



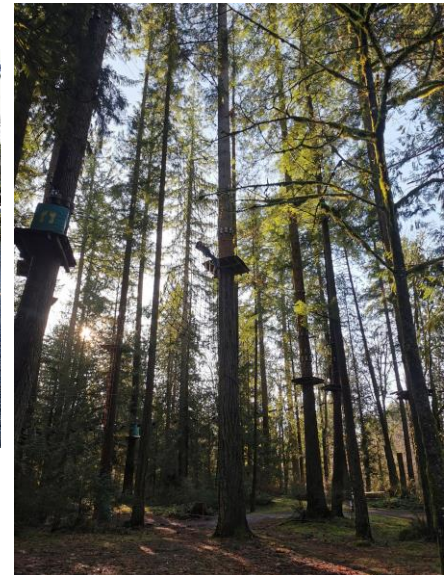
News from the Nest

Dec. 13-17 – For Parents



Spotlight on Learning: Extreme Outdoor Education

It's a bird, it's a plane, no it's an extreme outdoor education student flying through the trees at Wildplay! Students spent the day overcoming their fears as they traversed three progressively more challenging high ropes courses, which became higher and more difficult with each level. The most adventurous ones in the group even decided to tackle the extreme course, completing challenges over 60 feet above the ground. Beautiful December sunshine greeted the group of students who learnt how to properly fit a safety harness, how to navigate physical challenges while attached to a safety line, and how to push themselves out of their comfort zone to be able to complete the course. All in all, lots of smiling faces and pride in terms of accomplishments were seen at the end of the day.



Cafeteria Survey

Our Cafeteria is a work in progress, and we will be making some improvements each month. As part

of our plan, we would like your input on what food you'd like to see – we have a short survey for you to complete. Each completed entry will be entered into a draw (using the email address) for \$25 to Subway. Here is the link <https://forms.gle/LzAj3u2gsEmCP18D8> or you can scan the QR code

Day/Item	Monday	Tuesday	Wednesday	Thursday	Friday
Everyday	Soup Hot Dogs Pepperoni Cheese Sticks Sandwiches (Ham, Turkey, Roast Beef) Yogurt Parfait Muffins, Brownies Cookies Various beverages	Soup Hot Dogs Pepperoni Cheese Sticks Sandwiches (Ham, Turkey, Roast Beef) Yogurt Parfait Muffins, Brownies Cookies Various beverages	Soup Hot Dogs Pepperoni Cheese Sticks Sandwiches (Ham, Turkey, Roast Beef) Yogurt Parfait Muffins, Brownies Cookies Various beverages	Soup Hot Dogs Pepperoni Cheese Sticks Sandwiches (Ham, Turkey, Roast Beef) Yogurt Parfait Muffins, Brownies Cookies Various beverages	Soup Hot Dogs Pepperoni Cheese Sticks Sandwiches (Ham, Turkey, Roast Beef) Yogurt Parfait Muffins, Brownies Cookies Various beverages
End of the Day	Mac & Cheese Tater Tots w/Cheese	Perogies w/ Cheese & Bacon	<u>Cheese Burger & Fries</u>	Chicken Strips & Fries	Pulled Pork Sandwich

Agriculture in the Classroom

Under the leadership of Ms. LeClerc, Mouat was proud to partner with the program to deliver fresh, locally grown produce to our classroom and to our student, staff and parent community. The Home Economics team would like to thank staff, students and the community for supporting the Fruit & Vegetable Fundraiser. A special shout out to Ms. Horacsek, Mr. Jenks, Ms. Bell, and Mr. Gill.



Abbotsford Police City Tournament

A big thank you to Mouat staff and students for all their support this past week as we hosted the APD City Basketball Tournament for the senior girl's division. It was a huge success but would not have been possible without the cooperation of staff and all the students who ran the scoring and timing table and pitched in where needed. A shout out to admin for hanging out with Mrs. Thompson every single night. Shout out to each of our Jr and Sr Player of the Game(s) including Ella Bohn (featured).



The Senior Boys (pictured above) beat Hansen Wednesday night and earned their way into Saturday's Final. **Come check out our Senior Boys who are playing in the Finals on Saturday night at 8pm at Columbia Bible College.**

Your WJ Mouat Admin Team

Coming Up Next Week

All Week:

- Intramural Basketball
- 12 Days of Christmas
- Christmas Spirit Week

Monday, Dec. 13

- ABCD
- Just Dance Intramurals
- Ugly Sweater & Christmas Hat Day
- Entrepreneurship - Timmies
- Gr 9 Boys Basketball vs Dasmesh @ 3.15
- Jr. Boys Basketball @ ATSS
- Jr. Girls Basketball @ ATSS

Tuesday, Dec. 14

- CDAB
- Christmas Vacation (Mele Kalikimaka)
- Gr 9 Girls Basketball vs Yale @3.15
- Sr. Girls Basketball vs Graham @5.45
- Sr. Boys Basketball vs Enver Creek @7.30

Wednesday, Dec. 15

- BADC
- Christmas Character Day (Movie or TV)
- Artisan Market
- Art Showcase
- Band Concert @ 6pm and 7.30pm

Thursday, Dec. 9

- DCBA
- 2000s NYE Party
- Leadership Photo Booth
- Entrepreneurship – Pop Up Market
- Entrepreneurship - Krispy Creme

Friday, Dec. 10

- DCBA
- Night Before Christmas (PJs)
- Movie Lunch in Theatre w/concession
- Entrepreneurship - Krispy Creme
- Sr. Boys Basketball @ Fleetwood Park Tournament



Kudos Jonas Heidebrecht, Josiah Lanigan, Kentero Dennis, Ramjot Dahliwal and Kento Harmel and their Jazz Quintet who played at Highstreet and downtown Abbotsford at a Sip n Shop event.

Mouat PAC Fundraisers



PURCHASE YOUR CHRISTMAS GIFT CARDS THROUGH FUNDSCRIP!

When you purchase gift cards using our group code **6DUTKV** a percentage of your purchase is donated back to Mouat PAC! **Fundraiser ends Dec. 31, 2021.**

Gift Cards Are Available From:

Door Dash, Uber Eats, Cactus Club, The Keg, Boston Pizza, White Spot, Wendy's, A&W, Starbucks, Tim Hortons, Chapters, Cineplex, Walmart, Amazon.ca, HomeSense, Winners, Marshalls, GAP, Shell, Lowes, Rona, Staples, Dollarama.... *and many more!*

FundScrip

Purchase gift cards from FundScrip and your purchases will generate earnings to support Mouat PAC!

Visit: www.FundScrip.com

Support a Group

Invitation Code: **6DUTKV**



Drop off your empties to any Return-It Express location.

No sorting or lineups!

Account Number:
956-682-8722
WJMOUATPAC

Bag labels can be picked up from the school office or printed at R&T Depot: Unit 23, 31550 South Fraser Way



Shop at Cobs on Gladwin Road Mention you're Raising Dough for WJ Mouat.

5% of your purchase will be donated back to Mouat PAC!

Located at Gladwin Crossing Unit 111, 2777 Gladwin Road

