## 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 $7^{\text {th }}$
Order Deadline for Grad Photos
Wednesday, May $8^{\text {th }}$
Spring Clean Up
Tuesday, May $7^{\text {th }}-$ Friday, May $10^{\text {th }}$
Healthy Minds Week
Monday, May $13^{\text {th }}$ Grad Lunch
Wednesday, May $15^{\text {th }}$
Grad Dinner Tickets Go on Sale
See Rosetta or Anna
Thursday, May $16^{\text {th }}$ Spring BBQ
Monday, May 20th
Victoria Day - No School
Tuesday, May $21^{\text {st }}$ June Bus Pass Sign-up/Deadline
Wednesday, May $2^{\text {nd }}$
Quad 4 / Block 3
Monday, May $27^{\text {th }}$ through
Thursday, May 30th
Grade 12 Provincial English Exams
Friday, May $31^{\text {st }}$
June Bus Pass Pick Up

## June Important Dates

Thursday, June 6th
Quad 4 / Block 4
Friday, June $7^{\text {th }}$
Non-Instructional Day - No Classes
Monday, June $10^{\text {th }}$ Grad Lunch
Tuesday, June $11^{\text {th }}$
Gr. 12 Provincial Pre Cal. Test
Wednesday, June 12 ${ }^{\text {th }}$
Gr. 12 Prov. Ess. Test
Thursday, June $13^{\text {th }}$
Thrifty Thursday
Thursday, June $13^{\text {th }}$ and Friday, July $14^{\text {th }}$
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 iof the school year.

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

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 $\$ \mathbf{5 5 . 0 0}$.

Approval is dependent on the last month's attendance.
Sign up in the office by the $15^{\text {th }}$ 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 <br> CASH Or etransfer the school at argyle@wsdl.org (\$20.00 Minimum Charge on etransfers please!) |  |
| :---: | :---: | :---: |
|  | 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 |

Nature Buddies welcomed Norquay School on April $\mathbf{2 5}^{\text {th }}$ for an afternoon learning about trees in our Outdoor Learning Classroom. Environmental education is alive and well at Argyle School!

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

## April Celebration

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



# WSD HEALTHY MINDS WEEK 2024 <br> <br> whurw Mandil pmilit 

 <br> <br> whurw Mandil pmilit}

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

Healthy Minds Week is dedicated to promoting mental heath and wellness within our school communities. The aim is to combat stigma, raise awareness about resources, and recoognize 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, familes, caregivers, and staff: Throughout the week, we'll spotight 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, usist livingworks.net.

During Heathy 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 tengland@wsdl.org and to register please visit hitpss://www.kidthink.cal resource-fair.

# 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

## HEALTHY MINDS <br> 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



## HEALTHY MINDS YOUTH WELLNESS ALLIANCE



## $\square / \Delta$

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

SCAN ME


## TO REGISTER:

Please scan the QR Code or visit
www.kidthink.ca/resource-fair/
FOR MORE INFORMATION
Fiona England: fengland@wsdl.org @Sara Riel $\rightarrow$ River East Transcona Aitin
-100 DSFM

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 $4^{\text {th }}, 2024$
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 GuidelinesManitoba 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 School-based Social Emotional/Mental 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<br>Best Practices in School-based Suicide Prevention Mamàhtawisiwin: The Wonder We Are Born With Truth and Reconciliation Commission of Canada: Calls to Action<br>Suicide Prevention and Non-Suicidal Self Injury Policy JGA Stop Giving Me a Number and Start Giving Me a Person

## Hudde OKA 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




- $\mathrm{I}^{\prime} \mathrm{m}$ developing my Independence, but T 'm not alweys sure about things. I etill need your gruidance and limening eur to lowep rme on tratik.
- Be sonstive to my nopd
- for privacoy phyatcelly and emotionally. If you are currous about what I am doing anlite er with friencla, ask me end let's have a conversatioc.
2 I stm noad you to be Mom or Dad. $I$ don't meed. you to be may friend. I may be gotting a lot of pressure to use eibohiol, druge or have sex end I need you to talk wreth me about these tough ispucs.


I need you to be firm and kind. When we bull hesds, I am pashing the boundaries becunas I really don't know where they are yec. Listen to my side of things and tell me yours, 50 we can find a sclution that works for both of us.

5Ithe ntill important for we to be elose. The way I want to gat affection from you msy heve changed, but I stall need to haar that you love me. - Dourt he afraid to Iot me fett. I may laarn mave important lassons about ifp from my falluree than my suconssse. Somatimos 1 juast need you to listan and support me whun things arie falling apart. I don't necessarily need you to fix it for me.
I need to feel respected and irustad. My goals and dreoms aro important to me and may be different from yours. I need you to baheve in me mateac of baing critical or shutling me down.

Be pationt with me. Underitand when I want to do things without yous. Don't thike it parsonaly - I don't realy hate youl Sometimes my mood can change. I know this is hard for you, even though I milght cot De sible to swy it.


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 I 2049276074

THE LEAF
Assimiboime Parle

## (4) - - - - - - - - <br> Iniphitopile =rom Nifthin

Are you \|ruciligemunss, in thight sichoul
 Thern Bunill From VNithin is fior youl
Sturlents evumerntly in gnacte 11.12 or recent MSD graduatees oan applyAsk your Temcher, Incigencuus kiraciluation Sumpport Teachear wor Gumbarnce Counselior for an whplication anci informmation wh suppports pansuided.




## 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

## eKA NI KANICHIHK

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

# BE THE INSPIRATION 

Winnipeg School Division is hiring:

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


##  <br> 



