

ARGYLE ALTERNATIVE HIGH SCHOOL

MARCH 2024 NEWSLETTER

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

March Important Dates

Tuesday, March 5th

Career Café – MITT Pharmacy Tech

Wednesday, March 6th

1:30 pm Student Assembly
Art Room Open 3 pm – 5 pm

Wednesday, March 13th

Art Room Open 3 pm – 5 pm

Thursday, March 14th

Family Night 5 pm – 7 pm

Friday, March 15th

Non-Instructional Day – No School

Wednesday, March 20th

Art Room Open 3 pm – 5 pm

Thursday, March 21st

Quad 3 / Block 4

Career Café – Winnipeg Police Service

Monday, March 25th – Friday, March 29th

Spring Break – No School

Monday, April 1st

School Reopens
10:00 am Student Assembly

Wednesday, April 3rd

Art Room Open 3 pm – 5 pm

Thursday, April 3rd &

Friday, April 4th

Thrifty Thursday

Friday, April 12th

International Day of Pink

Wednesday, April 17th

Report Cards

Friday, April 19th

Non-Instructional Day – No Classes



March 2024 Newsletter

Here we are in March, already! I want to thank the caregivers who were able to find some time and join us at our open house. It was an opportunity for us to share with current families, the changes to Argyle that will be coming next year. I know sometimes “change” can be a scary word, but we are doing this to better serve ALL students, to better prepare them for life after Argyle and because we know that the best learning happens when it connects to student lives. Many things will stay the same, such as the support we provide, the relationships we build and the small school setting. The exciting new pieces include an enhanced focus on relationships, community based learning and project based learning. Another info session will be held in this month for families to come and hear more about this shift.

We have another opportunity for the Argyle community to come together this month. On March 14th from 5-7 we will be hosting a Family Night. Come join us for a meal and to decorate plant pots before planting seeds of your choice to take home and watch grow.

As always, I want to encourage and invite all caregivers to play an active role in their child’s education. If you ever have any questions or concerns, please feel free to reach out to us at the school.

Keith Bousquet

Principal



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**

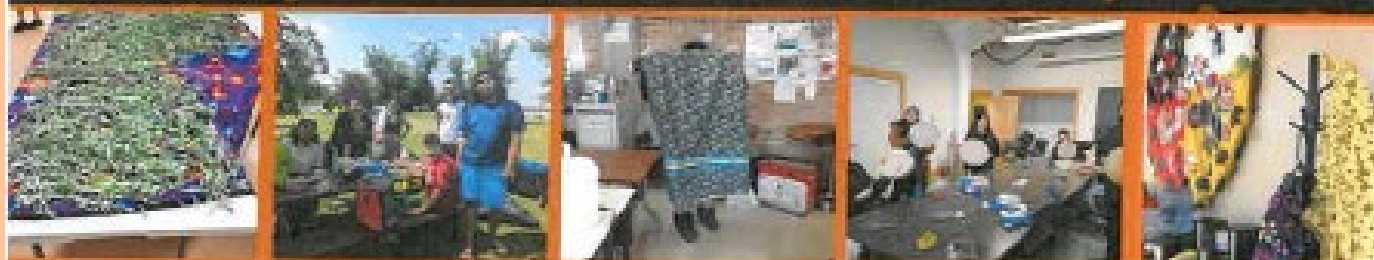
Fruit Snacks/Rice Krispies	\$0.50
Granola bars	\$1.00
Milk- Lunch	\$0.50
Milk Regular Price	\$1.50
REFILLS- Coffee, tea, Hot chocolate	
Juice	\$1.00
Cheese String	\$1.00
Muffin	\$1.00
Yogurt Parfait	\$2.00
Bagel with cream cheese	\$2.00
Cheese Bread	\$1.00
Soup	\$2.00
Sandwiches	\$2.00
Veggie Bowls	\$2.00
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 Survivors	154 Sherbrook St.	204-560-3007
Mia 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.mb.211.ca



HARVEST

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.

Argyle Family Night

Join us at Argyle to enjoy
a meal together and to
decorate plant pots
before planting seeds of
your choice to take home
and watch grow

Please RSVP To:
argyle@wsd1.org

MARCH 14TH, 2024
5-7PM



"I make more mistakes when I make mistakes, so I can't be sure enough to watch those things."



10 Things YOUR TEENAGER Wants You To Know



**ATTACHMENT
NETWORK
OF MANITOBA**
AN AFFILIATE OF THE CANADIAN
ATTACHMENT NETWORK

FOR MORE INFORMATION USE
ATTACHMENT VISTO



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 butt 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



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!



DRUM MAKING

JANUARY 25, 2024

WOMEN'S GROUP

The Argyle Women's Group hosted a drum making session on January 25th. The opportunity was made available to all Argyle students.



INDIGENOUS WAY OF LIFE

WSD Indigenous Way of Life teachers Matt Mousseau and Ocean Bruyere led the workshop and provided gentle guidance as the students made their own hand drums from elk hide.

FEASTING

The following day, the drums were dried. Matt and Ocean returned to the school to share their teachings about the importance of feasting the drums and celebrating together.



Matt and Ocean will return to Argyle to help the students make their own drum mallets - interested students can see Linda or Marly!

Nature Buddies

Argyle's Outdoor Learning Classroom was busy again hosting grade 4 and 5 students from Norquay School on February 21, 2024.

Students learned about hibernation, adaptation and migration through activities planned by our Nature Buddies facilitators. Students started the afternoon off with a game identifying animals from clues they were given. Students were able to handle furs and compare different animal pelts, followed by a scavenger hunt looking at animal scat. After a break with some hot chocolate, students discussed animals that adapted, migrated and hibernated.

Many thanks to Arianna, Blake, Damien, Dante, Millie, Molly, Raven, Ryder, and Ryerson for planning, setting up and teaching our visitors about what animals do to survive the winter.

For more information on the Nature Buddies program or to volunteer, please see Linda.



MENTAL HEALTH AND WELLNESS ONLINE RESOURCES

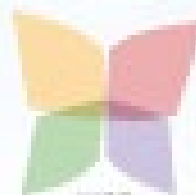
- AnxietyCanada.com
- careforallineducation.com
- Jack.org
- KidsHelpPhone.ca
- mb.211.ca
- mooddisordersmanitoba.ca
- huddlemanitoba.ca
- reasontolive.ca
- StressHacks.ca

Check out the WSD Healthy Minds Mental Health and Wellness Resource Guide for websites, apps and other resources to support your mental health.

www.winnipegssd.ca/healthyminds



WINNIPEG SCHOOL DIVISION



WSD
HEALTHY
MINDS



Counselling and Cultural Support

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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



KA NI KANICHIHK



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**

