mondays
- 870 Portage Ave

<http://klinik.mb.ca>

Klinik Crisis Line

(204) 786-8686

NorWest Youth Hub

- Offer counselling in-person, by phone, and via virtual sessions
- Drop-in hours Monday - Friday, 1:00pm-4:00pm
- (204) 221-9800

youthhub@norwestcoop.ca

Youth Mobile Crisis

(204) 949-4777

Apps:

- Calm in the Storm
- Mindshift
- Always There
- Stop, Breathe, & Think

Websites:

- <https://www.anxietycanada.com>
- <http://teentalk.ca>
- <https://stresshacks.ca>
- <http://teenclinic.ca/klinik/>
- www.mindfulnessforteens.com



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





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')



Nor West Co-op
COMMUNITY HEALTH



ART-BASED MENTAL WELLNESS
SESSIONS FOR YOUTH AGES 12-29

Get Your Art On

@

The NorWest Youth Hub

JOIN US VIRTUALLY VIA ZOOM
EVERY THURSDAY

Next Session: **Thursday, May 12** from **4:30-6:00 pm**

Theme: Using Focus to Relieve Stress

SUPPLIES REQUIRED FOR THIS SESSION ARE: PENCILS, FINE TIP MARKERS, ART PAPER, MANDALA DRAWINGS. PLES AE CONTACT OLOLADE AT OOLAREWAJU2@NORWESTCOOP.CA IF YOU NEED SUPPLIES.

Huddle With Us

 Facebook.com/huddlebroadway

 @huddlebroadway

 Huddle Broadway

 <https://huddlemanitoba.ca/>

Huddle Broadway

533 Broadway

Open M-F: 12pm - 8pm

204.227.3014

huddlebroadway@cmhawpg.mb.ca

Huddle
Here for youth.

Huddle With Us

 Facebook.com/huddlebroadway

 @huddlebroadway

 Huddle Broadway

 <https://huddlemanitoba.ca/>

Huddle Broadway

533 Broadway

Open M-F: 12pm - 8pm

204.227.3014

huddlebroadway@cmhawpg.mb.ca

Huddle
Here for youth.

Huddle With Us

 Facebook.com/huddlebroadway

 @huddlebroadway

 Huddle Broadway

 <https://huddlemanitoba.ca/>

Huddle Broadway

533 Broadway

Open M-F: 12pm - 8pm

204.227.3014

huddlebroadway@cmhawpg.mb.ca

Huddle
Here for youth.

Huddle With Us

 Facebook.com/huddlebroadway

 @huddlebroadway

 Huddle Broadway

 <https://huddlemanitoba.ca/>

Huddle Broadway

533 Broadway

Open M-F: 12pm - 8pm

204.227.3014

huddlebroadway@cmhawpg.mb.ca

Huddle
Here for youth.