



# News from the Nest

Feb. 22-25 – For Parents



## What's Up in the Counselling Centre

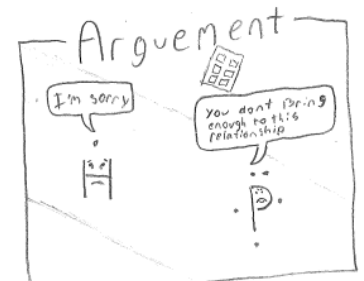
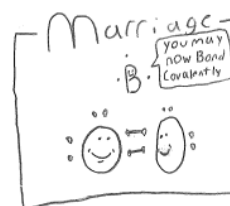
Semester 2 is under way, course changes are over, and students are settled into their new classes. The month of February is also course planning season! Students will be participating in a virtual course planning session with counsellors to help them plan for next year: Feb. 10: current grade 10s, Feb. 17: Current grade 9s, Feb. 23: current grade 11s. The course planning guide, course planning sheet, power point presentations, and link to course entry instructional video can all be found on the school website under Student Services--Course planning. Students will have one week after their course planning presentation to enter their course selections on the Myeducation student portal. We need your help encouraging and reminding your child to meet their deadlines: Current grade 10s: midnight Feb. 17, current grade 9s: midnight Feb. 24., current grade 11s: midnight March 4. Students are encouraged to see their counsellor in person in the counselling centre with any questions or concerns (no appointment required), or they can email their counsellor:

- A-F: [paula.thompson@abbyschools.ca](mailto:paula.thompson@abbyschools.ca),
- G-N: [ruth.merrick@abbyschools.ca](mailto:ruth.merrick@abbyschools.ca),
- O-Z: [michelle.nyberg@abbyschools.ca](mailto:michelle.nyberg@abbyschools.ca)

Hopefully all parents have seen semester 1 report cards that went home with students on February 10. If your child was unsuccessful in any of their mandatory courses, they will need to repeat that class either: next year at Mouat, summer school, Abbotsford Virtual School, or night school. Please note that for grade 9s, typically only Math 9 is offered at summer school and AVS classes are not offered to grade 9s who are full time Mouat students. Summer school registration will not begin until May. At the end of June, counsellors will re-schedule students in any mandatory classes that they failed this school year for next year to ensure that they are meeting graduation requirements.

### Spotlight on Learning: Bonding

In Mr. Newton's class students were working on some "bonding" exercises in science 10 – Chemistry. What is "bonding", a bond or chemical bond is a link between atoms in molecules or compounds and between ions and molecules in crystals. A bond represents a lasting attraction between different atoms, molecules, or ions. One student presented Mr. Newton with their way of understanding the material. And a light bulb moment occurred. OMG - kids are talented. Perhaps bonding can take many different perspectives as students demonstrate their understanding of the concept.



### **Electives at the Grade 9 Level**

If you have a few spare minutes and would like to check out the exceptional work of your elective's colleagues, check out the Grade 9 Mouat Promotion Video at

[https://www.youtube.com/watch?v=h\\_GPgyzmups](https://www.youtube.com/watch?v=h_GPgyzmups)

## *Integrity*

—  
Choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them.

**Brené Brown**

### **Our Character Word of the Month is INTEGRITY**

Q: What are the Signs of Success? Congratulations you are practicing Integrity when you....

- Think about what virtues you care about
- Stand strong for what you believe in
- Willingly clean up mistakes
- Do the right thing even when it is hard
- Think of yourself and avoid temptations
- Are your own leader

### **Host a HomeStay Student?**

Are you a family that lives within a 3km walk of an Abbotsford School District Secondary School? Would you like to experience the benefits that other families have enjoyed by being a host family for one of our international students? Consider becoming a homestay family today!

Over 100 Grade 9 - 12 international students will be joining us this fall from all over the world - Germany, Colombia, Brazil, Japan, Italy, South Korea... and more!

#### **Why Host an International Student?**

- Provide a teen with a home away from home
- Be part of an enriching cultural experience
- Make lifelong friendships

Hosting can be extremely rewarding but requires some consideration. Families are supported by our Homestay Coordinator and are compensated \$950/month. However, families often receive more than just compensation from the experience. Some of these children genuinely become family, and hosts have stayed in touch with their international students for decades after leaving!

Interested in learning more about the opportunity? [Watch our Homestay video](#) and [email our Homestay Coordinator](#) for more details.



## **Expand Your World Host an International Student**



*"Our family loves hosting because it keeps us active!"*

Are you a family that lives near a secondary school within a 3km walk? Would you like to experience the benefits that other families have enjoyed by being international student hosts? Contact us today!

- An enriching and cultural experience for host families
- Provide a teen a home away from home.
- Make lifelong friendships.
- Receive financial compensation.
- Follow provincial Covid guidelines.

Contact our International Program Homestay Coordinator:  
[rose.mann@abbyschools.ca](mailto:rose.mann@abbyschools.ca)



### **Grade 11 Students Course Selection begins**

Grade 11 students are you prepare for course planning starting next week, we encourage you to add a course with a First Nations focus. Why?

- ✓ Favourable on university applications and scholarship when pursuing academic and career goals.
- ✓ Academically enriching with course taught rigorously and holistically:
  - Learn about local Traditional territory and “place”
  - Learn about the past, present and future with local context, connection to the land and story.
  - Learn from experiences, fieldtrips and from Elders.
  - Learn from teachers passionate about the course
- ✓ Supports every career. Beneficial knowledge to better understand the context of the workplace:
  - Academic professions
  - Trades
  - Business
- ✓ Indigenous students can see themselves represented in the BC Curriculum and non-Indigenous students will begin to understand their connection to colonization and develop the mindset of a global citizen.
- ✓ Supports global citizenship:
  - seeing the world from various perspectives
  - respecting diversity
- ✓ Learn about the full history of Canada and the history of the First People of Canada whose stories have previously been excluded.
- ✓ Part of the district’s commitment to Equity, Truth and Reconciliation
  - Supports the commitment statement
  - Supports the Enhancement Agreement for Indigenous Students
  - Supports the district vision, goals, and strategic plans

**And finally, next week we resume our regular bell schedule!**

Your WJ Mouat Admin Team

## Coming Up Next Week

### All Month:

- ✓ Black History Month
- ✓ UFV, SFU, UBC Student Teachers in the Building

### All Week

#### Diversity Week

#### Monday, February 21

- Family Day
- No School

#### Tuesday, February 22

- CDAB
- Cultural Diversity Day
  - Wear cultural attire, visit the cultural fair, place a pin on the map where you're from

#### Wednesday, February 23

- BADC
- Pink Shirt Day
  - Wear Pink and take a strand
- Grad Photo Retakes
- Grade 11 Course Planning

#### Thursday, February 24

- DCBA
- Neurodiversity Day
  - Wear purple and follow the map in the mail hall)
- Grad Photo Retake Day

#### Friday, February 25

- SLO Day – ABCD
- Pride Day
  - Wear the Rainbow

## BELL SCHEDULE (REGULAR WEEK)

	Monday	Tuesday	Wednesday	Thursday	Friday
Warning Bell 8:04					
Block 1 8:10 to 10:00 (110mins)	A	C	B	D	Rotating Schedule on Fridays (except SLO days)  ABCD CDAB BADC DCBA
Transition 10:00 to 10:06 (6mins)					
Block 2 10:06 to 11:16 (70mins)	B	D	A	C	
Lunch 11:16 to 11:56 (40mins)					
Transition 11:56 to 12:01 (5mins)					
Block 3 12:01 to 1:12 (71mins)	C	A	D	B	
Transition 1:12 to 1:18 (6mins)					
Block 4 1:18 to 2:28 (70mins)	D	B	C	A	
Extended Day Classes Linear 2:34 to 3:54 (80mins)					

## Mouat PAC Fundraisers



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



Get all your Easter gift-shopping done while supporting our school!

**Do something awesome**

(for yourself & us, too!)

Visit: [www.fundraising.purdys.com](http://www.fundraising.purdys.com)  
Click: **Join a Campaign**  
Enter Number: **62477** (and your info)

Order Deadline: **March 23, 2022**  
Orders Ready for Pick-up: **April 8-14**  
(from the school office)

**COBS BREAD**

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

Your WJ Mouat Admin Team