

ARGYLE ALTERNATIVE HIGH SCHOOL

APRIL 2024 NEWSLETTER

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

April Important Dates

Thursday, April 4th &

Friday, April 5th

Thrifty Thursday

Monday, April 8th

Grad Lunch

Wednesday, April 10th

WSD Science Fair

Friday, April 12th

International Day of Pink

Monday, April 15th

May Bus Pass Sign-Up/Deadline

Tuesday, April 16th

Quad 4/Block 1

Wednesday, April 17th

Report Cards

Thursday, April 18th

Family Night Women's Group

Nails @ Tec Voc

Grad Photo Retakes

Friday, April 19th

Non-Instructional Day – No Classes

Tuesday, April 23rd

Career Café:

Wednesday, April 24th

Women's Group Gathering

Thursday April 25th

Parent Teacher Conference

Friday April 26th

Valedictorian Signup Deadline

Tuesday April 30th

May Bus Pass Pick up

May Important Dates

Wednesday May 1st

Student Assembly 1:30

May 6th

Non-Instructional Day – No Classes

May 7th-10th

Healthy Minds Week

May 13th

Grad Lunch

May 16th

Spring BBQ



April 2024 Newsletter

I hope everyone had a safe and enjoyable Spring Break. We are in the final stretch of the school year. We will be doing check ins with our potential grads to make sure they are on track to graduate. If you are a parent/caregiver of a potential grad and would like to know about their progress towards graduation, please reach out to the school.

On April 15th, quadmester 3 comes to an end. This means our final quadmester will begin on April 16th. Report cards will be sent home on April 17th. If you have any questions about the report cards or quad change, please reach out to the school for some clarification.

I also want to invite parents and caregivers to join us for dinner and an information session on Tuesday April 4, 2024. We will be sharing information about the changes that are happening at Argyle for the 2024/2025 school year. Please RSVP by Monday April 8th to kbousquet@wsd1.org

Keith Bousquet



ARGYLE ALTERNATIVE HIGH SCHOOL

STUDENT SUPPORT SERVICES

Linda M. – Inclusive Education Resource Teacher

Rosetta T. - Substance Abuse Counsellor

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 - 9:30 am

In the cafeteria

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 in the office by the 15th of each month

You can email argyle@wsd1.org or call the school

Morning class is from 9:00am - 11:25am

Morning break is at 10:15am - 10:30am
(15 minutes)

Lunch is one hour from 11:25am - 12:25pm

Afternoon class is from 12:25 pm - 2:50pm

Afternoon break is at 1:45pm - 2:00pm
(15 minutes)

There is **FREE breakfast** in the
cafeteria **EVERY** morning from
8:30am-9:30am

METHODS OF PAYMENT ACCEPTED

**CASH Or etransfer the school at argyle@wsdl.org
(\$20.00 Minimum Charge on etransfers please!)**

**STUDENT LUNCH PRICES AT
ARGYLE ALTERNATIVE HIGH SCHOOL' S CAFETERIA**

Fruit Snacks/Rice Krispies	\$0.50
Granola bars	\$1.00
Milk- Lunch	\$0.50
Milk Regular Price	\$1.50
REFILLS- Coffee, tea, Hot chocolate	
Juice	\$1.00
Cheese String	\$1.00
Muffin	\$1.00
Yogurt Parfait	\$2.00
Bagel with cream cheese	\$2.00
Cheese Bread	\$1.00
Soup	\$2.00
Sandwiches	\$2.00
Veggie Bowls	\$2.00
Specials- Hot lunch	\$3.00

Huddle

📍 KA NI KANICHIHK

- Health and wellness workshops
- Elder support - cultural counselling
- Weekday Drop-in
- Advocacy
- Systems Navigation (housing, EIA, job/resumes)
- Cedar Baths
- Cultural healing ceremonies and sharing circles
- Activities like beading, drum making, arts and crafts, and gaming
- Community lunches and snacks
- Partnered with Mino Pimatisiwin Sexual Wellness Lodge (Healthcare, Harm Reduction)

Ages 12-29



34 Higgins Avenue, Winnipeg, MB
huddle@kanikanichihk.ca
204-953-5820

Huddle



Counselling and Cultural Support

Huddle Ka Ni Kanichihk (34 Higgins Ave):

Sharing circle every Wednesday 5-7pm

Mino Pimatisiwin 11-3pm Tuesday & Thursday @ 765 Main

Ph: 204-953-5820

Huddle Norwest (945 Notre Dame Ave):

Max. 12 sessions of counselling, Tuesday & Friday 12-4pm

Ph: 204-228-6387

Waitlist closed.

Huddle Southcentral (17 St. Mary's Rd):

Max. 12 sessions of counselling.

Call to make an appointment 204-255-6497

Huddle Broadway (533 Broadway Ave):

Monday to Friday 12-6pm

Call to make an appointment 204-228-6387

WSD Systems Navigators are also available to help connect you with a Therapist/Counsellor or connect you with the appropriate resources, if needed.

WINNIPEG RESOURCE GUIDE

Emergency Supports/Hotlines

Phone Number

Immediate/Harmful Emergency		911
Klinic 24 Hr Crisis Line		204-786-8686
Manitoba Suicide Line		1-877-435-7170
Youth Mobile Crisis Team		204-949-4777
Winnipeg Police Non-Emergency		204-986-6222
Manitoba Advocate for Children & Youth		204-988-7440

Organization	Supports with	Address	Phone Number
Ka Ni Kanichihk	Indigenous Community Resources	455 McDermot Ave.	204-953-5820
Huddle Ka Ni Kanichihk	Youth Drop-In & Supports	102-765 Main St.	204-594-6500
Velmas House	Safe Space for Female Residents	154 Sherbrook St.	204-560-3007
Ma Mawi Wi Chi Itata	Indigenous Community Resources	445 King St.	204-925-0300
Ndinawe/Tina's Safe Haven	Indigenous Community Resources; Shelter/Safe Space for Youth	472 Selkirk Ave.	204-589-5545
Rosbrook House	Overnight Safe Space for Youth	658 Ross Ave.	204-949-4090
North End Womens Centre	Community Resources	394 Selkirk Ave.	204-589-7347
Kheiliq Inuit Services	Inuit Health Supports	310 Burnell	204-989-1021
Eagle Urban Transition Centre	Indigenous Community Resources	275 Portage Ave.	204-954-3050
Sunshine House	Community Harm Reduction Supports	646 Logan Ave.	204-783-8565
North Point Douglas Womens Centre	Community Resources	221 Austin St.	204-947-0321
Nine Circle Community Health Centre	Community Health Resources	705 Broadway	204-940-6000
Aboriginal Health and Wellness Centre	Community Health Resources	215-181 Higgins Ave.	204-925-3700
Rainbow Resource Centre	2SLGBTQ+ Resources	170 Scott St.	204-474-0212 ext. 201
West End 24 (WE 24)	Overnight Safe Space for Youth	430 Langside St.	204-333-9681
Resource Assistance for Youth (RAY)	Community Resources	125 Sherbrook St.	204-925-0300
Winnipeg Harvest	Food Security/Hampers	1085 Winnipeg Ave.	204-982-3660

Additional Support, Programs, and Services can be found through 211 Manitoba by either calling the 24/7 phone service (dial 2-1-1) or by using their online database at www.mb211.ca



Winnipeg Harvest helps anyone who asks for food.

Step 1. Contact the Food Support Assistance Line

Please have your Manitoba Health card ready. The Harvest Crew will review your needs and arrange for your food hamper to be distributed to a location near you for pick up. Harvest food banks are located in communities across Manitoba.

In Winnipeg:

204-982-3671 – New to Harvest

204-982-3660 – Returning Clients/ appointments@harvestmanitoba.ca

Outside Winnipeg:

1-800-970-5559 / kellym@harvestmanitoba.ca

Call Centre Hours:

Monday to Friday: 9:15 am to 3:15 pm

Saturday: 9:15 am to 12:15 pm

Step 2. Attend Your Appointment

Bring your Manitoba Health Card to your local food bank, and bags or boxes to carry your food hamper.

"I make my own choices. I make mistakes, so I can't be quite enough to watch 'you' there."



10 Things YOUR TEENAGER Wants You To Know



ATTACHMENT NETWORK OF MANITOBA
www.attachmentnetwork.ca

FOR MORE INFORMATION OR ATTACHMENT VISIT:
www.attachmentnetwork.ca



- 1 I'm developing my independence, but I'm not always sure about things.** I still need your guidance and listening ear to keep me on track.
- 2 Be sensitive to my need for privacy, physically and emotionally.** If you are curious about what I am doing online or with friends, ask me and let's have a conversation.
- 3 I still need you to be Mom or Dad. I don't need you to be my friend.** I may be getting a lot of pressure to use alcohol, drugs or have sex and I need you to talk with me about these tough issues.



- 4 I need you to be firm and kind.** When we bust heads, I am pushing the boundaries because I really don't know where they are yet. Listen to my side of things and tell me yours, so we can find a solution that works for both of us.
- 5 It's still important for us to be close.** The way I want to get affection from you may have changed, but I still need to hear that you love me.
- 6 Don't be afraid to let me fail.** I may learn more important lessons about life from my failures than my successes. Sometimes I just need you to listen and support me when things are falling apart. I don't necessarily need you to fix it for me.
- 7 I need to feel respected and trusted.** My goals and dreams are important to me and may be different from yours. I need you to believe in me instead of being critical or shutting me down.
- 8 Be patient with me.** Understand when I want to do things without you. Don't take it personally - I don't really hate you! Sometimes my mood can change. I know this is hard for you, even though I might not be able to say it.



- 9 See my strengths.** Let's find new things to share and enjoy together. Be proud of who I am becoming, not just the things I achieve.
- 10 Family traditions and coming together are important to me too.** As our family grows and changes we still belong to each other and it feels good to have that connection.

MAKE THIS SUMMER THE G.O.A.T.

Join Our
Volunteer
Crew



Assiniboine Park
Zoo & The Leaf is
actively recruiting
new volunteers.

Benefits of volunteering:

- Earn a highschool credit for volunteering
- Meet new friends and your favourite animals
- Gain new skills in a fun fast-paced environment
- Gain references for scholarships and future careers

Application deadline: June 16 | assiniboinepark_a/volunteer
volunteer@assiniboinepark.ca | 204 927 6074

ASSINIBOINE
PARK



THE LEAF
Assiniboine Park



WINNIPEG SCHOOL DIVISION

Ozhitoon onji Peenjiiee

Build From Within



**Are you Indigenous, in high school
and have an interest in becoming a teacher?
Then Build From Within is for you!**

Students currently in grade 11, 12 or recent WSD graduates can apply.
Ask your Teacher, Indigenous Graduation Support Teacher or Guidance
Counsellor for an application and information on supports provided.
Or contact Desi-Rae Anderson, Program Coordinator
204-788-0203 Ext: 324, Email: danderson@wsd1.org

Urban Circle's holistic model ensures that all students receive the supports they need to succeed. Each of our programs has a full-time program counsellor/life skills coach who walk with students from the start of the program to graduation and beyond. Our wise and loving Elders are also available for guidance, counselling, cultural teachings and support throughout your program.



Success Stories

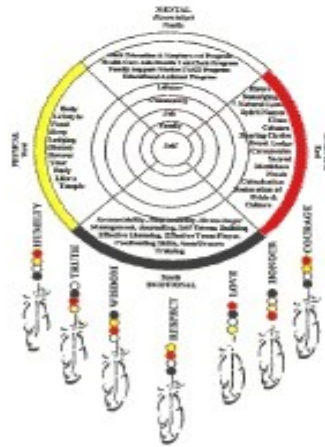
At Urban Circle, we have one of the highest success rates among adult learning and employment centres in Canada. Program graduates leave our Centre with the skills, abilities, and confidence to make positive change in the lives of their families and their communities.

As an Urban Circle-graduate, you will become a role model to those around you and to generations to come!



Contact us!

Urban Circle Training Centre Inc.
 519 Selkirk Avenue
 Winnipeg, MB R2W 2M6
 Phone: 204-589-4433
 Phone: 204-589-4466



www.urbancircletraining.com



**URBAN CIRCLE
 TRAINING
 CENTRE INC.**



Who We Are

At Urban Circle, our goal is to provide culturally appropriate education and training to Indigenous (First Nations, Métis, Inuit, and status/non-status) women and men in Winnipeg. Since 1991, we have offered certified programming that connects to both our cultural teachings and labour-market demands. At our Centre, students are provided with a sense of belonging and community, and we are committed to enriching the quality of their educational experience by providing them with opportunities for personal growth and success.



Vision:

The Foundation of Urban Circle Training Centre Inc is an Indigenous Adult Education Centre based on the Cultural Teachings of our Ancestors with the Guidance and Direction of our Elders, Urban Circle Training Centre Inc. is a Holistic non-profit, community-based organization whose objective is to provide First Nation/Métis/Inuit people with skill specific training targeted to job-market demands.

Course Offerings

Central to each of Urban Circle's vocational programs is an intensive Indigenous Culture Awareness component and an intensive Life Skills Program and the availability of full time counselling and support. Our programs are as follows:

Adult Education and Employment Program:

A 10-month Mature High School Diploma program offering 8 credits at the grade 12 levels, with a focus on career development and planning. Offered once per year, courses run from mid-August to June (upon completion to transition in an Apprenticeship Stream). The high school credits are accredited by Seven Oaks School Division.

Educational Assistant Certificate Program:

A 10-month post-secondary program which prepares students to work in educational settings to support the work of teachers and to help meet the needs of students with exceptionalities. Offered once per year, courses run from September to June. The program is accredited by Red River College Polytechnic.

Family Support Worker Program:

An 11-month post-secondary program provides students with the necessary knowledge and practical skills for employment in various community, child welfare, and support service agencies working with children, youth, and families. Offered once per year, courses run from January to December. The program is accredited by Red River College Polytechnic.

Health Care Aide/Health Unit Clerk Dual-Certificate Program:

A 10-month post-secondary program which prepares students for employment in acute and long-term care health facilities throughout the province. Offered once per year, courses run from August to June. The program is accredited by Red River College Polytechnic.





We are looking for recreation program leaders!

Are you interested in leading recreation programs like those offered in the Leisure Guide?

We're always looking for skilled individuals to teach and lead a variety of English and French recreation programs.

Scan here to apply today!



I LOVE TO READ MONTH - FEBRUARY 2024

On February 29th, eleven Argyle Students walked over to Norquay School to be guest readers to Grade 1 through Grade 5 classes.

Thank you to Damien, Kaylene, Ryerson, Molly, Raven, Ryder, Trin A., Lily Mae, Adrian, Gage, and Matthew!





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Youth Sharing Circle

Location: 34 Higgins Ave
Time: 5-7pm every Wednesday

Ages 12-29
Snacks provided!
No sign up is required





What can a WSD Systems Navigator help with?

Youth ages 12-29 can access the following,

- Mental Health services
- Elders and ceremony
- Medical care, STBBI testing and birth control
- Help with school or finding a job
- People to talk to about drugs and alcohol
- Peer support from other youth
- Video games, movie nights, and other recreational activities
- 2LGBTQ+ supports

You name it, we can help connect you with the right supports and resources! Free of cost. Connect with your WSD Systems Navigator today!



Huddle

KA NI KANICHIHK

If you would like to book an appointment with Faith, please call 204-953-5820 or send an email to fwhiteway@kanikanichihk.ca



BE THE INSPIRATION

Winnipeg School Division
is hiring:

- School clerks
- Educational Assistants
- 5th Class Power Engineers
- Bus Drivers



JOIN US
winnipeg.sd.ca/careers



WINNIPEG SCHOOL DIVISION



**Winnipeg School Division
Systems Navigator**

**Thursday: 11:30am-2pm
Friday: 11:30am-2pm**



**New
Hours!**

**Monday: 11am-7pm
Tuesday: 12pm-8pm
Wednesday: 11:30am-7:30pm
Thursday: Appointment Only
Friday: 12pm-8pm**

Huddle
KA NI KANICHIHK