### ARGYLE ALTERNATIVE HIGH SCHOOL MAY 2024 NEWSLETTER

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

#### **May Important Dates**

Tuesday, May 7<sup>th</sup>
Order Deadline for Grad Photos
Wednesday, May 8<sup>th</sup>
Spring Clean Up

Tuesday, May 7<sup>th</sup>-Friday, May10<sup>th</sup>
Healthy Minds Week
Monday, May 13<sup>th</sup>
Grad Lunch

Wednesday, May 15<sup>th</sup>

Grad Dinner Tickets Go on Sale See Rosetta or Anna

> Thursday, May 16<sup>th</sup> Spring BBQ

Monday, May 20<sup>th</sup> Victoria Day – No School

Tuesday, May 21st

June Bus Pass Sign-up/Deadline

Wednesday, May 22<sup>nd</sup>

Quad 4 / Block 3

Monday, May 27th through Thursday, May 30th

Grade 12 Provincial English Exams

Friday, May 31st

June Bus Pass Pick Up

#### June Important Dates

Thursday, June 6th Quad 4 / Block 4 Friday, June 7<sup>th</sup>

Non-Instructional Day – No Classes

Monday, June 10<sup>th</sup> Grad Lunch

Tuesday, June 11th

Gr. 12 Provincial Pre Cal. Test

Wednesday, June 12th

Gr.12 Prov. Ess. Test

Thursday, June 13th

Thrifty Thursday

Thursday, June 13<sup>th</sup> and Friday, July 14<sup>th</sup>

Gr. 12 Provincial Applied Test

#### PRINCIPAL'S MESSAGE - MAY 2024

Welcome to May. The school year sure has been going by fast. For our graduating students, this is the homestretch. We encourage all students to come to school every day and continue learning in the final two months of the school year.

Thank you to all the caregivers who were able to join us in April for the information session with myself and Chief Superintendent Matt

Henderson. It was a great turnout and a great opportunity to share the exciting new things that will be happening here at Argyle next year. If you were not able to attend, I will be sending out some information very soon.

As we are coming to the end of the school year, staff and students have been busy planning a graduation. Graduation information:

Date: June 26, 2024

Time: Convocation- 1:30

Dinner-5:00

Location- Norwood Hotel

The Winnipeg School Division Celebration Pow Wow will be taking place on June 6th at the Tec Voc field. As a school, we will be attending the Pow Wow. I would also like to invite caregivers to join us. If you are interested in joining us, please email or call me to let me know. A school bus will be taking all students to this event.

We look forward to the final two months of the 2023/2024 school year together at Argyle.

Keith Bousquet

Principal



### ARGYLE ALTERNATIVE HIGH SCHOOL

#### STUDENT SUPPORT SERVICES

Lisa G. – School Psychologist

Linda M. - Inclusive Education Resource Teacher

Rosetta T. - Substance Abuse Counsellor

Anna-Maria C. – Guidance Counsellor

#### **ARGYLE BREAKFAST PROGRAM**

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 <a href="mailto:argyle@wsd1.org">argyle@wsd1.org</a> 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@wsd1.org (\$20.00 Minimum Charge on etransfers please!)

V	
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

STUDENT LUNCH PRICES AT ARGYLE ALTERNATIVE HIGH SCHOOL'S CAFETERIA

Nature Buddies welcomed Norquay School on April 25<sup>th</sup> for an afternoon learning about trees in our Outdoor Learning Classroom. Environmental education is alive and well at Argyle School!

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Thanks to our amazing student leaders:

Molly, Ryerson, Ryder, and Kashtin!



#### ARGYLE

# Women's Group



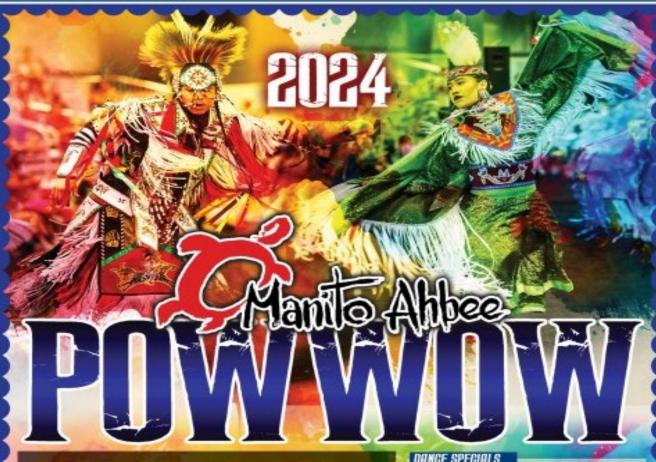


The Argyle Women's Group organized a fundraiser for the Main Street Project's Into the Cold Fundraiser, which supports their front-line programs. The students baked cookies, brownies, and chocolate covered strawberries amongst other tasty treats. The students managed a table and sold their goods at the spring feast on Friday March 22. In total, \$182.85 was raised - well done!

### **April Celebration**

Dedicated members of the Argyle Women's Group shared an exciting opportunity to get their nails done by Tec Voc Esthetics students. The Argyle students enjoyed hand massages, selecting polish colours, and chatting with their nail techs!





### 7-19, 202 RED RIVER EXHIBITION PARK WINNIPEG, MANITOBA, CANADA

#### GRAND ENTRIES

FRIDAY: 7pm (No Points) SATURDAY: Noon (No Evering Grand Entry) SUNDAY: Noon

#### HEAD STAFF

ANNOUNCERS: Ricky White, Hal Engletail, Howie Thomson

JR ANNOUNCER: Pauline Guimond ARENA DIRECTORS: Ron McNab & Rusty Gillette JR ARENA DIRECTORS: Thomas Bearstail **HEAD SINGING JUDGE: Randy White** JR HEAD SINGING JUDGE: Jovi Starr HEAD DANCE JUDGE: Orrie Little Sky **HEAD MAN DANCER: Kosen Street HEAD LADY DANCER: Dezirae Toetoesis HEAD YOUNG MAN DANCER: Theo Favoil HEAD YOUNG LADY DANCER: Amia Goodwill** TABULATOR: C&T Tabulators SOUND: Hokah Sound - Dale Roberts

#### HOST DRUMS

Showtime - Pine Ridge, South Daketa, USA Mollown - Macy, Nebraska, USA

2024 Miss Manito Abbee Crowning Saturday Evening Live Webcast on Powwows.com





#### CONTEST PAYOUTS

GOLDEN AGE (60+) SEPARATED Traditional, Fancy: Angle, Fancy: Grass 1st \$1,500 2nd \$1,000 3nd \$800 4th \$600 5th \$400

SENIOR ADULT (40-59) / JUNIOR ADULT (18-39)

1st \$1,500 2nd \$1,000 3nd \$800 4th \$600 5th \$400

NEW - MEN'S WOOGLAND & WOMEN'S APPLIQUE (18+) 1st \$1,500 2nd \$1,000 3nd \$800 4th \$600 5th \$400

#### TEEN CATEGORIES (13-17)

1st \$400 2nd \$300 3rd \$200 4th \$100 5th \$75

JUNIOR CATEGORIES (6-12) \$200 2nd \$150 3rd \$100 4m \$75 5m \$50 TINY TOTS IS & UNDER! What he in result

#### SINGING CONTEST

1st \$12,000 2nd \$9,000 3rd \$7,000 4th \$5,000 5th \$3,000

REGISTRATION: Red River Exhibition Park East Side Friday: May 17, 2024 • Noon - 6pm Saturday: May 18, 2024 • 9am - Noon

HAIR BRAIDING COMPETITION (OPEN TO EVERYONE) 1st \$1,000 2nd \$500 3rd \$300 Sportsared by Yeri Beads

"CELEBRATING INDIGENOUS MEN & BOY'S WITH BRAIDS"

grife your spiri

#### DANCE SPECIALS

MISS MANITO ARBEE YOUTH AMBASSADOR - SERENE GOODWILL ORIGINAL STYLE MEN'S TRADITIONAL & OLD STYLE JINGLE

Hosouring Late Papa Chief, Bill Traverse Goodwill & Fu

NEN'S FANCY - "A WARROOR"S DANCE" Honouring the Legacy & Evolution of Mon's Fancy War Dance Sponsored by Head Man Dancer, Kasere Street & Family

**WOMEN'S FANCY SHOWDOWN** 

WOODLAND SHOWDOWN

onsored by Head Young Man Doncer, Theo Favell & Family

"WOPIDA" - WOMEN'S JINGLE DRESS (10-17 YRS)

Sponsored by Head Young Lady Duocer, Anna Goodwill & Family RESIDENTIAL SCHOOL, DAY SCHOOL, 60°S SCOOP SURVIVOR INITIATION DANCE SPECIAL

Sponsored by AWSH Corporation

**2SPIRIT HONOUR DANCE SPECIAL** 

Spansored by The 2Spirit Consultants of Manitoba

HONOURING OUR GIFTED RELATIVES DANCE SPECIAL Sponsored by Tara Petti & Family (no registration)

TIMY TOT & JR. GIRLS FANCY SHAWL INITIATION SPECIAL Sponsored by the Meeches & Delorme Family

WOMEN'S WOODLAND "WELCOME BACK THE STRAP DRESS" Sponsored by the Sioplair & Soldier Families

EMBRACING THE JOURNEY - WOMEN'S JINGLE DRESS 18+ Sportsoned by Cree Delorete & Actoine Families

MEN'S FANCY SHOWCASE (13 & UNDER / 14+).

GIVING BACK WAR IN THE 204"

Sponsored by Cole High Eagle & Family

TINY TOT & JR. GIRLS JINGLE SISTER DANCE SPECIAL

Iris Ruby & Lify Pugs Initiation - Sponsover by the Whitecalf Faculty

WOMEN'S JINGLE DRESS DANCE SPECIAL Sponsored by Omiyosiw Rozball Women & Family

PRAIRIE CHICKEN DANCE (18+)

Sponsored by Premier Wab Kinew & Family

MIZHIKIYAAMAQWAT - RYAN WHITE 3RD ANNUAL MEMORIAL MEN'S TRADITIONAL & MEN'S WOODLAND DANCE SPECIAL

porsored by the White & Little Sky Families

JUNIOR MEN'S PRAIRIE CHICKEN DANCE SPECIAL Sponsored by Tyson Prince Family & Brokenhead Ojibway Nation

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## Celebrating nine years of Healthy Minds Week in Winnipeg School Division

Healthy Minds Week is dedicated to promoting mental health and wellness within our school communities. The aim is to combat stigma, raise awareness about resources, and recognize efforts promoting mental well-being. This year, our focus is on life promotion and suicide prevention, acknowledging the high risk of suicide among Manitoba children and youth. The theme, **You are Not Alone**, emphasizes support for students, families, caregivers, and staff. Throughout the week, we'll spotlight available resources and encourage participation in free online suicide prevention START training to equip anyone aged 15 and over with crucial skills. Join us in fostering a supportive environment for our school communities. For more information and registration, visit <u>livingworks.net</u>.

During Healthy Minds Week, each day will feature a focus on wellness, offering resources, materials, and strategies, along with a highlighted Resource of the Day. Additionally, in alignment with Missing and Murdered Indigenous Women, Girls, and 2 Spirit Awareness Week, we've incorporated resources to support activities and awareness for this important occasion.

On May 9, WSD staff and caregivers are encouraged to attend an evening dedicated to delving into the complex issue of self-harm among children and adolescents. This event aims to raise awareness of mental health challenges and explore methods for supporting young individuals facing these issues. For more information please contact Healthy Minds Specialist, Fiona England at <a href="mailto:fengland@wsd1.org">fengland@wsd1.org</a> and to register please visit <a href="mailto:https://www.kidthink.ca/resource-fair">https://www.kidthink.ca/resource-fair</a>.

#### YOU ARE NOT ALONE ...

If you or anyone you know is experiencing thoughts of suicide, call or Text 988 (The Suicide Crisis Helpline), 911 or call the Manitoba Suicide Prevention and Support Line 1-877-435-7170

## MENTAL HEALTH AND WELLNESS RESOURCES

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







and the court of t	Call or Taxt 988
988 Suicide Crisis Helpline.	The state of the s
Care for All in Education (CMHA)	or Email: info@careforallineducation.com
Centralized Intake.	
Child and Family Services (ANCR)	
Crisis Response Centre (18+).	
First Nations and Inuit, Hope for Wellness Helpline	
Huddle Manitoba Youth Hubs	
Kids Help Phone.	1-800-668-6868 or text TALK to 686868
Klinic Crisis Line (24-hour service)	
Klinic Sexual Assault Line (24-hour service).	204-786-8631
LGBTQ Youth Line	1-800-268-9688 or text 647-694-4275
The Link: Youth and Family Supports	
Manitoba Advocate for Children and Youth (8:30 am to 4:30 pm).	
Manitoba Suicide Line	1-877-435- 7170
Newcomer Collaborative Community Mental Health Program - Aurora Family The	arapy Centre
Rainbow Resource Centre	
RAY (Resource Assistance for Youth).	
Residential School Crisis Line	
WE 24	204-783-5000 or 204-333-9681
Youth Addictions Services	
Youth Mobile Crisis Unit (24 hour intake)	







**HEALTHY MINDS YOUTH WELLNESS ALLIANCE** 

Mental Wellness Community
RESOURCE
FAIR



#### **KEYNOTE: DR. LINDSAY WOODS, C. PSYCH**

Understanding Self-Harm in Children and Adolescents: An Evening of Insight and Resources

#### THURSDAY, MAY 9, 2024

**Time:** 5:00 PM - 8:00 PM **Location:** Sisler High School, 1360 Redwood Ave, Winnipeg



#### TO REGISTER:

Please scan the QR Code or visit www.kidthink.ca/resource-fair/

#### FOR MORE INFORMATION

Fiona England: fengland@wsdl.org









WINNIPEG SCHOOL DIVISION



















As part of Healthy Minds Week (extended) Winnipeg School Division has been given a great opportunity to once again collaborate with the Psychology Foundation of Canada, Strong Minds Strong Kids (SMSKPC) program, this time to offer free Peer Mentor training.

Stress Lessons Peer Mentor Training is an opportunity for grades 9 to 12 students to learn more about stress and find new ways to talk about stress with their peers. By participating in this training, youth can:

- · develop a comprehensive understanding of stress and how it shows up in their everyday lives
- participate in group discussions and engaging activities
- be equipped with the skills to recognize their own and others' stress
- · learn how to apply effective coping strategies
- gain invaluable leadership and facilitation skills
- earn a certificate of completion

#### Training Details:

Date: June 4th, 2024 Time: 9:00 am - Noon

Location: Sergeant Tommy Prince Place (formerly North Centennial Recreation &

Leisure Facility) 90 Sinclair St, Winnipeg

- Snacks and refreshments will be provided
- Bus tickets available upon request

Registration is limited, for more information contact Healthy Minds Specialist, Fiona England fengland@wsd1.org. To register please fill out the form https://forms.gle/4wEHs3rBAdtNbuV16

#### About Strong Minds Strong Kids, Psychology Canada

Strong Minds Strong Kids, Psychology Canada (SMSKPC) is a national registered charity dedicated to nurturing resilience in kids with the use of psychological science so they can manage, learn, and grow from the many challenges in life. We help infants, children, and youth build a solid foundation of mental health before problems or issues may begin. We are a small organization with a big impact. Our team is committed to ensuring youth and their families have the tools to build their mental wellbeing through our critical psychology-based programs and resources.

#### Winnipeg School Division

## Suicide Prevention Best Practice Guidelines

Manitoba has the highest rate of youth suicide in Canada, double the national average. This rate is five to six times higher for Indigenous children and youth. Intergenerational trauma, stemming from Canada's colonial history is directly correlated to the elevated rate of suicide among Indigenous children. Manitoba has seen a 42% increase in suicide among children, youth, and young adults since 2022 and suicide remains the leading manner of death for children ages 10 to 17. The Manitoba Advocate for Children and Youth report Stop Giving Me a Number and Start Giving Me a Person focused on the deaths of 22 youth that died by suicide in Manitoba. The report highlighted the following risk factors among the youth in the study:

- · 64% had poor school attendance
- · 77% had self injurious behaviour
- · 86% had a history of suicidal ideation
- 68% had been bullied

Risk factors for suicide are important to understand as they can provide guidance on how to intervene to prevent death by suicide. As outlined in Healthy Child Manitoba's 2014 Best Practices in School-based Suicide Prevention:

A Comprehensive Approach

"Schools can play a positive role in suicide prevention because they offer consistent, direct contact time with large populations of young people."

The World Health Organization identifies school-based interventions and training of staff as measures that can be used to prevent suicide and suicide attempts (2019).

Winnipeg School Division's Suicide policy Suicide

Prevention and Non-Suicidal Self Injury Policy JGA, asserts
that all school division staff, students, parents/guardians,
and volunteers must respond to suicidal behaviour.
Suicidal behaviour may include suicidal ideation, threats,
or non-suicidal self-injury. It may be expressed verbally or
through writing, artwork, or social media communication.
It may take place in the school, on school property, or
at school-sponsored out-of-school events. Any concern
must be reported to the principal/vice principal or
designate. Clinical Support Services Social Workers and
Psychologists have specialized training in mental health
and are available for consultation at any time.

Mental health promotion requires creating environments that promote and sustain positive mental health. A critical component of this involves strengthening the capacity of classroom teachers so that they have the necessary tools needed to deliver and support mental health promotion activities in their classrooms (Fenwick-Smith et al., 2018). Research links mental health promotion with many positive mental health outcomes including:

- · decreased thoughts of self-harm and suicidal ideation
- · improved resilience and positive coping strategies
- · increased help-seeking behaviour
- · decreased stress levels
- · decreased stigma surrounding mental illness

(Barry et al., 2013; Phan et al., 2022; Weare et al., 2011)

The following programs were developed specifically to address suicide prevention: Thrival Kits, Sources of Strength (Kindergarten to Grade 6), Sources of Strength (Middle/High School) and Life Promotion Toolkit by Indigenous Youth.

A detailed list of <u>School-based Social Emotional/Mental</u> Health programs are available on the WSD Portal.

Should you require additional support, crisis lines, etc. visit the Healthy Minds Mental Health and Wellness Resources.

#### WSD and Provincial Resources/Links

Safe and Caring Schools

Best Practices in School-based Suicide Prevention Mamahtawisiwin: The Wonder We Are Born With Truth and Reconciliation Commission of Canada: Calls to Action

Suicide Prevention and Non-Suicidal Self Injury Policy JGA Stop Giving Me a Number and Start Giving Me a Person





## Fuddle • 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



- 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
- 2 Be sensitive to my need for privacy, physically and emotionally. If you are curious about what I am doing enline or with friends, ask me and let's have a conversation.
- 3 Istill 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 but 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
- 5

  It's still important for us to be close. The way I want to get effection 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 failing 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.
- Re 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.



- See my strengths. Let's find new things to share and onjoy together. Be proud of who I am becoming, not just the things I achieve.
- 10 Pamily 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.



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 lassiniboinepark. a/volunteer volunteer@assiniboinepark.ca l 204 927 6074

ASSINIBOINE PARK











### 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!



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



Winnipeg School Division is hiring:

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



JOIN US
winnipegsd.ca/careers

